

## Frequently asked questions...

### **Q: How much does it cost?**

A: To reserve your place there is an entry fee of £25. We then ask you to raise a minimum sponsorship money of £100.

### **Q: What time do I have to get there and where do I go?**

A: The day is split into two sessions, a morning and an afternoon. The morning will start at 09:30-12:30 and the afternoon will be 13:00-16:00. You can choose your specific time from that session. We recommend you arrive 30 minutes early to receive training and get set up.

The address for the Abseil is: Sanford Quarry, Mendip Activity Centre, Winscombe BS25 5RN.

### **Q: Can I bring my family and friends?**

A: Yes of course. The more people we have there giving encouragement to our abseil the better!

### **Q: What Should I Wear?**

A: There is no special clothing required. Casual comfortable clothes are best. Please remember that the abseil will take place outside, so if the weather is wet then clothing such as jeans and heavy jumpers will be uncomfortable. We recommend active gear. In order to get to the top of the Quarry, you will have to walk up some paths, so we also recommend comfortable and suitable shoes for walking up hill.

### **Q: Who organises the Abseil?**

A: The Abseil and the training seminar is organised and hosted by Mendip Activity Centre

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### **Q: Why should I walk on Abseil?**

A: We will never give you justification of why you should walk on Abseil, the choice is always your own however this challenge gives people different results from overcoming their fears, self-fulfilment, or just a wonderful experience.

### **Q: How high is the abseil and will I be safe?**

A: The height of the abseil is 150ft and yes you will be incredibly safe. You will receive training from qualified instructors, as well as support through your abseil.

### **Q: Who can take part in the Abseil?**

A: Anyone can take part in this challenge, providing they feel they can and are healthy enough to do so. The minimum age for the abseil is 14.

### **Q: What is the hardest part?**

A: The hardest thing to overcome is the fear of taking the first step!