

Abseil FAQs

Are there any age restrictions?

Minimum age is 9 and there is no upper age limit.

All abseilers under the age of 18 must be accompanied by a parent or legal guardian, and our parental consent form must be completed.

Level of fitness required?

Although the abseil itself is not strenuous, there is a very steep walk up to the top.

When is it and what time do I need to get there?

The abseil will take place on Sunday 17 July 2022, between 9:30am - 1:30pm. Your time slot and arrival time is specified on your booking confirmation. If you need to check the time slot you've booked onto, or you'd like to change your time slot please email fundraising@avonwildlifetrust.org.uk

Who is the abseil organised by?

Aardvark Endeavours

tel: 07976 315121 / 01934 843062

e: aard.endeavours@hotmail.co.uk

web: www.aardvarkendeavours.com

Can I do it on another day?

Yes. Abseils take place regularly all over the county. Although this particular abseil is the only one where everyone is fundraising for Avon Wildlife Trust, you may prefer to contact the organiser to join an abseil on different date or location, see contact details above.

You can still fundraise for Avon Wildlife Trust by setting up a fundraising page at <http://www.justgiving.com/avonwildlifetrust>

Where is it and where can I park?

Parking is available at Uphill Beach Carpark (pay and display), less than 5-minute walk to the abseil venue:

Links Rd, Uphill, Weston-super-Mare, BS23 4XY

Please note there are no disabled bays. Please contact the fundraising team at Avon Wildlife Trust if this is required.

From the car park, walk inland along Links Road and follow the Somerset Wildlife Trust signs. Your meeting point is next to the Uphill Wharfe Cafe Bar.

Can I get there by public transport?

We always recommend taking public transport where possible, and should the Covid situation allow. Buses run from Weston-super-Mare to Uphill School, approximately 5 minute walk from the abseil venue at Uphill Quarry.

[Bus timetable](#)

Toilets and refreshments?

There are public toilets about a 2 minute walk away. From the abseil venue, simply head towards the beach on Links Road.

There is a cafe on site.

What will happen on the day?

Upon arrival, please head straight to the registration point to check in at the big Somerset Wildlife Trust gazebo (we have partnered with Somerset Wildlife Trust for this event).

Once checked in, you may wish to leave personal items at the bag drop (keys/phone/wallet - anything that might fall out of your pockets!)

You'll be directed to a waiting area, ready to be called forward by your instructor for your safety brief and to be fitted with a harness and helmet. You will have a chance to do a "practise" abseil on the ground to ensure you are happy with the technique.

You'll walk up the steep path to the very top of the hill where you'll be greeted by another instructor, who will attach you securely to the safety rope, will talk through what you're about to do, and will guide you to the edge.

Don't forget to smile for the camera!

You'll keep leaning back into the ropes, feeling your weight through your harness in your back and legs. Your controlling hand (usually the right) stays beside your hip at all times.

To stop - put your control hand and rope behind your bum.

To go - bring the hand to your hip and let the rope slide through gently.

Take a deep breath - you'll step back, over the edge, being guided by your instructor, and you'll start your 130ft vertical abseil, down the cliff face to the bottom of the quarry, lowering yourself down, safe in the knowledge that your instructor has control of a second safety rope.

Enjoy the view!

An instructor will greet you at the bottom, unhook you from the ropes, and you've done it - you've abseiled for wildlife!

Don't forget to smile for the camera at the bottom too!

What do I need to bring with me?

Please ensure you bring the following with you on the day:

- your booking confirmation
- a hair bobble to tie back long hair
- comfortable clothing - anything "flappy" will need to be zipped up / tucked in.
- trainers are great for abseiling
- nothing in your pockets that may fall out - phone/keys/money (there will be a bag drop off point if required)
- If you require any medication on the day, please bring it with you - especially asthma inhalers. There is a very steep footpath to the top.

Can I bring spectators?

Yes! At the time of writing, we will need to limit spectators to one spectator per person abseiling so that we can ensure social distancing.

If anything changes, we will update you.

What if I have never abseiled before?

The Abseil for Wildlife is suitable for complete beginners, even if you have never abseiled before.

Will I fall off if I let go of the ropes?

The way we do it means no, you can't fall if you let go.

You will have two ropes attached to your harness so if you did let go (not a natural thing to do) the instructor who controls the safety rope would stop your fall before it went anywhere. However you are in control all the time you are holding a rope.

Take a look at the Wells Cathedral charity abseil that Aardvark Endeavours ran for SOS Africa: [Watch video](#)

Do I need insurance?

Climbing, abseiling and other roped activities are risk sports. Any personnel operating ropes will be controlled by the British Mountaineering Council under the "Single Pitch Award" scheme. Aardvark Endeavours are fully insured and have an excellent safety record which they intend to keep. However you are advised to take out a personal accident insurance

policy to cover you in the unlikely event of an accident. Aardvark Endeavours, Somerset Wildlife Trust and Avon Wildlife Trust staff and representatives cannot be liable for loss or damage to personal belongings, injury or death during activities which do not result from our negligence.

How much do I need to raise?

We have set you a fundraising target of £130. This is a target only, and you are not committed to raise the full amount. If you are struggling to raise it, contact our fundraising team who are always happy to share ideas and offer advice

– fundraising@avonwildlifetrust.org.uk

Will the funds I raise cover the cost of the abseil?

No. Your registration fee covers the cost of your abseil, allowing all of the funds you raise to go to Avon Wildlife Trust.