

Forth Bridge Abseil T's and C's

1. **Age Restrictions:** You must be at least 16 years of age on the date of the event. If aged 16 or 17 years old, a parent/guardian will be required to sign the Participation Agreement and be present at the event.
2. **Safety Rules:** Zone Events has instituted its Safety Rules for the protection of everyone attending the Abseil including participants. Please ensure that your participants follow the Safety Rules and any instructions given.
 - be at least 140cm tall
 - weigh less than 120kg
 - have a head circumference no larger than 48-61cm
 - not wear any necklaces, chains or loose jewellery
 - wear sensible footwear fastened securely (no high heels, slippers or loose fitting shoes will be permitted)
 - wear appropriate clothing which must include long sleeves and trousers (no hoodies or shorts)
 - tie up your hair (if long enough to do so)
 - ensure glasses and eyewear have a banded strap and are securely attached and cannot fall off, otherwise they must be removed
 - not adjust or remove the harness or helmet once fitted
 - not carry your phone or any loose items (noting that you are responsible for your personal belongings during the Abseil)
 - act responsibly and courteously at all times
 - listen carefully and follow instructions from instructors at all times
 - use all equipment provided to you in accordance with the instructions provided
 - not smoke or vape
 - not be under the influence of alcohol or non-prescription drugs (or any other drugs that might hinder participation)
 - have no known or knowable medical or other conditions that would affect your ability to safely participate in the Abseil (inc. pregnancy), or that would result in a risk of danger to yourself or to others. It is your responsibility to monitor your physical and mental health on the lead up to and during the Abseil. If you have any doubts about your physical fitness or health, it is your responsibility to consult with a qualified medical professional before taking part

Failure to adhere to these Safety Rules, participation in the Abseil may be denied without any liability to you by Zone Events.
3. All participants knowingly and freely assume and accept all such risks and take full responsibility for their participation in the event and Chest Heart & Stroke Scotland, its employees or agents will not be liable for any loss, damage, action, claim, costs or expenses, which may arise in consequence of participation in the event
4. All participants will be required to complete a Participation Agreement form prior to participation. It is responsibility of each charity to ensure these are completed and shared with CHSS deadline date.

5. CHSS want to make the fundraising event as accessible as possible to all participants. However, participants must be able to take part safely. Therefore, if they have any medical conditions that would prevent them from safely participating in the event or have any doubts about their physical fitness or health, it is their responsibility to consult with a qualified medical professional before taking part.

6. We also ask that any participants with any disabilities or pre-existing medical conditions which may affect their ability to participate then please let us know as soon as possible, so we can look at how best we can support for the event.

7. In return for a guaranteed place on the fundraising event, you must pay CHSS the stated fees. We reserve the right to cancel or postpone the event if we consider there is an unacceptable risk (e.g., severe adverse weather) to the event participants, our staff or the general public. As such, fees will be refunded.

8. Should your charity have to withdraw or cannot fulfil your places there will be no refund payable.

9. Each charity will deal with their own registration fees and fundraising for participants before, throughout and after the event.

10. All participants are responsible for their personal belongings during the event. The event organisers and instructors will not be held liable for any loss, theft, or damage to personal property

11. Participants' supporters and family members who spectate at the event do so at their own risk. They must abide by any rules, instructions and regulations provided in advance, displayed or given on the day by CHSS and contracted agencies, police and officials. CHSS will not be liable for any injury or loss that might occur as a result of their attendance.

12. Parking at the event is limited, therefore we are asking all participants, supporters and family members, wherever possible to make use of public transport on the day of the event.

13. By participating in the event, participants grant CHSS & Zone Events Limited the right to use any photographs, videos, or other media taken during the event for promotional and marketing purposes, both online and offline, including but not limited to social media, websites, print materials, and advertisements, without compensation or further consent. You acknowledge that these materials may be shared with third parties for promotional purposes related to the abseiling event. If participants' do not want their image taken, please inform before taking part.

CHARITY INFORMATION:	
First Name:	Last Name:
Charity Name	
Address:	
Telephone:	

SIGNATURE	
By signing the box below, I confirm I have read and consent to the terms and conditions for our participation in this abseil event.	
Signature:	Date: