

### **HOW FAR DOWN IS THE ABSEIL?**

The Liverpool Cathedral abseil is a 150 ft drop that you will gradually lower yourself through.

### **HOW MUCH IS THE REGISTRATION PROCESS?**

Registering to take part in the Liverpool Cathedral Abseil is £75. You will be asked to raise a minimum of £200 for Age Concern Liverpool and Sefton ahead of the event.

You can register using the following link.

### **DO I NEED PREVIOUS EXPERIENCE TO TAKE PART?**

No previous abseil experience is necessary to take part in the Liverpool Cathedral Abseil.

You will be given a safety briefing, must be over 18 years of age to take part and be in good physical health.

### **WHERE DOES THE ABSEIL TAKE PLACE?**

The abseil takes place above the Great West Door of the Anglican Cathedral. Spectators will gather underneath to watch you in action.

Liverpool Anglican Cathedral, St James Mt, Liverpool L1 7AZ

### **DO I HAVE TO ABSEIL ALONE?**

No, you can take on the abseil challenge as a pair if this is something that you'd prefer to do. If you do want to take on the challenge as a duo then you will need to be quick and register ASAP as spaces for both the solo and double abseil challenges do sell out quickly.

If you have any further queries about abseiling Liverpool Cathedral please call us on 07774 751 437 or register on the link above.

### **ARRIVAL AND DIRECTIONS**

Please ensure that you arrive no later than 30 mins before your allocated time slot as it requires time to be checked in and taken to the abseil platform.

Limited visitor parking for cars only is available at the Cathedral and uses a pay-on-exit system.

An Automatic Number Plate Recognition system is in use.

NB. Fundraising Managers and abseilers will get 3 hours of free parking so please remember to collect your voucher when you check in.

## **HOW TO FIND US**

Please see <https://bit.ly/LiverpoolCathedralDirections>

## **WHAT HAPPENS IF I AM LATE GETTING TO THE VENUE?**

Please contact your Fundraising Manager to keep them updated on your route progress or estimated time of arrival.

Call Julie Jackson: 07774 751 437.

## **WHAT TO WEAR**

You must wear sensible, comfortable clothing and footwear. We highly recommend wearing sportswear. You can also wear a Go Pro\* to record the abseil experience and the views from the top of Liverpool Cathedral. *\*We recommend attaching to your wrist – if you wish to attach it to your helmet, you will need to bring your own attachment.*

## **MEDICAL DETAILS**

To take part in the abseil you must tell the Cathedral or your Fundraising Manager about any pre-existing medical conditions and/or medication. You may be required to provide a doctor's note to confirm you are able to take part. Please note, you will need to climb stairs to get to the abseil platform.

## **WILL THERE BE ANY PHOTOGRAPH OPPORTUNITY?**

Yes, there will be an event photographer who will be taking photos. These photos will be available to purchase shortly after you abseil. Each participant agrees to assign and grant the right and permission for Liverpool Cathedral and partners who've been carefully selected to run this event to use and publish any photographs, film, video and/or sound recordings of the participant on any marketing activity.

The participant hereby releases Liverpool Cathedral and partners who've been carefully selected to run this event from any and all liability from such use and promotion. The participant authorises the reproduction, sale, copyright, exhibit, and broadcast, electronic storage and/or distribution of said photographs, film, video tapes, electronic representations and/or sound recordings without limitation at the discretion of Liverpool Cathedral and partners who've been carefully selected to run this event. The participant specifically waives any right to any compensation they may have for appearing in any of the photographs, film, video and/or sound recordings of the participant at an event held by Liverpool Cathedral and partners who've been carefully selected to run this event.

## **CAN I USE A DRONE?**

No, due to the Health and Safety risk it poses as well as the fact that Liverpool Cathedral is on a flight path.