

Abseil Information

SARA

SARA 3 REPLACEMENT ABSEIL

The National Diving & Activity Centre is promoting an Abseil Charity Challenge for The Severn Area Rescue Association (SARA) on Sunday 5th September 2010 from 10am at the National Diving & Activity Centre, Chepstow. The Abseil will run from the top of the quarry, down 200ft onto a floating pontoon below - an exciting abseil in a spectacular location!

This event is being promoted by The National Diving & Activity Centre for the purpose of raising funds for SARA an Inshore Rescue boat and Land Search organisation covering the Severn Estuary and upper reaches of the River Severn.

SARA is the largest independent lifeboat service in the UK, second only to the RNLI, with 11 operational boats and approximately 150 personnel.

The Abseil is being run to help raise funds for the replacement of SARA 3, one of the craft in SARA's rescue boat fleet stationed at the Beachley rescue station.

SARA's Beachley station is situated under the Severn Bridge on the spur of land between the Rivers Severn and Wye. It is ideally located to cover the water between Sharpness to the north, down to Avonmouth and Newport in the south. The Rivers Avon, Usk and Wye are all part of the operational area.

As part of the Abseil, the highest fundraiser will win a mystery prize. All fundraisers raising £125 or more will be entered into a draw for a day out on the Severn Estuary in a SARA lifeboat.

For further information about SARA visit their website: www.sara-rescue.org.uk. SARA's charity number is 505504

Should more money be raised than it costs to replace SARA3, then all excess money will be diverted to SARA General funds.

Entry and Sponsorship forms for the abseil can be downloaded from the National Diving & Activity Centre website at www.ndac.co.uk.



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Prior to the event...

1. Entry forms to take part can be downloaded from our website at www.ndac.co.uk or by calling 0772 574 4636 or email d.thompson@sara-rescue.org.uk. Please indicate a preferred time for your abseil. The event will begin at 10:00 and finish at 17:00. Abseil times will be staggered at 10 people per 30 minute interval.
2. Please forward together with your entry form a deposit of £75.00 (this can be taken out of the sponsorship money that you raise) by way of a cheque made payable to 'SARA' quoting your name and postcode on the back of the cheque. Send to: SARA 3 Replacement Abseil, SARA 3 Team, The Lifeboat station, Beachley, Chepstow, NP16 7HH.
3. Upon receipt, we will provide you with confirmation of your abseil time, a sponsor form and an information pack.
4. In order to take part, you must try and raise additional sponsorship (ideally a minimum total of £125.00 including your deposit). This additional sum (at least £20.00) must be forwarded to the Fundraising team by no later than Friday 13th August 2010 to secure your place.
5. To take part in the Abseil, you must be at least 16 years of age. (Under 18's will need to produce a signed 'Under 18' Parental Consent Form - please request this at time of booking) NB The parent or legally appointed guardian will need to be present at the top of the abseil.
6. Insurance - the event organiser, The National Diving & Activity Centre, has arranged all insurances. Should you wish to discuss this, please contact them directly on 01291 630850.
7. If you are suffering from a medical condition, disability or have any reason to doubt your fitness to participate, we advise you to consult your doctor beforehand and discuss with our event organiser. In addition, we request that anyone suffering from a medical condition or disability, produces a doctors note confirming that they are fit enough to take part in the abseil. All participants will be asked to sign a disclaimer.



On the day...

1. For directions and details of the event location please visit www.ndac.co.uk. Car parking is available at the National Diving and Activity Centre which will be clearly identified.
2. Please proceed to the 'Check-In Desk' where you will be asked to complete a disclaimer.
3. Please bring your sponsor form along together with all monies raised to date.
4. Wear comfortable, warm clothing. Baggy or loose clothing should not be worn and long hair should be tied back.
5. The NDAC will endeavour to photograph all abseil participants and these will be displayed on our website after the event. Should you wish to purchase a photo, details of how to do so will also be posted on the website after the event.
6. Following successful completion of your abseil, please return to the Check-In Desk where you will be issued with a certificate confirming that you have successfully completed the abseil.
7. Spectators are welcome but will not be allowed at the start of the abseil location.
8. Any sponsorship money over and above the £125.00 minimum, not available on the day of the event, should be sent to: SARA 3 Replacement Abseil, SARA 3 Team, The Lifeboat station, Beachley, Chepstow, NP16 7HH.