

# CANONTEIGN FALLS

## PARTICIPANT ABSEIL INFORMATION PACK



### Abseil Events

Our abseil events continue to provide exhilaration and excitement to thousands of supporters year on year and have the potential to raise huge amounts of money for charities and raise awareness. We pride ourselves on delivering an exceptional level of service on our abseil events and are second to none. Our absolute attention to detail and approachable, experienced instructors ensure that your participants need only worry about enjoying their challenge.

We offer an excellent package to charities across the UK at competitive rates, with the very highest standards of safety and we always use top quality specialist equipment. We will make your event run smoother than ever before and give you absolute confidence in its success.

### The Company

Dave Talbot – Adventure Events (a trading name of Dave Talbot Ltd) was set-up by Dave Talbot 16 years ago. Dave has been working in the outdoor industry for 22 years and holds the highest level of qualification in the UK for working with people when rock climbing and abseiling through the [AMI Association of Mountaineering Instructors](#). He also holds industrial rope access qualifications to go alongside this. Dave works as a technical adviser to large organisations and for example has been featured on programs such as 'Coast' (BBC 2), Channel 4, TV and Film adverts, 'The One Show' (BBC 1) demonstrating safe climbing and abseiling skills and looking after large teams and their safety.



All of the instructors that work for Dave Talbot Ltd on the abseil events are qualified under Mountain Training or IRATA standards and hold First Aid Certificates ensuring the highest level of service is provided. All of our instructors are passionate about what they do and are people focused on helping participants to enjoy themselves with friendly coaching and smiles, all helping to create an unforgettable experience and perhaps getting over a lifetime fear.

Dave Talbot Ltd - <https://davetalbot.net/> - does more than just provide abseil events. We provide adventure events and courses for businesses, charities and individuals that can be used for fund raising or as stand alone challenges and events. Our events have helped raise over £7 million pounds for charity so far.

## Timings

Please arrive at least 15 minutes before your time slot. This allows plenty of time for you to sign in, get kitted up and have plenty of practice, receive some coaching from our staff on how to abseil. You will be part of a group and will be kitted up in that group by an instructor one hour before your allocated time slot, so please don't be late.

8 am - 7 people

9 am - 7 people

10 am - 7 people

11 am - 7 people

12:30 pm - 7 people

1:30 pm - 7 people

## What to Bring

- Trainers or walking boots are best. No heels, Flip-flops or sandals.
- Warm clothes, long sleeve top and trousers.
- Waterproofs to protect you from the waterfall.
- A wetsuit under your waterproofs would be nice, if you have one.
- A change of clothes - you will get wet!!
- Food and Water
- Any medication that you need
- Camera for taking photos
- A sense of humour and be willing for a challenge

## What We Provide

- All safety equipment
- Gloves
- Event photos

## Age and Weight Restrictions

All participants must be aged 18 or over, unless they are accompanied by a parent or legal guardian (a minimum age of 14 then applies). A teacher or youth leader acting in loco parentis is not adequate. The parent or legal guardian must complete a Parental Consent Form prior to the event and will need to remain within sight and earshot of the minor – this will normally mean that they need to be with the minor whilst they prepare and accompany their child as is reasonably practicable during their participation.

We recommend an upper age limit of 65 for participation although we would recommend that older individuals consult their doctor if they have any concerns about their health or ability. This is a challenging abseil and you will slip n slide.





We can accommodate people up to 20 stone in weight, but no more due to the restrictions on equipment and loads exerted, although they may need to be fitted with extra equipment for their comfort. If you have anyone wishing to take part who is heavier than 20 stone you can contact us as soon as possible to discuss the possibility of their participation.

Dave Talbot Ltd reserves the right to decline an individual's participation should their build be deemed unsuitable for the activity.

## **Fitness**

You don't need to be very fit to abseil but you do need to have a reasonable level of mobility unless otherwise stated by the event organisers. Being able to walk quickly up a flight of stairs, jump a foot off the ground and climb over obstacles such as fences unaided, would be a good example of mobility needed. If you have any doubt about your fitness / mobility to participate in the abseil event you have chosen, please consult the abseil organisers first and then your doctor if needed.

## **Safety**

Dave Talbot Ltd insists upon the very highest standards in safety for all of our clients and staff taking part in our outdoor activities. Our abseil events involve an element of risk which makes them challenging, exciting and facilitates personal development. However, the safety of everyone involved is an absolute priority and Dave Talbot Ltd ensures the level of risk is acceptable and appropriate safety standards are maintained at all times.

Dave Talbot Ltd reserves the right to prevent any person or persons, from participating in the event if they are found to be behaving inappropriately or in a manner that is detrimental to the safe provision of the event. This includes those individuals that are suspected of being under the influence of drink or drugs. Staff are in continuous communication via two-way radios to ensure the safety and control of all participants.



As recommended by the British Mountaineering Council, we always consider possible safety issues that may arise for members of the public/onlookers not involved in the event as well as participants who are waiting. We ensure that the landing area is cordoned off/controlled and all staff within the area wear helmets to protect against injury from any falling debris. All participants and instructors will be secured before any approach to a drop/edge.

## **Testimonials**

If you would like to read some of our client reviews then please see our Google review page by clicking the following link:

**[CLICK HERE FOR OUR GOOGLE REVIEWS](#)**



## **Finally**

Please check what time you have been allocated and make sure you turn up and are ready to go for your time slot. Failing to do this will lead to everyone being delayed throughout the day.

On all of our abseil events you will have time to have a go at a practice abseil, supervised by an abseiling instructor prior to doing the real event. So there is no need to worry about previous experience. Even if you let go of the abseil rope during the abseil an instructor at the top will have you on a separate safety rope so you are completely safe throughout your challenge.

Enjoy your day.

