



Girlguiding Midlands fundraising abseil

Frequently asked questions

Signing up

Do I have to be a Girlguiding member?

No; everyone is welcome! But if you are a member, it would help us to have your membership number.

When do bookings close?

They will close on Friday, 11 April 2025 or earlier if all places are taken.

Can I take part as a group?

There will be two lines so two people will abseil at the same time. If you want to abseil with a friend or friends, please let us know when you register; you will all need to complete your own registration form. We will do our best to give you the same time slot, or consecutive time slots, but this will be easier to achieve if you all register at the same time.

How are time slots allocated?

To ensure the day runs smoothly, time slots will be filled up from the beginning of the day as registrations are received. If you want to avoid a particular time, for example, if you are travelling a long way so can't make the early morning, let us know and we will try and accommodate this.

Why do we have to pay a registration fee?

The £50 registration fee will help cover the cost of putting on this event. It is non-refundable.

Health

Am I fit enough?

You are fit enough so long as any medical conditions you have aren't likely to put your health & safety, or that of others, at risk. If you are in any doubt about whether or not it is safe for you to abseil, please consult your GP.

I take medication for an ongoing condition; is that OK?

You will need to declare your condition to our provider but providing your condition is stable and that you bring your medication with you, you will be able to take part.

Are there any age or weight restrictions?

Abseilers need to be 18 or over.

Event details

When is the abseil?

Sunday, 27 April 2025

Where exactly is the venue?

The abseil is being held at 3 Brindley Place. The building is located in Central Square, near the National Sea Life Centre.

Can I wear fancy dress?

Yes, or you can wear your uniform if you have one. However, your outfit must not be loose or baggy as they may get caught in the abseil equipment and cause a safety issue. Specifically, no capes or anything that may fall off you may be worn whilst taking part in the abseil. Securing all loose items including glasses, slip on shoes and anything that might fall out of your pockets. Removing jewellery, scarves etc. that might become tangled in the ropes. Tying back long hair! This is very important as you will not be able to abseil with untied hair for health and safety reasons.

Do I need special climbing shoes?

You don't need special shoes but you should wear sensible shoes such as trainers or walking boots – your footwear must be closed-toed with flat rubber soles. Avoid leather shoes without any tread or shoes with heels. You cannot abseil barefoot.

Do I need to do any training before the event?

No, you don't need to have done any training before the event or have any prior experience. You will be given a health & safety briefing on the day, and fitted with all the equipment you will need. The instructors at the top of the building will ensure you know what to do to abseil down safely.

Safety

Who manages the abseil?

We are using Redpoint, a well-known climbing centre in Birmingham. They have a lot of experience of operating charity abseils, including ones at 3 Brindley Place.

Are the staff qualified?

The Redpoint team is made up of fully qualified instructors, rope access technicians and professional riggers. They have the expertise, and will have carried out risk assessments, to ensure that everything runs smoothly and safely.

How tall is the building?

3 Brindley Place is 40m tall.

Is insurance provided?

Redpoint has £10million Third Party Liability insurance.

What happens if I let go of the rope?

Don't worry; you will not fall! You control the speed of your descent with the rope you hold but if you let go, the instructor will have control of a second, safety rope to help you get down safely.

Finances

Why do I need to raise sponsorship?

This is a fundraising event, put on specifically to raise money to enable Girlguiding Midlands to support girls and young women to take part in adventurous activities.

How do I raise money?

Once you have registered, you will be sent details of how to sign up to our event fundraising page on JustGiving. Using JustGiving will enable the money you raise to come straight to Girlguiding Midlands, including any Gift Aid. Using alternative platforms, especially GoFundMe, is not recommended as this complicates the process and can result in some fundraising monies being misplaced.



What if I don't raise the minimum sponsorship?

We ask everyone to raise at least £250 because this will enable Girlguiding Midlands to really make a difference to the lives of its young members. You can continue to raise funds after the event, if you have people who pledged to support you providing you actually do the abseil!

However, if you fall slightly short of the £250 target, you will not be expected to make up the shortfall personally.

Can I sell badges as a fundraiser?

Not on this occasion because it complicates our ability to claim back Gift Aid.

Can I raise money for my unit or district at the same time?

No; this event is a fundraiser just for Girlguiding Midlands so it is important that all monies you raise get passed on to us.

What happens if I raise more than the minimum?

The more money you raise, the more help Girlguiding Midlands can give to girls and young women from right across the region.

On the day

What happens if the weather is bad?

Abseils will take place in all weather conditions other than really extreme conditions such as lightning or heavy snow. These are normally picked up beforehand so or ice or extreme weather conditions which we reasonably believe make it unsafe to participate in the abseil.

Can my family and friends watch?

Definitely! But please note that they will have to watch from the ground; only abseilers are permitted inside the building.

Will there be opportunities for photographs?

A Girlguiding Midlands' photographer will be taking photos at the top of the building. If you would prefer to not be in any photographs, please let the photographer know. Your supporters can take photos from the ground as you descend.

What do I need to bring with me?

Bring some drinking water with you and layers of clothing if it is cold. A light raincoat will be useful if rain is likely

**What do I do with my belongings?**

There will be a place inside the building where you can leave coats and bags. However, items are left at your own risk and we cannot accept any responsibility for lost or damaged items. We would strongly advise leaving any valuables that you don't need at home, or with a friend or family member if they have come to watch you do the abseil.

What happens if I can't make it on the day, or I am late?

You will be given a phone number to contact the team on the day; if there are any problems, please let us know as soon as you can. If you are going to be late, we will try and fit you in at a later slot but this might not be possible. Please note that you won't be able to reschedule your abseil for another date and your deposit is non-refundable.

What if I get to the top and change my mind?

We all understand that it can be nerve wracking at the top. Redpoint are very experienced and supportive and will ensure you feel comfortable and safe throughout. Most people will make it down with a bit of extra encouragement but if you really feel you are unable to proceed once you're at the top, please don't worry – no-one will be forced to abseil.

How long will my experience take?

The time it takes depends on a number of factors; the weather, your ability to climb the tower, your nerves, your experience, other participants. Please allow approximately 2 hrs for the whole experience.