

Mile End Climbing Wall

Development through Challenge

Broadgate Tower Abseil 2019

Firstly, thank you so much for agreeing to take part in the amazing Broadgate Tower Abseil 2019. All the money you raise will go directly to the work of our own charity 'Development through Challenge (DtC)'. The donations will go towards our work with local young people, providing them with opportunities to take part in challenging activities that they otherwise would miss out on.

As part of the challenge you are agreeing to raise a minimum of £250.00 towards the work of DtC. This can be done in numerous ways, but we do have a Just Giving page set up ready for you to access to raise the cash easily through online donations. Simply go to www.justgiving.com and search for 'Development through Challenge'.

It's always good to have details of someone we can contact in case any emergency arises so please can you provide their details below (after having asked them if it's ok to share these details with us of course).

We also need to know if you have any medical issues we should know about. If there is anything you would like to make us aware of please email carlos.s@mileendwall.org.uk (Carlos is in charge of running the event) and let him know. Such info will be kept in strictest confidence and used only as a means of ascertaining suitability to take part in the abseil. All abseilers will be given a further opportunity on the day to make us aware of any medical issues that may affect their suitability to take part in the event.

The event is open to young people aged 14yrs and older but please note - All under 18's must be accompanied by their parent or legal carer on the day of the abseil. The parent/carer will be required to sign a consent form before the young person is able to take part. Anyone arriving without a parent/carer will not be able to abseil.

In signing below I am agreeing to the following:

- I will raise a minimum of £250.00 for the work of Development through Challenge.
- I will make Mile End Climbing Wall (DtC) aware of any medical conditions that may affect my suitability to take part in the event.
- I am over 18 yrs (on 8th Sept 2019) or
- I am aged 14-17 yrs and will be bringing my parent or legal carer with me on the day of the event to provide suitable supervision and signed consent.

name: **phone:**

signed: **email:**

emergency contact name:

emergency contact phone:

please fill out this form and return to carlos.s@mileendwall.org.uk