



St John the Baptist Church, Chipping Sodbury

Dear Participant

Thank you for taking up the challenge to abseil down the tower on June 8th.

You will need to register as soon as possible with a £25 deposit, which will cover the costs already paid out, and you should get a minimum of £100 in sponsorship. Please ask your sponsors if they pay income tax and are happy to gift aid. If they agree they need to read the top of the sponsor form and tick the box.

Both forms are on this link page or can be collected from Church at any time or the Office in the church centre on Tuesday or Thursday between 9am and noon.

The minimum recommended age to participate is 14. If you are under the age of 18 a parent or legal guardian must sign the registration form.

Please read the link information from Dave Talbot which tells you about the company and gives guidance.

Once you have registered you will be given one of the four, hour long time slots and sent the link to fill out an on-line medical form.

On the day please arrive an hour before your time slot as you will need to sign in and leave time for us to check you have completed the medical form, as well as being briefed. Make sure that you get your form signed when you have completed your abseil and to hand it in when you are paying over your sponsorship money.

We hope there will be lots of spectators to cheer you on and refreshments will be served all day inside the church.

We look forward to an exciting day.

Anne Vickers