Thanks for joining Team Cats to abseil 100ft down one of Belfast’s most renowned landmarks to help make a better life for cats.

Your £30 registration fee includes:

* Experienced and qualified instructor for the event
* Cats Protection T-shirt
* Event Certificate

It does NOT include

* Travel to the venue
* Accommodation if needed before and after the event
* Drinks and food

Minimum sponsorship pledge – £120

**Your itinerary**

**Sunday 8 September 2024, meet at Belfast Castle, Antrim Road, Belfast, BT15 5GR to register.**

**Registration time:**

Your registration time will be confirmed closer to the event and it is essential that participants arrive on time to avoid missing their slot.

**Training:**

You will need to attend a training and safety session on the day in order to participate.

**Parking:**

Free open air car parking is available within the castle grounds. A number of Blue Badge parking spaces are also available.

**What happens if it rains**?

The event can still go ahead if it is raining lightly. Please dress in sportswear and appropriately for the weather as this is an outside event. Suitable footwear such as trainers are essential. Leather gloves are advised. In the event of extreme weather, the abseil will be postponed to a later date.

**Spectators:**

Spectators are very much welcome to come along and watch you take part in this challenge.

**Contacts on the Day**

If you need to reach us on the day, please call Jan Hamilton, Regional Fundraising Manager: 07867 189783

**Health & Safety**

All participants must complete a medical consent form and forward to our event providers 10 days before the event. All participants under the age of 16 must be signed by a parent or legal guardian. Any individual who has not completed a consent from before the event, will not be permitted to take part.

All abseil equipment is rated to cover individuals with a 16”- 49" waist, therefore participants who do not meet these requirements, are unable to take part in this event.

Please be aware in order to access the abseil location, participants must go through a hatch similar to that of an attic.

For all participants, the consumption of alcohol or drugs immediately prior to or at the event is strictly prohibited and we reserve the right to ask anyone suspected of consuming alcohol or drugs, to step out of the activity.