

# Charity Abseils.co.uk

Rock and Ice - Charity Abseil and fundraising information portal

As simple as it gets to arrange a charity abseil event...



Welcome to [Charity Abseils.co.uk](#), this site will hopefully give you all the information you need to set up and run an organised fundraising charity abseil event safely, and very successfully. Rock and Ice offer a professional service to the fundraising sector that is growing in size every year. Our expertise will allow you to get on with the job of finding applicants, not spend it worrying about safety issues.

[Read more »](#)



First of all you need a building [ tall or small ] that is suitable, or you can bring your event to us, we have access to a viaduct (we are based in Ashbourne, Derbyshire).

When you have chosen a suitable building we will come out and perform a risk assessment for your abseil. The risk assessment is very important as it allows us to check out the whole building for suitability and assess the anchors and roof space as required. We also provide you with a method statement.

Once this has been carried out we can give you a final quote for the charity abseil and can advise on maximum numbers of abseilers we can handle on the day.

[Read more on organising an abseil for charity »](#)

## Buildings and structures suitable for abseiling from

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Many buildings are suitable and structures like bridges and viaducts make excellent abseil points. **How do you find a building?** We find it helps if you make a request on the local radio stations as many businesses like to be associated with charitable organisations. You can get some interest by contacting local newspapers requesting that local businesses help by letting you utilise their buildings for the abseil. Use this opportunity to find a few applicants for the abseil too!

Hospitals, University buildings and Fire station- fire towers all make good venues for charity abseil events.

Ask to speak to the Building Manager or the person responsible for health and safety at work to request initial permission.

Some buildings with pitched roofs may be unsuitable, seek those with a flat roof space preferably as

they tend to be more suited to our needs. Please send photo's of any buildings to us via email for a visual inspection as it may save disappointment later [ send pictures of the roof space from several angles and the sides from a reasonable distance for best effect ] See our [gallery](#) for a few examples of good venues.

## Health and Safety

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Rock and Ice are specialists in the field of mountaineering and rock climbing [this includes abseiling] We are AALA registered - Registration number: L4596/R1374 and are full members of AMI [ the Association of Mountaineering Instructors] We will keep all participants safe including any press or camera teams present on the day. We are currently exempt from normal HSE working at height regulations due to the specialist nature of our work, see [here](#). With this in mind we still respect working at height and take all necessary precautions to keep everyone safe at all times, it's what we do best. Richard Hogan [ director of Rock and Ice ] used to work in the steeplejack trade as a lightning conductor fitter and has extensive experience working on roofs of all types- he is well qualified to carry out a risk assessment on the structure for suitability.

## Qualifications for charity abseil events

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We display the AMI and AALA logos - that means we are fully qualified to work in this field, and teach these special skills. We have passed scrutiny by the HSE appointed government body AALA for working in extreme locations with adults and children alike. The BMC (governing body for mountaineering and rock climbing) recommend you use MIA, MIC or BMG qualified instructors to run the events. If you choose not to use our services, please look for the logos when choosing a reputable provider. We always have a AMI member directing the charity event, most likely you will find all Rock and Ice staff are senior instructors.

## Insurance cover

**A huge 5 million public liability insurance** covers the participants during the event. We should add the fact that the organiser [you] are also covered, just in case a claim does arise. We are very pleased to add we have never had to claim on our insurance. Public Liability insurance is also standard on all events.

Personal accident insurance for each participant can be included at a small additional cost.



[Top of page »](#)

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## Costs involved

We don't shy away from making a profit - it ensures we stay in business, but we want the charity to benefit too.

We keep our costs low, we charge less than a third of some other companies purporting to be 'specialists' in this field'. [We utilise any resources you have](#) to make this happen, so don't be surprised if we ask for help on the day to organise the groups by bringing them to us and taking them off the ropes at the bottom [we will train you to do this in the morning - it takes five minutes only]

Our prices depend on how many instructors and ropes required. if a building is over 50m [150'] in height we may need to buy in specialist ropes - these are charged to the event organisers at cost. We have arrangements to buy these in at trade price from the manufacturers.

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## What is abseiling?

**Abseiling** is sliding down a fixed rope, often using a climbing harness and a friction device to control the speed of the descent. The technique is used primarily as a means of descent from a rock climb or a mountain. **Charity abseils** differ as they are set up by professional instructors who have full control of

each participant by utilising a safety back up rope and a releasable main rope [ in case of a stuck abseiler ] Therefore if a participant was to get an item of clothing jammed, the instructor can take over instantly, and release pressure on the abseiler or even lower them to the ground safely.

## Popular questions and answers

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- Have you got pictures we can use for promotional flyers etc? [Yes please ask us for details.](#)
- Do you give certificates for successful participants? [We have a template for your use, please request one if required.](#)
- Are Rock and Ice staff first aid trained? [Yes.](#)
- Do we need st johns or the red cross there on standby? [No our instructors are trained first aiders.](#)
- Is your equipment regularly inspected? [We regularly check all equipment and ropes, these are often replaced on an annual basis.](#)
- Do you have a child protection policy? [Yes we have a vulnerable adult and child protection policy in place as defined by the \*\*AMI\*\* code of practice.](#)
- Do you provide scaffolding? [Scaffolding is arranged at extra cost if required. This may be supplied and installed by a third party.](#)
- Do you have testimonials from previous events? [Yes we have lots of great feedback and testimonials for you to see on request.](#)
- Do you have copies of qualifications and insurance. [Yes we send these out on request, usually with the risk assessment.](#)
- Do you provide a method statement. [Yes we do - with each risk assessment.](#)
- Have you any tips for anxious or scared abseilers? [See here](#)
- Do you have consent form for participants? Yes we do [see here to download one](#)
- Do we need to tell the fire brigade about the abseil? [No Rock and Ice staff are senior instructors trained in rescue practices in case something goes wrong. You don't need the fire brigade on stand by.](#)
- Do we need to tell the police about the abseil. [We recommend a police prescience on some events, they usually are pleased to send one or two officers out to deal with any unforeseen circumstances.](#)
- How long will it take for people to abseil down the building? [This depends on the height it can vary from 5 min's to 15mins on average. We will advise after the risk assessment and initial site survey.](#)

- What if the charity abseilers are disabled or have serious health problems? [This shouldn't cause a problem if we are informed before the event.](#)
- How strong are the ropes? [They each hold nearly 3 tonne - they \*\*do not snap\*\* under bodyweight.](#)
- Do we need to book all the instructors in before we get the participants? **No** [we prefer you to call us when you have reached certain numbers so you don't overbook our services.](#)
- Would you do our charity abseil event for free? [No we provide a service that facilitate these events, we have to charge a fee to ensure specialist equipment is renewed etc. We do run one free event locally most years for a charity of our choice.](#)

[Top of page »](#)

## Contact information

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Rock and Ice  
Sprinkswood Lodge,  
Sides Lane,  
Clifton,  
Ashbourne,  
Derbyshire,  
DE6 2GL.  
Tel: 01335 344982

[Click here to email us](#)

[Map of our location](#)



[Top of page »](#)

**Note:** Abseiling is recognized as a potentially dangerous activity, you need to warn participants.

## Welcome!

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We hope you find these charity abseil pages useful as a reference for arranging your fundraising events.

**If you need help** in any way please call Richard Hogan on **01335 344982** for a friendly chat.

You might want to check our charity abseil [FAQ's](#)

## More information:

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- [Abseil Gallery](#)
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- [Downloads](#)
  -  [Charity abseil information sheet](#)
  -  [AALA Consent form for minors](#)
  -  [Anxious about an abseil?](#)
  -  [Download this page as a PDF](#)
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## Abseil News:

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**March 09, 2007**

**TK MAXX** abseil for **Comic Relief** 80 successful abseilers raised **£12,000**

[Pictures](#)

**March 16, 2007**

**Derby College** abseil for **Comic Relief** 30 charity abseilers raised **£2000**

[Pictures](#)

**April 22, 2007**

Baiting's Dam For

Comic Relief

**May 11, 2007**

Southampton University

**August 31, 2007**

Chatsworth House

For OTW and SCH

## Past clients

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Great Ormond Street, British Red Cross, Housing Associations, Housing Trusts, The South Yorkshire Probation Service, Universities, Children in Need, The Cancer Research Campaign, British Red Cross, Muscular Dystrophy and the Parkinson's Disease Society and more recently Nottingham East Midlands Airport [EMA], Britannia, CLIC Sargent, Look West, John Lewis, Tesco, Whiz Kids, **TK MAXX**, Comic Relief,

Sheffield Childrens Hospital, Wolseley UK.. the list keeps growing.



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