

PARTICIPANT INFORMATION

SPINNAKER TOWER - 2026

DEFINITIONS

- **INSTRUCTORS:** Any staff member employed by Hatt Adventures.
- **SPINNAKER:** Any person working for or assisting the Spinnaker Tower for the event.
- **PARTICIPANTS:** Any person taking part in the activity of abseiling.

WEIGHT RESTRICTIONS

- The restriction measurements are determined by the manufacturer's appropriate fitting guidance for the safety equipment (please see below for restrictions).
- **PARTICIPANTS** are weighed on our scales before being allowed to abseil.

AGE RESTRICTIONS

- **PARTICIPANTS** under the age of 18yrs **must have a parent / legal guardian sign their Medical Form**, this parent/guardian must also be present on the day.
- Age restrictions are displayed on the **PARTICIPANT Kit List**.

EQUIPMENT

- **PARTICIPANTS** are required to use all the safety equipment provided.
- **PARTICIPANTS** are not permitted to use their own equipment.
- Cameras / helmet cams - due to safety factors, you are not permitted to use your own helmet camera (GoPro etc.) during the abseil.

HELMETS

- Helmets must be worn during the event (adults and children).
- In the event of a **PARTICIPANT** (18yrs+) wearing religious headdress (head turbans) then helmets are optional provided the headdress protects the **PARTICIPANTS** head.
- **PARTICIPANTS** under 18yrs of age may not participate in the activity unless wearing a helmet.

FANCY DRESS

- **PARTICIPANTS** can abseil wearing fancy dress provided it is tasteful and agreed by the **SPINNAKER** during the registration process.
- Costumes will need to allow for correct fitting of the harness (see Participation Restrictions in the Kit List).
- Costume accessories (eg: tails etc.) need to be secured. If **INSTRUCTORS** are concerned that costumes are affecting safety, the **PARTICIPANT** will not be able to wear it and must have an alternative change of clothing available.

ALCOHOL AND DRUGS

- We have a zero-tolerance policy to alcohol or drugs. Anyone under the influence of alcohol or drugs, will not be allowed to take part.

THE WEATHER

- Only exceptionally high wind speeds or lightning will stop the activity, so please ensure that you are prepared for adverse weather and rain etc.

MEDICAL INFORMATION

MEDICAL CONDITIONS

- It is always the responsibility of the PARTICIPANT to ensure they are fit and healthy enough to take part in the activity.
- PARTICIPANTS undergoing medical treatment or who have a medical condition, **must** seek guidance and **obtain a letter from their GP** (Doctor) which supports their fitness to participate before booking.
- PARTICIPANT should disclose relevant information on their medical form. This includes on the day bookings.

EPILEPSY

- PARTICIPANTS that have been confirmed **safe to drive** by a doctor, **can abseil**.

PREGNANCY

- PARTICIPANTS who are knowingly pregnant **cannot** abseil, due to the prolonged pressure on the abdomen.

HEARING-IMPAIRED / DEAF

- PARTICIPANTS **can abseil** and must make sure their communication preferences are known to INSTRUCTORS before participating.

VISUALLY IMPAIRED / BLIND

- PARTICIPANTS **can abseil** and should make sure their communication preferences are known to INSTRUCTORS before participating.
- PARTICIPANTS will need a Sighted Guide with them if the SPINNAKER is unable to fulfil this role.

OSTEOPOROSIS / MULTIPLE SCLEROSIS / CEREBRAL PALSY / MUSCULAR DYSTROPHY

- PARTICIPANTS must seek guidance and obtain a letter from their **GP (Doctor) which supports their fitness** to participate before booking.

MOBILITY DISABILITY

WHEELCHAIR USERS

- Wheelchair users **cannot** abseil at this venue.

LIMITED MOBILITY

- PARTICIPANTS with limited mobility **can abseil**. However, to the nature of the venue PARTICIPANTS must be physically able to descend steep steps and climb out onto the platform unaided.
- INSTRUCTORS will review the weather conditions and it may not be possible to abseil on windy days.

MISSING LIMB (ARM / LEG)

- PARTICIPANTS **can abseil** if they are missing a limb or wear a prosthetic, provided they can descend steep steps and climb out onto the platform unaided.
- PARTICIPANTS must ensure the prosthetic limb is secured and cannot detach and fall from height.
- Where there is cause for concern, PARTICIPANTS may be asked to remove their prosthetic limb.



PARTICIPANT KIT LIST SPINNAKER TOWER - 2026

PARTICIPANT RESTRICTIONS

- Maximum Weight: 120kg / 18 stone.
- Minimum Age: 14yrs (must be accompanied by a parent or legal guardian).
- Height Size: 160cm - 200cm / 5ft 2inch - 6ft 5inch.
- Waist Sizes: 60cm - 120cm / 24inch - 47inch.
- Leg Circumfrance: 47cm - 65cm / 18inch - 25inch.

ADMINISTRATION

- Digital Medical Form

CLOTHING

- Comfortable clothing, suitable for the time of year – skirts and dresses are un-suitable for abseiling and we advise participants not to wear denim (as it restricts movement).
- Tasteful fancy dress is permitted. Please ensure that there are no loose items of clothing that can get caught in the abseiling equipment (especially around your neck etc.) – You must bring a normal set of clothes in case your fancy dress is not suitable.
- Trainers / soft soled shoes - Please do not wear walking boots, open toed sandals, flip flops, wellies, or footwear with heels.
- Waterproof jacket and trousers.
- Extra jumper.
- Warm hat / sun hat.
- Glasses retainer (for glasses or sunglasses) – without this you won't be able to wear your glasses on the abseil.

Please Note: The above list is just a guide and appropriate clothing for the weather should be worn.

MEDICATION

- Any personal medication required (tablets, Inhaler etc.)

EQUIPMENT Due to safety factors, you are not permitted to use your own helmet, harness or helmet camera (GoPro etc.) during the abseil.