



ZIP, JUMP OR ABSEIL FOR CHILDREN'S HEARTBEAT TRUST

By choosing to zip, jump or abseil for Children's Heartbeat Trust, your commitment, drive & fundraising efforts will make a real difference to children and young people living with heart disease in Northern Ireland. Every pound you raise will help us to maintain our services and support. Thank you!

SATURDAY 18TH MAY – ZIP THE LAGAN!

Take on a unique and thrilling challenge of zipping 1000ft across the River Lagan in Belfast and reach speeds up to 40mph!! A sure fire way to get your heart racing for Children's Heartbeat Trust! We are delighted to be able to offer you this unique opportunity in association with Alps Scotland who are facilitating the event. This is the only time this year that the Zipline will take place in Northern Ireland.

Registration

A registration fee of **£48 (non-refundable)** will secure your place and we ask all participants to aim for the skies with their fundraising but would ask for a minimum sponsorship of **£100** which will be used towards our services of care and support for local families. If you can raise above this – great!

How do I book?

You can secure your place by completing a booking form which can be returned by email or post. Your registration fee must also be forwarded as this is what will secure your place. Email: lynn@childrensheartbeattrust.org

What's next?

Once registered we will send a Children's Heartbeat Trust sponsorship form and t-shirt, so that you can start fundraising! If you are registering as a group, we will give you registration times after one another. These will be allocated closer to the time along with further instructions about the day and what to wear. The Zipline will be fully managed by Alps Scotland and you will be provided with all equipment, training from qualified instructors, provision of first aid (in the unlikely event it would be required) and insurance cover.

Please Note Zipline rules

- **You must be over 16 years to participate in the zipline**
- **Aged between 16 and 18? you will need parental consent on your form**
- **A medical form needs to be completed by all participants before the event**
- **For the safety of this event, the facilitators, ALPS SCOTLAND have a weight limit. All participants must not exceed the maximum weight limit of 17 stone.**

SUNDAY 23RD JUNE – TANDEM SKYDIVE

The sky is the limit as you take to the air in a Tandem Charity Skydive for Children's Heartbeat Trust. It is one of the most exciting and exhilarating things you will ever do.

Jumping 10,000ft and freefalling through blue skies for 7,000ft until your canopy opens and you glide to the ground surrounded by the most wonderful views of Northern Ireland. An experience not to be missed.

We are delighted to team up with Moonjumper International for our Tandem Skydive where you will be attached to an instructor using a dual harness. The Moonjumper skycentre is an affiliated British Parachute Association centre and all instructors are BPA registered.

What does it cost?

A Registration of **£40 per person** (nonrefundable) secures your place. We request that all participants raise a minimum of £400. This covers the full cost of the jump and sponsorship to the charity. On the day of the jump participants need to pay an insurance policy. **£40** cash on the day, which lasts one year. A booking form is available by emailing lynn@childrensheartbeattrust.org

Where does it take place?

The Tandem Skydive will take place at the Wild Geese Centre in Garvagh, just outside Coleraine. Please note that if you wish to take part a full day will need to be kept free. All participants will be required to attend in the morning and will jump as soon as the weather is suitable during that day. Friends and Family are welcome to spectate.

The jump is totally weather dependent and may be subject to change.

Are there any restrictions on age/weight/health etc.?

- You must be aged between 16 – 80 to participate in Tandem Jumps
- You must weigh under 15 stone if you are a male and 13 stone for woman
- If you are between 16 and 18 you need written parental consent.
- If you have any form of medical condition, you must seek advice from your doctor to certify you are fit and able to partake.

How do I register?

You can secure your place by completing a booking form which can be returned by email or post. Your registration fee must also be forwarded as this is what will secure your place. Email: lynn@childrensheartbeattrust.org. A medical form will also need to be completed.

What's next?

Once registered we will send a Children's Heartbeat Trust sponsorship form and t-shirt, so that you can start fundraising along with all other details regarding the event.

SUNDAY 6TH OCTOBER – CONQUER THE CASTLE!

Take on a unique and thrilling challenge of abseiling 100ft down the side of one of Belfast's most iconic buildings – Belfast Castle! Abseil the tower while having privileged access to historical parts of the Castle used during World War Two and take in the spectacular scenery across Belfast Lough and beyond. The Abseil will be fully managed by Bryson Lagan Sports and you will be provided with all equipment, training from qualified instructors, and insurance cover.

Registration

A registration fee of £35 (non-refundable) will secure your place and we ask all participants to aim for the skies with their fundraising but would ask for a minimum sponsorship of **£100** which will be used towards our services of care and support for local families. If you can raise above this – great!

How do I book?

You can secure your place by completing a booking form which can be returned by email or post. Your registration fee must also be forwarded as this is what will secure your place. Email: lynn@childrensheartbeattrust.org

What's next?

Once registered we will send a Children's Heartbeat Trust sponsorship form and t-shirt, so that you can start fundraising! If you are registering as a group, we will give you registration times after one another. These will be allocated closer to the time along with further instructions about the day and what to wear.

Please Note Abseil Rules

- **You must be over 16 years to participate in the abseil.**
- **Although there is no weight limit, the access to the abseiling point is restricted through a roof hatch measuring 61cm x 45 cm in diameter.**
- **If you are between 16 and 18 you will need parental consent on your form.**
- **A medical form needs to be completed by all participants before the event**

We hope you are able to join us on one of these fulfilling and rewarding challenges. If you have any further questions, please do not hesitate to contact me.

Lynn Cowan

Children's Heartbeat Trust

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