

FAQ ABSEIL

- **How long to go down the tower?**

The abseil of the tower takes between 15 and 30 minutes. It is completely depending on you and on how fast you want to go. If you need to take longer, it is also completely fine with us, we want you to have the best experience!

- **What time can I go at?**

Each participant will be allocated a special time for his/her abseil. The abseil runs between 10am and 4pm and you will get a slot time of 30min for your abseil. If you have a favourite time in mind, please do let us know and we will do our best to accommodate!

- **Can I bring people with me to watch?**

Yes, you can! It will be lovely to get the support of your family and friends. They can watch you go down the tower from the Smithfield Square and you can have a drink afterwards all together.

- **Can I do it with my friend or team?**

Your friend or your team need to register as well. The slots are filling fast so I would advise them to register as fast as possible. Also, note that each participant has to achieve the fundraising target.

- **Do I have to do any training?**

You don't need any training for the abseil, you just need to be a minimum fit and not too afraid of heights! On the day of the event, our team will give you an induction training and will explain everything to you. So don't be worried, you will be prepared enough!

- **Will I get a photograph or video going down?**

Yes, our photographer will take a few photos of you and you will get them after your abseil. If you also have your friends on the day to support you, they can take photos and videos for you.

- **What happens if I don't reach the fundraising target?**

If you feel like you won't achieve the fundraising target, please e-mail Claire at claire.tetart@rmhc.ie and we will look for solutions together.

- **Can I fundraise offline?**

Yes, you can! We have sponsorship cards, buckets and other things you can use to help you fundraise. Please, do get in touch with us and we will help you achieve your fundraising target offline.