



The North West's Largest Abseil Event
Charity Challenges Are Back

Trafford Palazzo Charity Abseil Event Pack

Trafford Palazzo,
Manchester, M17
8AS

Registration will take place on the upper floor of Trafford Palazzo at the top of the escalators next to the Customer Service Information desk.

This is near to the entrance to the bridge that links the Trafford Palazzo to the Trafford Centre



Congratulations on booking your abseil!

Big Bang Promotions has been providing adventure activities to thousands of people for 30 years, allowing us to build a wealth of knowledge that we use to make sure that you have a fantastic experience.

This pack will contain the information you will need.

Trafford Palazzo, Manchester, M17 8AS

Registration

Registration will take place on the upper floor of Trafford Palazzo at the top of the escalators next to the Customer Service Information desk. This is near to the entrance to the bridge that links the Trafford Palazzo to the Trafford Centre – see map below

Car Parking

Trafford Palazzo is easily accessible by car. Located adjacent to junctions 9 and 10 of the M60, the centre is well connected to the local, regional and national motorway network.

For local journeys, the Centre can be accessed as follows:

- From Manchester city centre: follow the A56, right onto the A5081 into Trafford Park, following signs for the Centre
- From Salford/Eccles: follow the A576 Eccles Old Road/ Centenary Way into Trafford Park, following signs for the Centre
- From Urmston: follow the B5214 Crofts Bank Road/ Barton Road, and follow signs for the Centre
- Trafford Palazzo's car park has over 900 FREE spaces including disabled, parent and child spaces and EV charging.
- Access to the car park can be found from Barton Dock Road.
- SatNav address and postcode: Trafford Palazzo, Manchester, M17 8AS

Hop on a tram

You can catch the tram direct to the centre on the new Metrolink Trafford Park line.

As well as The Trafford Centre (outside Selfridges) and Barton Dock Road (outside the new Primark at Trafford Palazzo), the new stops also provide easy access to destinations including Old Trafford stadium and Imperial War Museum North.

See the latest Metrolink map [here](#).

Trafford Centre

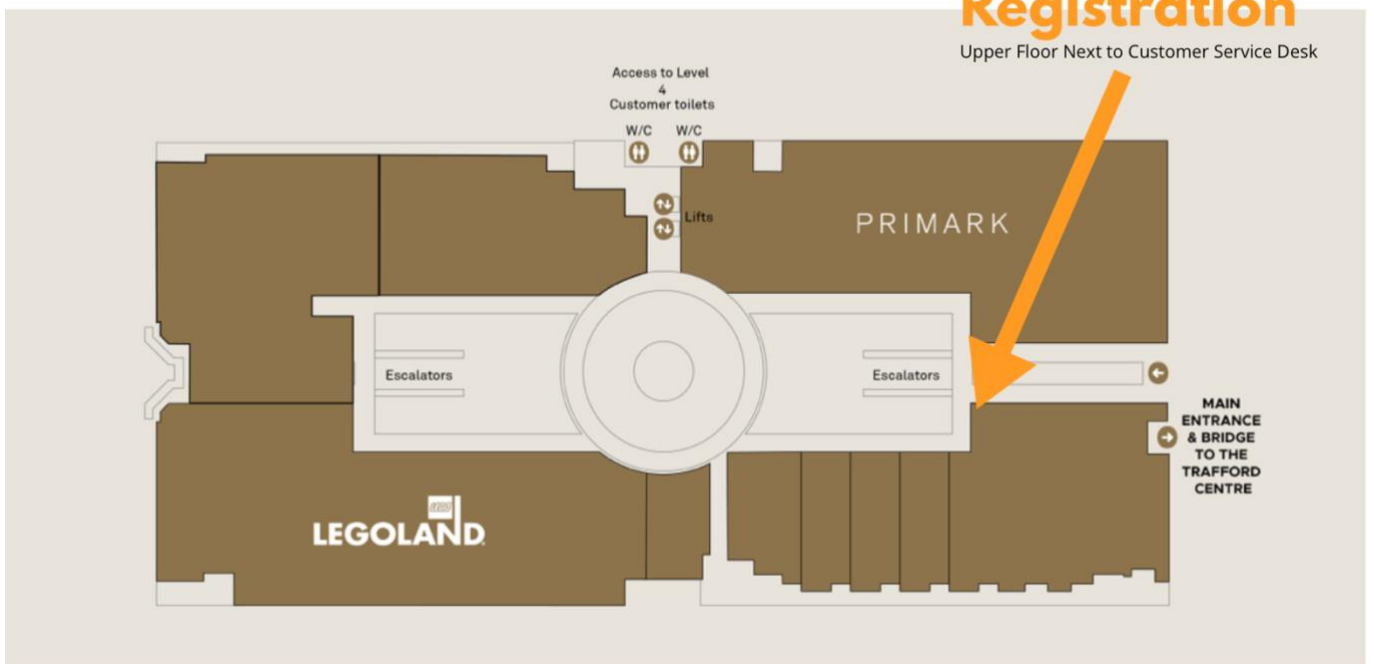
If you have parked at the Trafford Centre then you can access Trafford Palazzo by the footbridge linking the two, with registration being near the customer information desk near to the escalators.

Maps



Abseil Registration

Upper Floor Next to Customer Service Desk



Before Your Experience

- ✓ Confirmation Email: Check that your confirmation email states the correct location, time, and date – we wouldn't want you to turn up at the wrong place! Also check that you have provided the correct contact number to your organisations representative or with us if you booked directly in case we need to contact you before or on the day of your experience
- ✓ Health Warning Notice: Read the Health Warning Notice which can be found at the bottom of this pack and make sure that you are fit enough to participate. If any of the health warning notice applies, then you must seek professional medical advice prior to your abseil. On the day of your experience, you will be required to sign a "non-standard" waiver stating you have done this.
- ✓ Accommodation & Transport: When booking accommodation or transport please be aware that Big Bang Promotions cannot be held responsible for any accommodation, transport or other charges that you incur in the case of a cancelled event.
- ✓ Plan your journey: We have included directions, but it is always a good idea to check the time that it will take you to arrive as if you are late, we may not be able to accommodate your experience.
- ✓ Cancelled Events: Occasionally we sometimes have to cancel our events due to weather, mechanical failure, low participant numbers and unexpected events. In the rare event that we do have to cancel your event we will endeavour to contact you as soon as possible

The Day of Your Abseil

Here at Big Bang Promotions, we want you to have the best day possible so below is some information that will help to make sure that your day runs smoothly.

- ✓ Arrival: It is important that you arrive 30 minutes before your experience time.
- ✓ Duration: We ask you to allow between 2 and 3 hours on site. This allows us to prepare you for your experience and hopefully covers any unexpected delays that we may be experiencing on the day.
- ✓ Confirmation Email: Please bring your confirmation email on the day as proof of booking.
- ✓ Spectators: Please feel free to bring as many spectators as you want – the more the merrier.
- ✓ Clothing: Make sure that you dress according to the weather – we wouldn't want you to be too hot or cold! It's advised that you dress in comfortable clothes, skirts are not recommended! Please try to ensure any long hair is tied back and you don't wear any excessively loose clothing that may become entangled with any rigging or ropes.
- ✓ Loose Articles: Before you are placed in a harness it is important that you empty your pockets of any loose articles and remove absolutely all pieces of jewellery. Please minimise these before registration by leaving them in your vehicle or handing them to friends or family. If for any reason you are unable to remove a piece of jewellery please speak to a member of staff.

ABSEIL HEALTH WARNING NOTICE

IF IN DOUBT - DON'T PARTICIPATE

If you are not in good health, you should **NOT** participate.

You can **NOT** participate if you are:

- Under 11 years old
- Pregnant
- Under the influence of alcohol or illegal drugs

If any of the following apply, **you must seek professional medical advice before abseiling** and sign a non-standard waiver:

- High blood pressure
- Heart condition
- Suffer from dizziness or epilepsy
- Damage to neck, back, spinal column, legs or eyes
- Asthma
- Medication – if you are taking any form of prescribed medication, please inform us of how this may affect you
- Aged 50 years or above: we strongly advise that you seek medical advice prior to taking part.

The following points apply to **ALL** participants:

- 11 to 15 year olds require a parent or guardian to be present, sign permission and will be required to complete a non-standard waiver
- If you have long hair, please be prepared to tie it up and out of the way
- Maximum weight limit for a solo participant is 120kg (18.9 stone)
- Waist harnesses fit waist size of 40cm (15.7 inches) to 125cm (49.2 inches)