

Spinnaker Tower Abseil - Frequently Asked Questions

Where is the Spinnaker Tower?

The Emirates Spinnaker Tower is located on the waterfront at Gunwharf Quays shopping centre in Portsmouth. The full address is: Spinnaker Tower, Gunwharf Quays, Portsmouth, Hampshire, PO1 3TT

For more detailed directions on how to find Gunwharf Quays please look at the Spinnaker Tower website (www.spinnakertower.co.uk) and look at the 'plan your visit' section.

What should I wear?

Please wear comfortable clothing appropriate to the weather conditions. You should wear closed toed footwear with flat rubber soles such as trainers, sport and hiking shoes and not leather shoes without grips or shoes with heels. Refusal to wear appropriate footwear will result in you not being allowed to abseil. Long hair must be tied back by an elasticated hair band and with any item which could cause harm or injury if it were to fall off during the abseil.

Fancy dress is permitted in certain circumstances. However, all outfits must not be loose/baggy so that they will get caught in the abseil equipment and cause a safety issue. Specifically no capes or mankini's may be worn whilst taking part in the abseil. You will not be permitted to take any loose items with you on the abseil.

What should I do with my personal belongings?

Any personal belongings will need to be left with spectators as unfortunately staff and volunteers cannot accept responsibility for your items.

What do I do when I arrive?

Please arrive 30 minutes before your allocated abseil time. You will need to find the Phyllis Tuckwell representative who will be at the bottom of the Spinnaker Tower, near a Phyllis Tuckwell banner. More specific details will be given to you in the week leading up to the abseil.

Do I need training?

The Spinnaker Tower team will kit you up and give you full training on how to abseil safely. This training will take place in the 30 minutes before your abseil. They will answer any questions that you may have and show you what to do.

How long will it take?

There is no specific time taken for the abseil, it depends how quickly or slowly you feed the rope through your harness. Some people prefer to descend as quickly as possible, others like to take longer and appreciate the views.

Are spectators welcome?

Spectators are very welcome, but if they wish to go into the Spinnaker Tower they will be required to purchase a ticket. Otherwise you can have as many people as you like cheering you on outside.

How much do I have to raise?

We ask all of our participants to pledge to raise a minimum of £250 for Phyllis Tuckwell. If you need any assistance or advice on raising this, please do contact the fundraising team who will be happy to help.

How do I collect sponsorship?

You will receive paper sponsorship forms with your fundraising pack. If you need more paper forms please do contact us. We would also encourage you to set up a personal online sponsorship page on the JustGiving website, if you have not done so already. JustGiving saves you having to chase people to pay in their money as when your supporters donate online it comes directly to the Hospice. And, if your sponsor declares they are a UK tax payer, JustGiving will automatically claim Gift Aid (the tax back) on their donation, enlarging it by 25% at no cost to them, you or us!

After the event we encourage you to collect your sponsorship money from your paper forms and either send in a cheque made payable to Phyllis Tuckwell or bring the cash in to our Hospice reception in Farnham. Please do not send cash in the post.

What happens if the weather is bad?

Abseils will take place in all weather conditions other than high winds, lightening, heavy snow or ice or extreme weather conditions which the Spinnaker Tower team reasonably believe make it unsafe to participate in the abseil. If the abseil was cancelled due to one of the above weather conditions, the date would be rescheduled to another date.

Is there an age limit?

All participants must be 14 years of age or over. Anyone under 18 must have a guardian present to sign consent.

Is there a weight limit?

The weight limit is 130kg/ 21 stone/ 286lbs. The harnesses will not support anyone over this weight.

Do I need to be fit to take part?

You will need to be reasonably fit to take part as the abseil will require physical exertion to complete the descent. You are not allowed to abseil if you are pregnant, and you are not recommended to take part if you have vertigo.

The Spinnaker Tower are unable to advise you on medical conditions, so if you are in any doubt as to whether or not you are fit to take part we would advise you to consult with a medical professional. You will be required to sign a declaration and waiver form on the day to say you are fit to take part.

Will there be refreshments available?

The Waterfront Café is situated at the Spinnaker Tower or alternatively there are a large number of restaurants in the shopping centre next to the Tower.

Can I take a camera up with me?

Only cameras provided by the Spinnaker Tower or those supplied by their nominated contractors will be used as part of the abseil. Abseil participants may not provide their own cameras for use whilst completing the abseil.



If you have any further questions then please do not hesitate to contact the fundraising team on 01252 729446, or by emailing fundraising@pth.org.uk.