

URBAN AERIAL ADVENTURES

wire & sky

The London Abseil

ArcelorMittal Orbit, Olympic Park

EXPERIENCE THE UK'S
HIGHEST FREE-FALL ABSEIL
FROM THE OLYMPIC PARK'S
ARCELORMITTAL ORBIT.

You control the speed of your descent, so enjoy the breathtaking skyline of London from one of the most unique locations in the city.

Join the ranks of our brave adventurers and dangle in free space, 80m above the ground, creating lasting memories with family and friends or raising money for a special cause.

262ft

high abseil

~8min

to the ground

32km

clear day views



THE LONDON ABSEIL EXPERIENCE

One of our highly-trained team will greet you upon arrival and answer any questions you may have. Your instructor will issue your safety equipment and then you will be attached to the safety lines secured above the abseil platform.

Once your safety system has been checked by your abseil instructor, you will begin your descent. You will be asked to lean backwards whilst lowering yourself over the edge of the platform, using your abseil device. As you continue downwards, your abseil instructor will keep control of your safety line. Your abseil device uses friction to slow your descent but some physical effort will be required to control the device.

Once past the abseil platform, you will dangle in the air suspended by your abseil line, which is backed-up by two safety lines. As you control the speed of your descent, you can take your time to enjoy the incredible views of some London's most iconic structures, whilst moving towards the ground.

Upon arrival, another instructor will unclip you from the system and help you to remove your safety equipment. Your whole experience may be recorded via a GoPro, so don't forget to relax and enjoy it!

SAFE & SECURE

The abseil team will greet you in groups of five before issuing your safety equipment: a full body harness, helmet, abseil and backup device. They will demonstrate how to use this equipment, ensure you understand and run through all the processes and safety considerations with you.

Our safety rules & policies are also included on this leaflet so that you can be sure that you are totally familiar with our procedures. Once you are ready, you will be asked to sign a declaration to say that you understand the activity and are prepared to go ahead.

Essential Requirements:

Minimum age: 14 years old (under 18's require parental consent)

Minimum height: 1.2 metres

Maximum weight for harnesses: 19 stones (120 kg)

Maximum upper leg circumference for harnesses: 75cm

Maximum waist circumference for harnesses: 130cm

Physical & Psychological Requirements:

- The London Abseil requires physical exertion and physical strength. You must fully understand what the activity involves and ensure that you are capable of completing the abseil unless you have made special access arrangements in advance.
- The London Abseil is psychologically challenging and participants are advised that they are likely to experience some level of fear.
- Essential medication can be taken up to the abseil platform. You must notify your abseil instructor on the day of your abseil if require such medication.
- You may wear hearing aids and spectacles provided they are secure and not loose fitting.

It is your responsibility to ensure that you are in a fit state of health to complete the abseil. If in doubt, you must consult your medical practitioner. Pregnant customers will not be admitted.

CLOTHING & SAFETY EQUIPMENT

- You must wear suitable clothing under your safety equipment (described in the Terms & Conditions).
- Loose clothing including, but not limited to: skirts, dresses and long cardigans may not be worn under harnesses.
- You must wear the assigned safety equipment at all times during the abseil and must not interfere with any safety equipment once it has been checked by your instructor.
- If you are uncomfortable, do not adjust your safety equipment yourself but notify your abseil instructor who will assist you.
- Any personal belongings can be left in the lockers provided or at the bottom with a friend or family member.
- No loose items including but not limited to:

WEATHER

- The London Abseil is extremely wind sensitive and we may have to reschedule in the event of high winds.
- Abseils will not take place in the event of high winds, persistent rain, lightning, heavy snow, ice or weather conditions that we reasonably believe will render The London Abseil unsafe.
- We constantly monitor the weather and will endeavour to let you know as soon as possible if we have to reschedule your abseil.



BEHAVIOUR

- You must not take loose items onto the abseil platform (especially phones).
- You must not throw / drop items from the abseil platform as this is highly likely to cause serious injury to people below.
- You must not damage or deface any property of Wire & Sky or the ArcelorMittal Orbit structure.
- You must not cause any nuisance, distress, annoyance, concern or fear to any other participant or interfere with the instructors.
- You must adhere to the safety instructions of the instructors and any other rules and regulations of the ArcelorMittal Orbit.
- In case of an emergency, please follow instructions and directions from your instructors.

Alcohol & Intoxication

You must not be under the influence of alcohol, nor any legal or illegal substances the effects of which could make it unsafe for you to participate or make you unable to understand the safety instructions.

We adopt a zero-tolerance policy towards alcohol consumption at The London Abseil and reserve the right to refuse entry with no refund if your blood alcohol reading is above zero.

You may be ejected from The London Abseil or may not be permitted into The London Abseil if, in our reasonable opinion, you or your behaviour poses or is likely to pose a health and safety risk; affects or may affect the enjoyment of the other participants; affects or may affect the running of the abseil; may cause damage to or interfere with our property or that of our contractors; is unacceptable; is in breach of the terms and conditions; is in breach of the law; is in breach of any rules and regulations of The London Abseil or ArcelorMittal Orbit; may lead to a breach of any licensing conditions; and/or if you refuse to leave a prohibited item with our staff or use threatening or abusive words. The full terms and conditions that apply to your visit to The London Abseil are available upon request.



To find out more or to book your Wire & Sky adventure,
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