



# The Sick Kids Friends Foundation



## White Water Rafting Challenge

**Nae Limits Adventure Centre, Ballinluig, Sunday 17<sup>th</sup> June 2012**

**\*Please read through this information thoroughly before returning your reservation form\***

Thank you for considering signing up for the Sick Kids White Water Rafting Challenge, which takes place Sunday 17<sup>th</sup> June 2012, at Nae Limits Adventure Centre, Perthshire. This challenge will be an incredible adventure and a test on your stamina and strength. You can have fun whilst helping to raise much needed funds for the Sick Kids Friends Foundation.

The Sick Kids over 18's White Water Rafting Challenge takes place on the River Tummel. The River Tummel dam begins releasing in June and will continue to do so at weekends until the end of September. Traditionally the River Tummel has provided some wicked rafting, the guides from Nae Limits love to raft it and hear everyone scream as they drop over the 30ft two tier waterfall at the Linn of Tummel, near the end. Rafts carry a minimum of five people and a maximum of eight and you can sign up as an individual, or with a group. The challenge will take place from approximately 11.40am - 4pm.

### Restrictions

**You must be over 18 years of age and at least 4 foot 11 inches to take part in this challenge. If you are over 16.5 stone please call Nae Limits for advice. (It does not mean you cannot join us, there are just some checks they need to make for health and safety)** If you have any queries regarding white water rafting and you would like to speak with a member of the Nae Limits Team please call 08450 178177 or 01250 876310 [info@naelimits.co.uk](mailto:info@naelimits.co.uk) and they will be very happy to help you.

### Deposit and sponsorship

In order to take part, you will be required to pay a non refundable deposit of £40 per person, which will cover the cost of your challenge. In addition to your deposit you must also agree to raise a minimum of £100.00 per person in sponsorship for the Sick Kids Friends Foundation. All monies raised in sponsorship will benefit sick children and their families cared for at the Royal Hospital for Sick Children and in the community. You must return all your sponsor monies to the Sick Kids Friends Foundation by the end of July 2012. You will be provided with a fundraising pack including sponsor forms, details of how to set up an online fundraising page and a sick kids t-shirt, to assist with your fundraising.

### Sign up

To book your place(s) please complete the reservation form below (one form per person) and return accompanied by a £40 deposit cheque (£40 per person) to the Sick Kids Friends Foundation, 20 Millerfield Place, Edinburgh, EH9 1LW, as soon as possible. Alternatively you can pay your deposit by card and you should circle this option on the form below and you will be contacted for your card details when your form is received. You also have the option to pay in cash if you can visit the office at the address above.

When your booking form has been received you will be sent a confirmation letter and a fundraising pack, so you can get started straight way. Nearer the time of your challenge you will be sent further information about the day including directions to the centre and details of what to wear.

For more information on Nae Limits Adventure Centre please visit <http://www.naelimits.co.uk>



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### Reservation Form

#### Terms and Conditions

- To reserve your place for the Sick Kids White Water Rafting Challenge, on Sunday 17<sup>th</sup> June 2012, please complete this form and return accompanied by a cheque for £40, made payable to the 'Sick Kids Friends Foundation' to the address below. This is a non refundable deposit and will guarantee your place. Alternatively you can pay your deposit by card and you should circle this option below and you will be contacted for your card details when your form is received. You also have the option to pay in cash if you can visit the office at the address below.
- By booking a place, you pledge to raise a minimum of £100.00 in sponsorship for the Sick Kids Friends Foundation. All monies are to be received by the Sick Kids Friends Foundation by the end of July 2012.
- The Sick Kids Friends Foundation reserves the right to refuse a place.
- If for any reason the participant is unable to participate, all donated monies collected in support of the Sick Kids Friends Foundation must be forwarded to the charity immediately or returned to the individual sponsors. Monies already received by the charity will not be refunded.

#### Participant's Details

First Name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Height \_\_\_\_\_ Age \_\_\_\_\_ (required by Nae Limits)

Home telephone \_\_\_\_\_ Mobile \_\_\_\_\_

Email address \_\_\_\_\_

#### Declaration

I would like to book a place and understand that I take part at my own risk. I pledge to raise a minimum of £100.00 sponsorship and enclose a cheque for £40.00/ would like to pay by cash/card

Signed \_\_\_\_\_ Date \_\_\_\_\_

#### Please return to:

Sick Kids Friends Foundation, 20 Millerfield Place, Edinburgh, EH9 1LW  
Tel 0131 668 4949 [www.edinburghsickkids.org](http://www.edinburghsickkids.org) rachel.mckenzie@luht.scot.nhs.uk

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