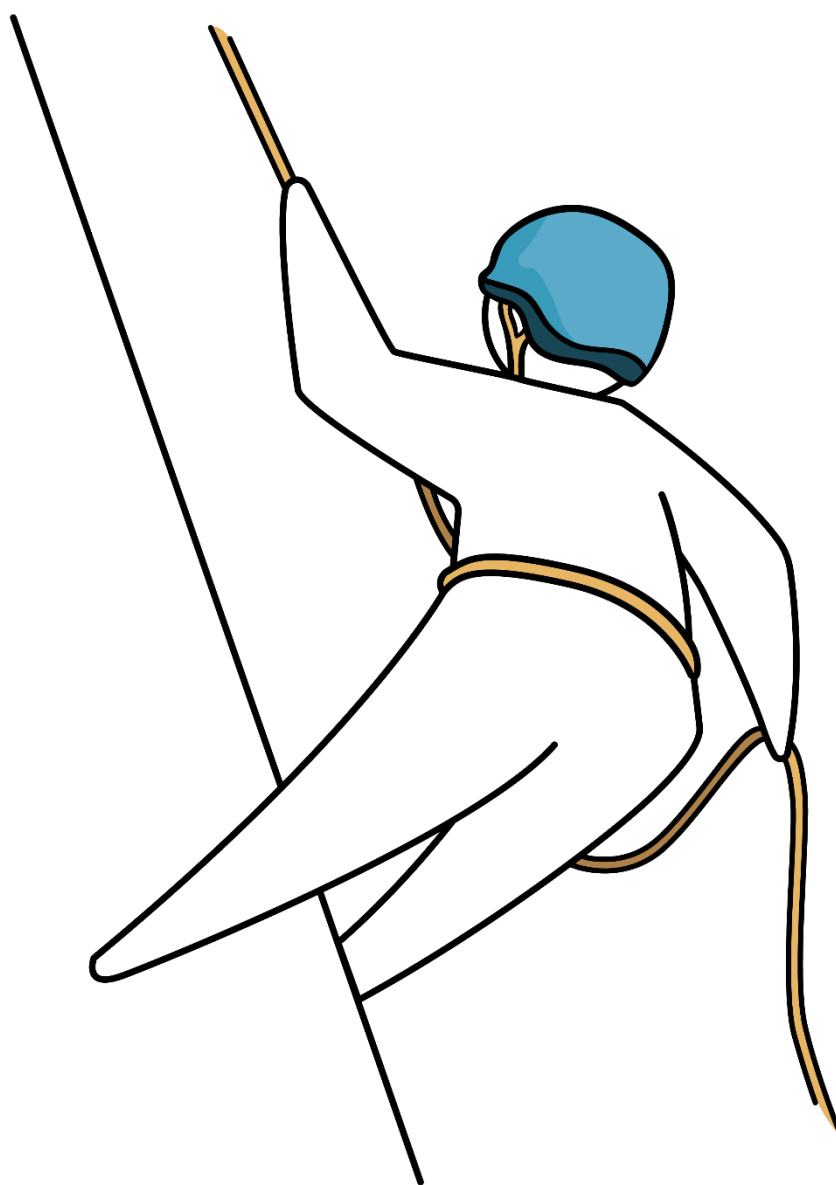
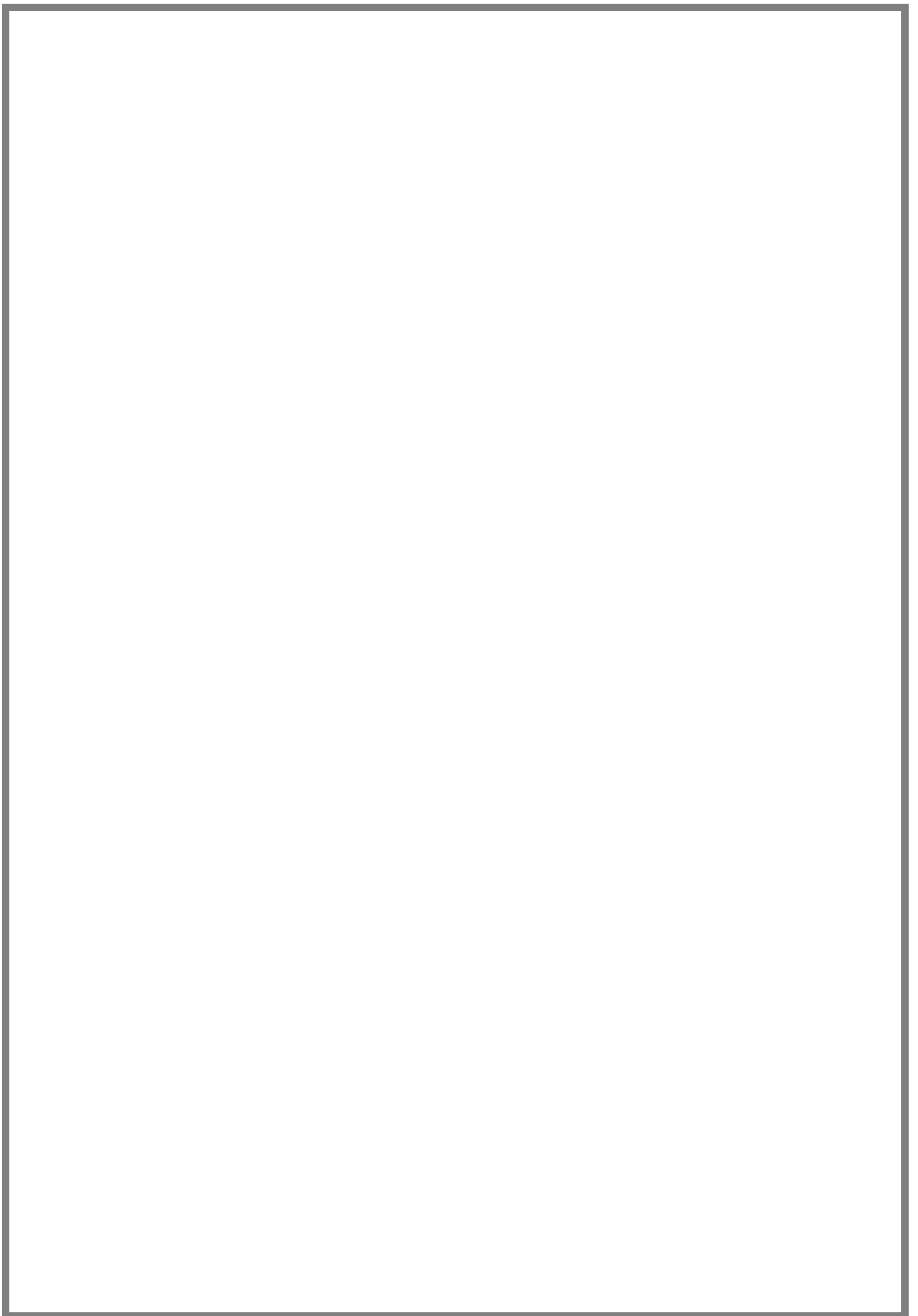


Abseiling



I am going Abseiling.



I will go to the Kinross building.



Bendrigg has an indoor and an outdoor abseil.



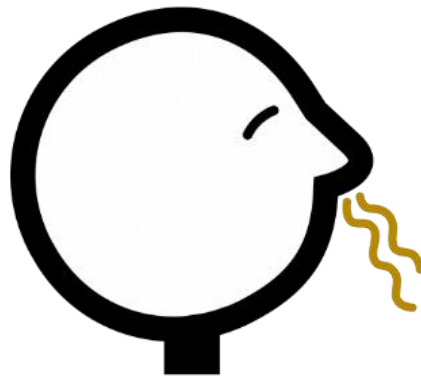
This is the Climbing wall.



This is the storeroom where the equipment is kept.



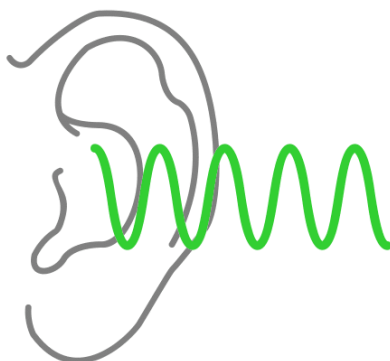
When I go inside it may smell different.



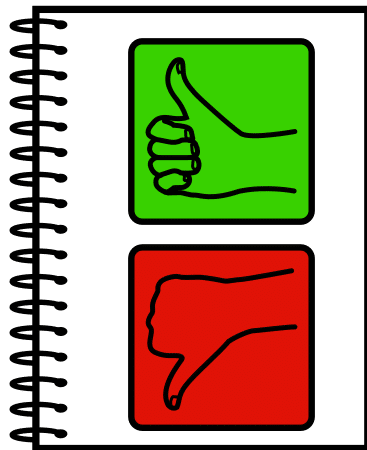
The floor is made from rubber and is bouncy.



The climbing wall room can be loud and have new sounds.



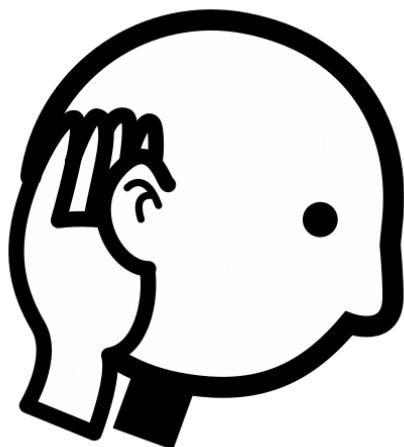
I will meet the Bendrigg tutors and other people. They will talk to me about the rules.



This is to keep me safe.



I need to listen carefully.



The Bendrigg tutor will show me how to put on my harness



and my helmet.

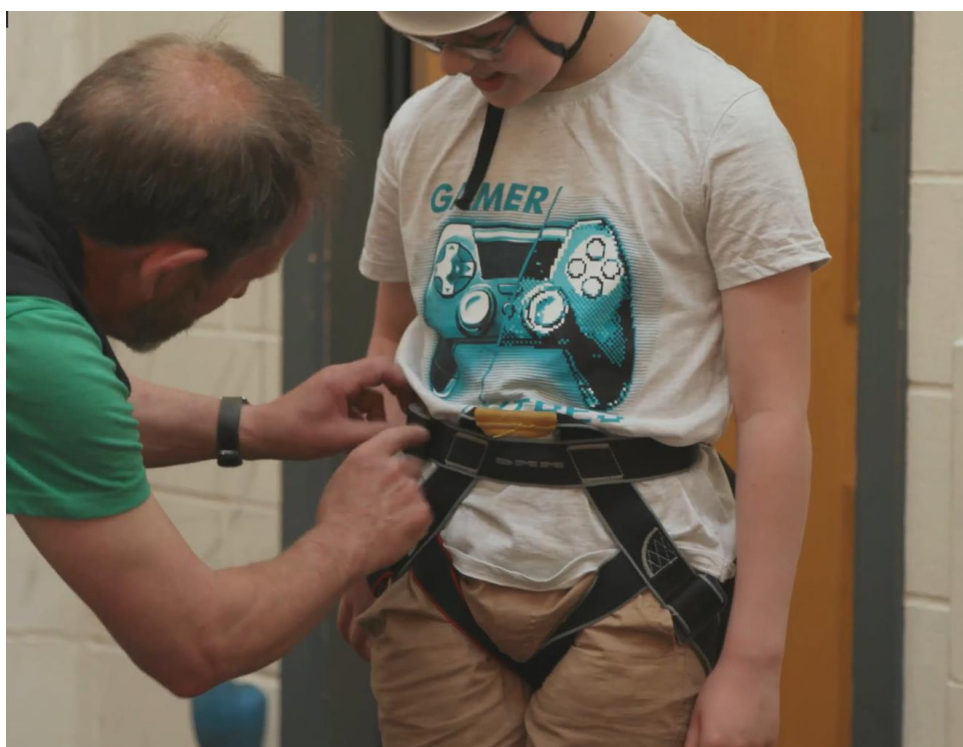


I will put on my harness and helmet.



I can ask for help if I need it.

The Bendrigg tutor will check I have put it on correctly.



I will go up the stairs or in the lift to the abseil.



I will wait behind the barrier until it is my turn to abseil.



I will need to use equipment to keep me safe.



When the Bendrigg tutor says I am safe I can have a go.



I will sit in my harness and follow the tutors' instructions. I will lower myself using the ropes.



The Bendrigg tutor will hold the rope and keep me safe.



I can't fall off.



When I get down to the bottom the Bendrigg tutor will tell me how to take the rope off.

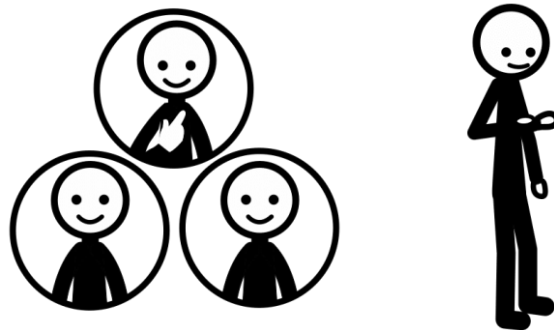


I may feel excited.



I may be able to have another go.

I will need to wait my turn.



I may feel worried, this is okay.



I need to remember I am safe if we all listen carefully and follow the rules. I can ask to stop.



When I have finished everyone will say
well done.



Abseiling is fun.

