

# SWAG



# INform

<http://www.swag.org.au>

WHAT:	<u>ROCK CLIMBING DAY</u>
WHO:	DIV 1 & 2
WHERE:	BANGOR (near Sutherland)
WHEN:	SATURDAY 13 AUGUST
MEETING:	PENSHURST CHURCH @ 8:00AM
RETURNING:	PENSHURST APPROX. 1:30PM
COST:	FREE

*rock climbing*



The boys have been to the Rocknasium. They've been abseiling. Now it's time to put those skills into practice on our Rock Climbing day. In the past we have taken the boys abseiling down the cliff, but this time they will be climbing up from the bottom and abseiling back down. They will be attached to a top rope at all times while climbing with someone on belay (anchor) at the bottom.

We plan to use a site at Bangor that is a well known climbing area. An experienced rock climber from the University of NSW has kindly agreed to participate in the activities.

Checklist:

- Hard soled tight shoes for climbing (e.g. old school shoes) plus walking shoes for the walk in (optional).
- Loose long pants (e.g. track pants)
- Fleecy top (in case it's cold standing in the shade)
- Hat
- Lunch + Snack
- Water - at least 1 litre.

Contact numbers:                      Andrew Greatbatch:      0409-454-130  
    Andrew Thoms:              0425-356-543

From  
 the SWAG leadership  
 your servants in Christ

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**Permission Slip**

I give my permission for \_\_\_\_\_ to attend the SWAG Rock Climbing day SWAG on 13 August 2005. I understand that he may be travelling in a leader's car.

I agree to the procedures as set out in the SWAG form of indemnity.

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

Medicare No. \_\_\_\_\_ Contact Phone \_\_\_\_\_