



Event Host:



Event Sponsor:



# VERTEX INDUSTRY EVENT

**Wednesday 22nd November 2023**

Lyon Equipment, Unit 3-7, Tebay Business Park, Tebay, CA10 3SS



## **This year's industry event will focus on inclusion and impairments**

This year's theme will follow on from last, continuing a focus on people. For this event we have selected to deliver workshops and invite speakers to cover the topic of "Inclusion for All".

We will be asking ourselves how we can better cater for all body types, shapes and personal needs so that our attractions, activities and venues can be open to as many people from our communities as possible.

# TRAINING COURSES

## Tuesday 21st and Thursday 23rd of November

This year will see training opportunities bookending the main event.

Bendrigg Trust will be running training on the topic of Disability Inclusion in Roped Activities on Thursday 23rd November. **There are only 12 spaces available on this course.**

If there is sufficient interest, then a second day will be run on Tuesday 21st November.

Lyon Equipment will be running 2 training courses. PPE User Checks Training will be run on Tuesday 21st and Thursday 23rd November. Additionally an Anchor Placement Course will be run on Thursday 23rd November.

If you would like to attend any of the courses listed, please indicate your preferred date(s) on the booking form which you can find towards the back of this brochure.



## DISABILITY INCLUSION IN ROPED ACTIVITIES

Thursday 23rd November 2023

Could your team be more inclusive?

Come to a specialist outdoor education centre for insight into providing roped activities for people with disabilities.

Topics covered will include terminology, models of disability, barriers to participation, communication and more.

The training will be delivered through practical activities, discussion, workshops and theory.

The practical content will cover supporting movement on steep ground, climbing alongside participants, exploring adaptations for postural support, rigging and executing a wheelchair abseil and an accessible zipwire.



SCAN ME

The day runs from 9.30-4.30 and includes lunch.

**£120 PER PERSON**





# PPE User Checks for the Adventure Activities Sector

## Available dates

- 21st November
- 23rd November

For alternative dates,  
information and bookings,  
contact:

training@lyon.co.uk  
015396 26251

£200 inc.VAT



## KEY INFO

- ▶ Designed to provide the necessary training and additional experience to give an instructor or leader the ability and confidence to perform suitable pre-use checks.
- ▶ Developed to provide appropriate background information on relevant legislation.
- ▶ 1 day course including assessment.

*venture further*

lyon.co.uk

**LYON**  
WORK & RESCUE  
TRAINING

# Anchor Placement

## Available dates

- 23rd November

For alternative dates,  
information and bookings,  
contact:

training@lyon.co.uk  
015396 26251

£240 inc. VAT



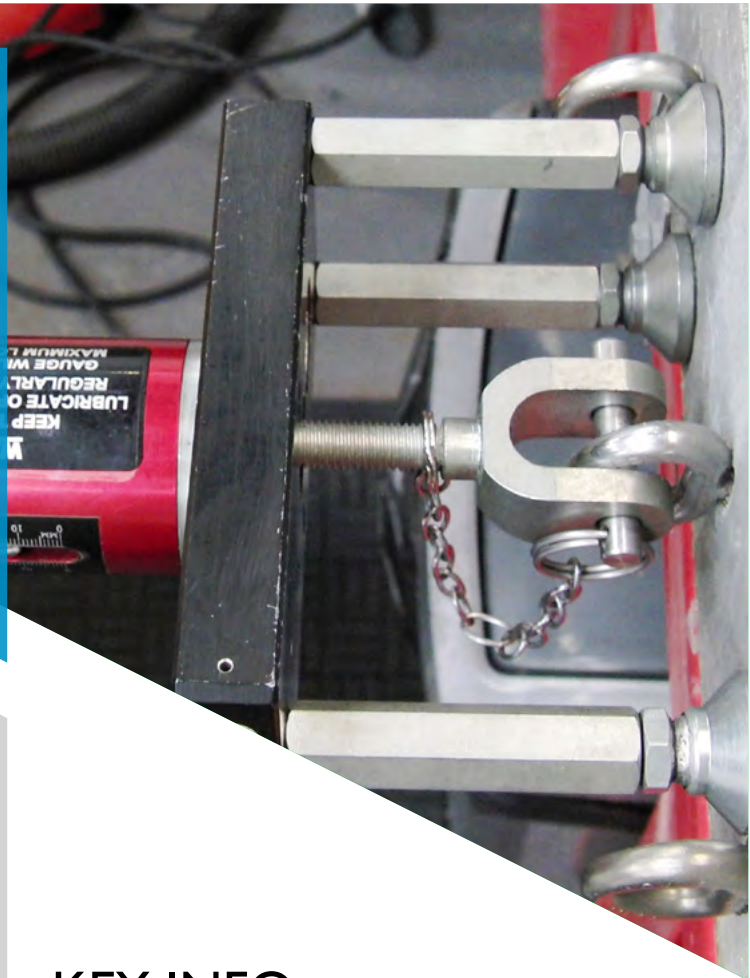
## KEY INFO

- ▶ Designed to train personnel to correctly install, test and certify Petzl mechanical and chemically fixed anchors in accordance with BS 7883, for personal protection against falls from a height.
- ▶ If you install eyebolt anchors conforming to BS EN 795 you need to be aware of good, accepted practice for the installation and testing of such anchors.
- ▶ 1 day course including assessment.

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**LYON**  
WORK & RESCUE  
TRAINING







Picture: Inclusion Working Group of ERCA /  
Photographer: SEBASTIAN GOEHNER

## Timetable

<b>08:45</b>	<b>Arrival &amp; Registration</b>	
09:45-9:55	<b>Steve Woods</b> <a href="#">Vertex Training</a> <b>Mike Robinson</b> <a href="#">Lyon Equipment</a>	<i>Introduction &amp; Welcome</i>
10.00-11.00	<b>Will Pike</b> <a href="http://www.willpike.co">www.willpike.co</a>	<i>Keynote</i> <b>'Disability Adventures: Fun, Fragility and Feeling Ignored'</b> In this keynote, Will considers his own relationship with the concept of being 'adventurous' as both an able-bodied and disabled man; while also providing insightful tools to help us communicate better with the disabled community
<b>11.00-11.15</b>	<b>Break</b>	
11.15-12.15	<b>Workshops or Lyon Tour</b>	Sign up to take part in a workshop of your choice from the list overleaf or join the tour of Lyon HQ facility.
<b>12.15-13.45</b>	<b>Lunch and Social</b>	
13.45-14.45	<b>Workshops or Lyon Tour</b>	Sign up to take part in a workshop of your choice from the list overleaf or join the tour of Lyon HQ facility.
<b>14.45-15.00</b>	<b>Break</b>	
15.00-16.00	<b>Workshops or Lyon Tour</b>	Sign up to take part in a workshop of your choice from the list overleaf or join the tour of Lyon HQ facility.
16:00-16:15	<b>Steve Woods</b>	<i>Final words</i>

# Speakers and Workshops

All the speakers will be at the venue for most of the day and will be happy to meet with you to explore how their work might support your organisation and operation.



## Will Pike Keynote Speaker

### *'Disability Adventures: Fun, Fragility and Feeling Ignored'*

In this keynote, Will considers his own relationship with the concept of being 'adventurous' as both an able-bodied and disabled man; while also providing insightful tools to help us communicate better with the disabled community.

Will Pike is a disability rights campaigner, public speaker, and disability consultant. His work is centred around the normalisation of disability and seeks to address the barriers, both physical and prejudicial, that prevent disabled people from accessing society. Will draws on his own lived experience as a terror attack survivor and disabled man to explore themes such as adversity, masculinity, identity and diversity. Without seeking to be inspirational, he harnesses his own story to help individuals and organisations better understand how we can all begin to make the world a more inclusive and inviting space for disabled people.

Will has been a guest on programmes including Good Morning Britain, Victoria Derbyshire and Sky News; and has written articles in The Times, iNews and Huffpost. His film 'Yes I Can, If' went viral in 2016 and has been viewed by over a million people on Facebook and YouTube.

Earlier this year, under the umbrella of The Hobbs Consultancy, he formed The Disability Taskforce - a multifaceted team of consultants who provide insights across a broad range of disabilities. Their aim is to make sure that all reasonable adjustments are truly inclusive, as well as aspirational.

CONNECT WITH WILL    

## Gemma Roberson Head of Safeguarding & SEND: PGL Travel Workshop - Developing a SEND strategy for your business



I joined PGL Travel in 2022 as part of the Senior Leadership Team, leading on the safeguarding and SEND (special educational needs and disability) strategy for the business. Prior to joining PGL I have worked in both the charity sector and in Education, leading on safeguarding and inclusion.

We are very lucky at PGL to be able to impact so many young people's lives and truly believe in providing an outstanding experience for our guests.

As part of my session, I would like to share with you the journey we are on in developing our 5-year SEND strategy across the business and using customer feedback to ensure our strategy is the right one for our customers' needs.

CONNECT WITH GEMMA    

## Dr Suresh Paul - Equal Adventure

### Workshop - Promoting dignity and performance

Suresh Paul, founder, and director of Equal Adventure is an Industrial Design graduate with a PhD in bio engineering and extensive knowledge of disability, social inclusion, coaching, and sports science. With over 30 years of experience in inclusive design, he has run research and development projects in the UK and abroad which have combined a range of methodologies and user involvement strategies to produce sports equipment for people with a wide range of impairments. His research into inclusive adventure considers gaining consent and integrating therapy with community participation. He currently lectures in design, sports engineering, and outdoor studies on a range of undergraduate courses across the UK, and mentors graduates during their internships at Equal Adventure.



Suresh has been awarded a Visiting Professor Role by the Royal Academy of Engineering to continue developing the application of inclusive design and engineering. Suresh is also a recipient of the Geographical Award from the Royal Geographic Society, for his contributions to inclusive and ethical practices in expeditions and fieldwork.

He continues to be active in the outdoors as a practitioner and participant in paddlesports, on the hill, and occasionally on the crag!

The workshop will explore ways of promoting dignity and performance in rope based activities in terms of preparation set up, programming, donning, fitting and use of equipment as well as a brief look at the choice of operational or activity environment.

A wide range of Equal Adventure equipment will be used during the workshop including new harnesses, postural supports and head and neck supports.

CONNECT WITH SURESH    

## Nick Liley & Kate McCallum - Bendrigg Trust

### Workshop - An introduction to creating inclusive provision

Bendrigg is a specialist, residential outdoor education centre, providing life-changing opportunities for people with disabilities. Having been delivering inclusive outdoor activity courses at Bendrigg for over 40 years, the organisation is now increasing its reach and impact by working with other activity providers, supporting them to become more accessible.

This workshop will look at how outdoor activity providers can create a more inclusive provision for people with disabilities. It will explore some of the key barriers to participation that disabled people face and will look at how activity providers can work to address them.

#### Kate McCallum

Kate is a trained Occupational Therapist and specialist in the field of Augmentative and Alternative Communication (AAC). She has a deep passion for enabling disabled and disadvantaged people to live as fulfilled and enriched life, without barriers impairing their achievements. Her career foundation began at the Bendrigg Trust when she began volunteering aged 15. Bendrigg paved the way for a varied and rich career pathway working with people who have additional needs. Prior to her current role at Bendrigg she worked in the field of AAC for 20+ years, presenting numerous papers internationally. Her work has been published in a number of different academic journals. She won the NESTA Inclusive Technology Prize 2016. She dedicated 21 years' service to the charity 1Voice - Communicating Together sitting on the board of directors and volunteer. In her spare time, she runs a small business Sign Out Loud.



#### Nick Liley

Nick has over 20 years' experience of providing inclusive outdoor activities for people with disabilities. Having worked at the specialist centre, the Calvert Trust as an instructor and senior manager for over 10 years, Nick is now the Director of Bendrigg, a leading specialist outdoor activity centre.

Nick has delivered disability awareness training courses across various sectors and over the years has provided consultancy and advice to individuals, organisations and National Governing Bodies.



CONNECT WITH NICK & KATE





## Edward Kinnear – Earthly Edge

### Workshop - Ensuring Inclusion Through Diverse CPD

Edward has worked in experiential learning for more than 25 years; facilitating outdoor adventures for individuals with impairments from across society.

Course director and technical advisor on MAC recovery programmes at the Royal British Legion / Ministry of Defence's Personnel Recovery Centre, Lilleshall. Author of inclusive articles in various magazines and co-author of Inclusive Climbing - a manual for inclusive adventure activities in climbing.

Active on a regional level with wellbeing for Mountain Rescue personnel and as a Deputy Team Leader. Performance coach and course director working with corporations such as BAE, GSK, Rolls Royce, Tesco, Thales, Airbus and Channel 4.

Technical advisor and consultant to local authorities, businesses and Leeds Beckett University. In his spare time, Edward is enthusiastic about his family, climbing, caving and mountain rescue.

Edward will be discussing the 'what and why' of diverse Continued Professional Development (CPD), and how it improves inclusive practice in any organisation. The workshop will be seen through the lens of the Decision-Making Framework; a practical and effective cognitive model for organisations and instructors to use when working with individuals with impairments.

CONNECT WITH EDWARD



## Thomas Woesthoff & Meik Haselbach

### ERCA (European Ropes Course Association) and members of the ERCA Inclusion Group

### Workshop - Creating a conceptual and environmental high ropes course structure that enables all groups to actively participate in ropes course programmes

The workshop will include:

- The principle of focusing on the aim and developing the concept and technical structure from that point.
- Analysing the environmental factors (organisation, location, funds, etc.) and create the concept accordingly.
- Collaboration in the working group with full trust and across companies to benefit from the entire range of skills.
- Working 'hands-on' on real projects and not persist in abstract considerations.
- Sharing the experience and the knowledge during the working group meetings and in seminars to grow the knowledge and spread the idea.
- Designing the climbing elements in a way that everybody can climb it actively in their own manner.
- Training of instructors to understand the variety of needs and to begin with inclusion work from the first welcome speech on site.

In the second part, impressions and pictures will show how the principles are applied in practice. Five high ropes course projects have been established by the working group so far, with more to follow.

CONNECT WITH THOMAS & MEIK



**Thomas Woesthoff >**

Teacher, Social Education Worker and ERCA Board Sector Representative for Inclusion



**Meik Haselbach >**

Social Education Worker and ERCA Community Manager





# Stephen Cruse - The Amputation Foundation

## Workshop - Accessing your off-ground activities for amputees

After suffering injuries from a major road traffic accident in Australia in 2008, Stephen is a bilateral below knee amputee. He uses a range of prostheses for walking, running, swimming, driving, riding motorbikes, and cycling. Stephen is the first UK bilateral trans-tibial amputee to have life changing Osseointegration surgery which fixes the prosthetics directly to his skeleton giving him greater range in movement and less restrictions as an amputee.

Over a number of years Stephen has worked to develop a small amputee user group into the award-winning charity, The Amputee Foundation. He has also created a non-profit Community Interest Company called Amputation, Inspiration and Motivation CIC (AIM). Stephen, along with Andy Reid and Jackie Palmer, through AIM, want to inspire and motivate people of all walks of life through inspirational and motivational presentations.

As well as telling his story, in his presentation, Stephen will cover the vary types of amputations, prosthetics, and how to enable amputees to take part, independently on your Off-Ground Adventure Activities and provide information on The Amputation Foundation (AF) who are the first point of call for amputees, families and friends of amputees, and hospital professionals to contact to obtain immediate and impartial support from other amputees and support organisations.

CONNECT WITH STEPHEN



# Rod Baber – RDB High Ropes Operation Services

## Workshop - Amalie's Everest: How to enable severely disabled children onto adventurous activities

A former professional mountaineer and world record holder, expedition and DoE leader, Rod has operated both educational and recreational ropes courses and is an ERCA trainer and part time charity fundraiser for children with disabilities.

Following a tragic experience when his youngest daughter lost the ability to see and move overnight, Rod has spent the last 12 years trying to improve Amalie's way of life. Through these learnings and his experience in the high ropes industry he has worked with numerous parents and carers of disabled children doing what he can to enable and understand how severely disabled children can benefit from participation in these activities.

On his way, Rod and his whole family went on a funded trip to the Calvert Trust, Exmoor. His experience there, along with his family, went on to shape his understanding in what is needed in this challenging and emotional environment.

Rod will share his personal journey both as a father and as a ropes course owner. What he learnt along the way, the challenges of a parent and carer, how to manage parent, carer and client needs plus his 5 top tips that you can take away and apply at your own off-ground adventure activity business.

CONNECT WITH ROD





# Lyon Equipment

## Tour

Established in 1973, Lyon Equipment Limited has been at the forefront of advances in access to difficult places, be it deep underground or on the world's highest peaks. Lyon Equipment is also a leading authority on safe work at height. Its staff team today includes specialists with practical backgrounds in rescue, defence, security, confined space working and rope access.

Lyon, now an employee owned company, employs a team of over 90 people. The company encompasses several specialist divisions; Petzl Agency, Lyon Outdoor, Lyon Watersports, Lyon Cycle, Lyon Work and Rescue and Lyon Work and Rescue Training.

As well having a strong customer base in the outdoor adventure activities sector, they also supply products and training to UK and overseas Fire & Rescue services, Police, Ambulance, HART teams, H.M. Coast Guard, Military and counter terror services, NGOs and Voluntary rescue organisations (Mountain, Cave and Lowland Search and Rescue teams).

Well known for being the UK agency for Petzl, Lyon Equipment is also the distributor and representative for a range of other brands in the UK including:

La Sportiva

Ortlieb

Exped

Salsa Bikes

RTM Kayaks

Egalis

Tahe

Optimus

Katadyn

In addition to distribution Lyon also manufacture in-house a wide variety of soft and hard goods all designed around safety at height both in sport and industrial settings. They also take on custom design, development and manufacturing projects bringing all the skills across the company together to meet the most specialist of needs.

This will be a rare opportunity to take a tour of the Lyon HQ. The Work & Rescue training team will be your guides to what is a unique company that so many of us rely on.

**CONNECT WITH LYON EQUIPMENT**





**7x19** are a full-service adventure activity provider. From design and construction through to inspections and maintenance we use our extensive background in adventure and construction operations to deliver an outstanding 360° service.

We're very much a roll-up-our-sleeves-and-get-stuck-in type of people, working together with our clients to deliver great results. Our experience in the adventure sector means we have the skills and expertise to work in partnership with you to create the perfect product that meets your needs whilst always adhering to the highest of safety standards.

Our practical skills are matched by our excellent administration and ability to communicate.

We promise there will be a seamless flow of communication from start to finish to ensure you are kept thoroughly up to date with the progress of your project, may that be a new build or small maintenance job, we value every piece of work.

So, whether you're looking to update your educational facilities or build a unique tourist attraction we're here to support you along the journey from start to finish.

CONNECT WITH 7x19



## TRADE STANDS

Alongside our event sponsor there will trade stands for delegates to visit.

- **7 x 19** - Ropes courses, zipline and adventure park builders
- **Adventure, Climb, Rescue** - PPE reseller
- **Activities Industry Mutual** - Insurance broker/provider
- **Amputation Foundation** - provides assistance to amputees and medical professionals
- **Edelrid** - PPE manufacturer
- **Equal Adventure** - supplier of products and services
- **ERCA** - European Ropes Course Association
- **GM4X** - products and services that facilitate inclusion and access
- **Head Rush Technologies** - Manufacturers of adventure park and climbing wall devices
- **High Ropes Builders** - Ropes courses, zipline and adventure park builders
- **Lyon Equipment** - PPE manufacturer, reseller and training provider
- **Mann Broadbent** - Insurance broker/provider
- **Petzl, UK** - PPE manufacturer





# EVENT INFORMATION

The event will be held at the Lyon Equipment Work & Rescue Training Centre, Tebay in Cumbria. Lyon have been amazing in supporting the event this year, closing their training department and providing all of their facilities, rooms, and staff to ensure a great day for everyone.

The main event room will be in their Height Safety training facility. This is a large warehouse style building, and the event is held in November, in Cumbria. **We recommend you bring warm clothing and jackets as if you were going to be outdoors, you can always take a layer off.**

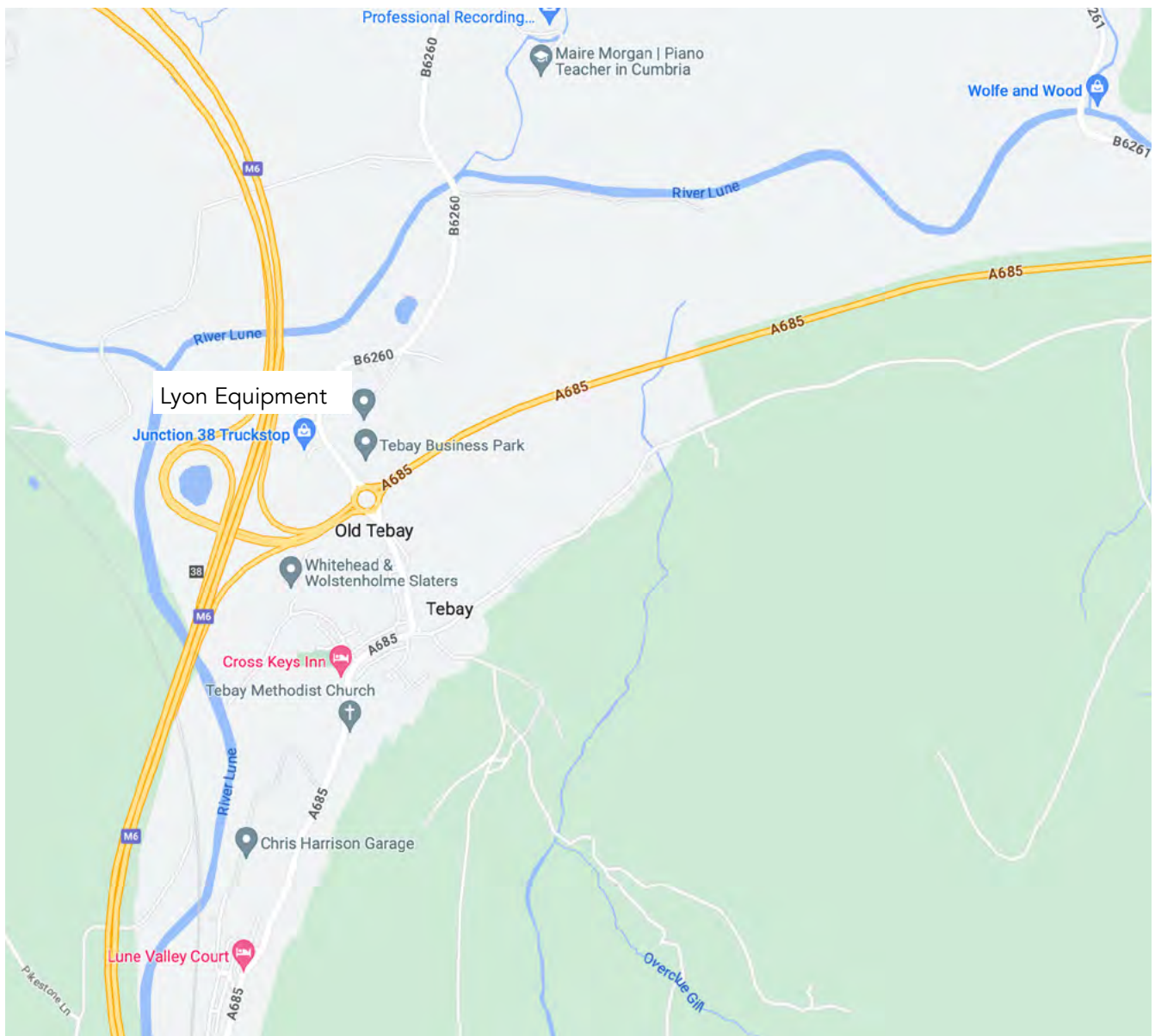
Following the keynote speech, you will have the option to attend up to 3 workshops throughout the day or go on a tour of Lyon HQ.

The workshops will take place in a variety of rooms at Lyon Equipment – some rooms can hold more delegates than others. Please indicate on the booking form which workshops you would like to attend, in order of preference, and if you wish to take part in the tour of Lyon HQ. This will allow us to allocate the presenters to the most appropriate rooms, and the 3 slots in the day so that you can attend the presentations you want to.

We expect to have over 100 people in attendance on the day between delegates, speakers, and trade stands.

**COST: £70 per person plus VAT (this does not include attendance at the training days run by Bendrigg Trust or Lyon Equipment)**

**LOCATION:** Unit 3-7, Tebay Business Park, Old Tebay CA10 3SS  
The venue website is here <https://lyon.co.uk/training>  
Google map <https://goo.gl/maps/PUEx59KqYnfYDq8>



BY CAR:

### **Approaching from the M6**

Lyon's Training Centre is located just off the M6 motorway. Exit at Junction 38 and you will come to a roundabout, take the first exit signposted for Appleby and Orton. After approximately 20m, turn to the right into Tebay Business Park. You will see the Lyon warehouse directly ahead of you as you approach. Continue round the right-hand side of the building following the 'reception' signs as far as you can go. Our entrance is through the glass atrium with car parking available directly outside.

### **Approaching from the A66**

Alternatively, if you are approaching from the A66 then follow the A685 from Brough. You will pass through the town of Kirkby Stephen and then on to Tebay (it is 16 miles from Brough to Tebay). On arrival at the roundabout, take the third exit signposted for Appleby and Orton. After approximately 20 m, turn to the right into Tebay Business Park. You will see the Lyon warehouse directly ahead of you as you approach.

BY TRAIN:

Kirkby Stephen (part of the Settle- Carlisle line) is the nearest local train station. Alternatively, Oxenholme the Lake District and Penrith (15 miles and 20 miles away respectively) are on the West Coast Main Line with direct trains to London, the south, and Scotland. From there you will need to organise a taxi to the venue

OVERNIGHT:

There are plenty of hotels in Penrith and Kendal.

CAR PARKING:

Continue round the right-hand side of the building following the 'reception' signs as far as you can go, parking available directly outside.

ON ARRIVAL:

You can arrive between 8:45am and 9:30am

Make your way to the Training Centre Entrance by walking to the other side of the building where you will be asked to sign in and pick up your name badge. You will have time between 8.45am and 9.30am to speak to friends, colleagues and look at the trade stands. Make sure you are seated and ready to start by 9.40am

REFRESHMENTS: Hot and cold drinks will be available free of charge throughout the day.

LUNCH:

Lunch will be between 12:15-13:45

A lunch will be provided to all delegates, speakers, and trade stands at 12.15pm by popup food trucks. If you have any allergies, please let us know on your booking form.

Please feel free to find a space either upstairs, or in the main hall to sit with friends, colleagues and delegates during the breaks and lunch.

THE SPACE:

The main room for the keynote, trade stands and tea and coffee, is the Lyon Training facility. It is a large warehouse style space. **Please bring warm clothing suitable to sit and be comfortable. Layering up will be the key!**





# BOOKING FORM

PLEASE RETURN THIS BOOKING FORM NO  
LATER THAN 2ND OCTOBER, 2023

Name of Company:

Name of Delegate(s):

Contact Number:

Email Address:

Invoice Name & Address:

Purchase Order No for invoice:

Any Dietary Requirements?

Vehicle Registration:



## TRAINING DAYS: 21st NOVEMBER AND 23RD NOVEMBER, 2023

Please indicate below if you would like to attend any of the following training days.

Please note that your details will be passed to Bendrigg Trust and/or Lyon Equipment who will then manage your booking, payments etc.

Bendrigg Trust have indicated that if there is sufficient interest in their workshop that they will run the event on Tuesday 21st November as well. Please indicate below if this is your preferred date.

Day	Event	Cost	No. of spaces
Tuesday 21st November	Lyon Equipment: PPE User Checks for the Adventure Activities Sector	<b>£200 per person</b> plus VAT	
**Tuesday 21st November	Bendrigg Trust: Disability Inclusion in Roped Activities	<b>£120 per person</b> incl VAT	
Thursday 23rd November	Bendrigg Trust: Disability Inclusion in Roped Activities	<b>£120 per person</b> incl VAT	
Thursday 23rd November	Lyon Equipment: PPE User Checks for the Adventure Activities Sector	<b>£200 per person</b> plus VAT	
Thursday 23rd November	Lyon Equipment: Anchor Placement	<b>£240 per person</b> plus VAT	

**\*\* BENDRIGG TRUST ONLY** This date will only run if there are too many people for the training day on Thursday 23rd November (12 places available). Please indicate above if you can **ONLY** attend on Tuesday 21st November if required.

## Workshops

Please choose the workshops in order of interest from 1 – 8, with 1 being your first choice. This information is only required to help us plan the day and allocate the correct size of room.

WORKSHOP/SPEAKER	Preference No. (1-8)	No. of people	WORKSHOP/SPEAKER	Preference No. (1-8)	No. of people
Dr Suresh Paul			Gemma Roberson		
Bendrigg Trust			Edward Kinnear		
ERCA Inclusion Working Group			Amputation Foundation		
Rod Baber			Lyon Equipment Tour		

**I confirm the booking details, above and accept the terms and conditions overleaf.**

Signed:

Date:

or sign, scan and email to [enquiries@vertex-training.co.uk](mailto:enquiries@vertex-training.co.uk)

**PLEASE RETURN THIS BOOKING FORM NO LATER THAN MONDAY 2ND OCTOBER, 2023**

# TERMS AND CONDITIONS

## Payment Terms

- Your booking form should be with us no later than the Monday 2nd October, 2023
- You will be invoiced when we receive your booking form and payment should be made no later than Monday 23rd October, 2023. We can accept credit card payments, please email if this is your preferred payment method and a payment link will be sent out to you.
- Your booking will not be accepted as confirmed until full payment has been received
- Vertex reserves the right to re-allocate the place to another delegate if payment is not received on time
- The participant agrees to meet all bank, transaction and conversion charges to pay the full invoice amount, in British Pounds (GBP)

## Cancellation & Refunds

- All cancellations must be made by Friday 20th October, 2023 either by email or phone
- If you cancel your place after this date or don't turn up on the day there will be no refund
- We reserve the right to cancel the event should events beyond our control make this unavoidable and we will refund you in full.

## Liability

- Vertex Instructor Training Ltd cannot accept any liability for any actions whatsoever of delegates.

## Intellectual Property

- During the day you may receive copies of material which is copyright to companies, presenters and Vertex Instructor Training Ltd. You agree not to share, copy, store or reproduce this material by any means without written authorisation from Vertex Instructor Training Ltd.







## Adventure activities that *stand out* from the crowd

7x19 are a full service adventure activity provider. From design and construction through to inspections and maintenance we use our extensive background in adventure and construction operations to deliver an outstanding 360° service.

Our bespoke adventure activities can be designed to work for both developmental and leisure environments. So whether you're looking to update your educational facilities or build a unique tourist attraction we're here to support you along the journey from start to finish to the highest of safety standards.



Tag Active



Zip Wires



High Ropes



Swings



Drops



Obstacle Courses



Climbing



Low Ropes



Bespoke designs available

Get in touch to discuss your project

**07407 253 220** | [info@7x19.co.uk](mailto:info@7x19.co.uk)

**7x19.co.uk**



**7x19**   
*building adventure*

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**01929 480 920** [enquiries@vertex-training.co.uk](mailto:enquiries@vertex-training.co.uk)

  [www.vertex-training.co.uk](http://www.vertex-training.co.uk)