Scotland's Charity Air Ambulance Abseil at Murrayfield Stadium

Frequently Asked Questions (FAQs)

What is the SCAA abseil at Murrayfield?

The SCAA abseil is an unforgettable fundraising challenge where participants descend 98ft from the iconic **Scottish Gas Murrayfield Stadium** in Edinburgh, raising vital funds to support **Scotland's Charity Air Ambulance** and its life-saving work across Scotland.

Where does the abseil take place?

The abseil takes place at **Scottish Gas Murrayfield Stadium**, one of Scotland's most famous sporting venues. Full arrival details and access instructions will be provided closer to the event.

Do I need abseiling experience?

No experience is required. The abseil is suitable for beginners, and full training and a safety briefing will be provided on the day by qualified, experienced instructors from Zone Events.

Is the abseil safe?

Yes. Safety is our top priority. The event is delivered by professional abseil providers (Zone Events) using certified equipment. Participants will be securely harnessed and supervised at all times.

Who can take part?

Minimum age to register for the abseil is 11 (note there is a minimum height requirement of 140cm). Anyone taking part under the age of 18 must have a parent/guardian with parental responsibility on site at Murrayfield and contactable for the duration of them taking part in the abseil.

Are there height or weight restrictions?

For safety reasons, minimum and maximum weight limits apply. Maximum body weight participant is 18.8 stone/120kg and minimum height is 140cm. If you have any concerns, please contact the SCAA fundraising team in advance to discuss your suitability.

How much does it cost to take part?

There is a **registration fee of £30** to secure your place. Participants are also asked to raise a minimum sponsorship target of **£250** to support Scotland's Charity Air Ambulance.

How do I sign up?

You can register online via **SCAA registration link**. Places are limited and will be allocated on a first-come, first-served basis.

What does my fundraising support?

Every pound raised helps SCAA keep its helicopters and rapid response vehicles in the air, providing emergency medical care to people across Scotland when they need it most and to ensure that no one in Scotland should die because help can't get there in time

What should I wear?

Please wear comfortable clothing suitable for the weather and sturdy, closed-toe footwear such as trainers. Skirts, dresses, open-toe shoes, and loose accessories are not permitted.

Can I bring friends and family to watch?

Yes! Spectators are welcome to come along and support you from designated viewing areas within the stadium and an addition of our Community Day.

Can I bring my dog?

Unfortunately, no dogs are allowed within stadium grounds, other than registered/assistance guide dogs.

Will the event go ahead if it rains?

The abseil can usually take place in light rain. However, in extreme weather conditions (such as high winds or thunderstorms), the event may be delayed or postponed for safety reasons.

Will I be given a time slot?

Yes. Participants will be allocated a specific time slot in advance. Please arrive at least **30 minutes** before your scheduled time to allow for registration and briefing.

Can photos or videos be taken?

There will be an opportunity to purchase photos at an additional cost on the day, and SCAA may also capture images and footage during the event for promotional purposes.

Will there be a baggage or bag drop available?

Yes. A complimentary baggage drop will be available for participants to store small personal items during the event. Bags must be clearly labelled with the participant's name. Please note that SCAA is not responsible for lost, stolen, or damaged items, and we recommend leaving valuables at home.

Travelling to Scottish Gas Murrayfield Stadium?

By Bus:

Lothian Buses

- Westfield Road 1, 2, 22, 30
- Gorgie Road 3, 25, 33, 38
- Corstorphine Road 12, 26, 31
- Edinburgh City Centre – Services 1, 3, 12, 22, 25, 26, 30, 31 or 33
- Edinburgh Airport – Airlink 100 will take you to BT Murrayfield and the City Centre
- Livingston – Services X27/X28

First Bus

- Corstorphine Road 23, 24 & 38
- 900 Service – Glasgow to Edinburgh

Scottish Citylink

By Tram:

Edinburgh Trams run a fast, frequent service to the entrance of Scottish Gas Murrayfield stadium from Edinburgh Airport, Ingliston Park & Ride, Edinburgh Gateway, Edinburgh Park Station, Haymarket Station and St Andrew Square tram stop, just a short walk from Waverley Station.

On matchdays or during major events extra trams run to provide extra capacity. All trams are fully low floor and have dedicated spaces for wheelchairs. Murrayfield tram stop is fully accessible with lift facilities to street level.

Buy your ticket before you board. Every tram stop has ticket vending machines where you can buy all ticket types. For more details see www.edinburghtrams.com.

Using Park & Ride:

There are seven park and rides operating in and around Edinburgh. Visit The City of Edinburgh Council website for information on the park and rides in Edinburgh.

- Ingliston (west)
- Hermiston (west)
- Newcraighall (east)
- Ferrytoll (north)
- Sheriffhall (south)
- Straiton (south)
- Wallyford(east)

Is there Car Parking?

Parking is available for visitors attending the event. If you are arriving by car, please enter at the **South East Gate A** off Roseburn Street, and a member of the team will direct you to the appropriate car park.

What3words locator: https://w3w.co/orbit.grants.hurray

Please note, if there are other events or activity happening within the estate, parking may be limited.

Who can I contact for more information?

If you have any questions, please contact the **Scotland's Charity Air Ambulance fundraising team** at **fundraising@scaa.org.uk**