

## WHAT TO EXPECT ON YOUR BIG DAY

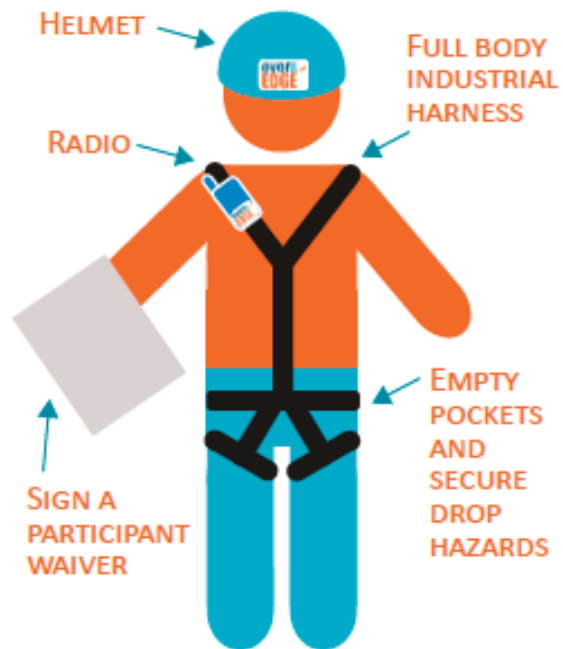
### 1 ARRIVE AT THE EVENT

and meet the Over The Edge techs



### 2 HEAD TO STAGING

to pick up your rappelling gear



### 3 TRAINING RAPPEL

Get comfortable in the harness with a quick training.



### 4 NAVIGATE THE EDGE

You've got this!  
Will you look down?




... AND DESCEND

### 5 TOUCH DOWN

at the landing zone. Some high-fives are in order!



### 6 THAT'S A WRAP

back to staging to remove gear and retrieve personal belongings. And don't forget to SHARE.   

## Participant Event Day Preparation

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### IN GENERAL

- This is not your typical rock-climbing rappel! You will be wearing a full-body industrial harness and using an industrial descender. You can control your speed to a certain extent. Should you go too fast the back-up device will engage, and you will stop.
- Getting your weight off the roof and into the harness is the hardest part of the rappel for most people. You will have time to practice your technique during training and an OTE Technician will guide you through the first few steps. Once you're over the edge you will have a radio to communicate with your OTE Technician.
- It will take 5 to 15 minutes to get to the bottom. Rappelling can take more effort than some people expect, and you may find that your hands or arms get tired. You can stop to rest or switch hands if you need to.
- If you keep your feet on the wall, it is easy to maintain the correct position. You won't spin around or drift into the building. On some buildings you will not be able to touch the building. You can maintain the correct position by sitting up in your harness as if you were sitting in a swing. An Over The Edge team member at the bottom of the rope will help keep you from spinning. Once you're within 20' of the ground, your landing will be assisted by the Over The Edge team.

### TRAINING

- Training begins in the **Staging Area**, where participants get into their gear and are provided the equipment needed to rappel. We adjust harnesses and other equipment to fit each individual and teach the participants about the correct way to wear their gear.
- In the **Training Area**, we train participants to use the descender and back-up device, the two pieces of equipment used during their rappel. The descender we use is a 'Petzl I'D'. We use a 'Petzl ASAP' as our back up device. We discuss how to properly operate the I'D as well as what causes the back-up device to engage and how to correctly release the ASAP.
- After demonstration by an OTE technician, each participant has the opportunity to simulate the actual rappel before going "Over The Edge".

## THE MAIN RAPPEL

- Training takes about 20-30 minutes, and once training is complete, participants go to the main rappel.
- An OTE Technician will get each participant attached to the ropes, and their gear and equipment will get a final check to ensure that everything is correctly positioned prior to committing to the mainline. Once the final safety check is complete, the OTE Technician will assist each participant “Over The Edge”.
- There are always eyes on participants, from OTE Technicians monitoring the rappel from the top, to rope volunteers below, providing a fireman's belay during the rappel and to help people off rope at the bottom.
- If a participant is unable to complete the rappel on their own, we can lower the ropes from the top. This also allows us to facilitate rappels for people who may not have the strength or ability to work the descent device.
- Unlike recreational rappelling, if you release your hands during your rappel, you will simply stop! Feel free to do this during your rappel and take some time to enjoy the view.

## WHAT TO WEAR

- You will be walking down the side of a building, so wear good shoes. Well-fitting sneakers, light hiking boots, or other soft soled shoes are best. **No sandals, slip-ons, slippers, flip flops, heels, or steel toed boots** allowed.
- Comfortable long pants (tights, athletics pants) or shorts are recommended. Long or short sleeve t-shirts are best. The harness goes around your legs, waist, and shoulders, so it is best to avoid anything bulky. Shirts should be comfortable, without draw cords. Hair should be tied back.
- You will be required to leave droppable items like keys and cell phones, or jewelry that can get caught on things, with a staff member on-site. You will be given a pair of protective gloves, a pair of leather gloves and a helmet when you arrive.
- Many people choose to wear costumes for their rappel. All costumes need to meet the same standards as listed above. Capes have to be approved by the Site Safety Supervisor for the main rappel. If you have a question about what alterations your costume will need, please email pictures of your costume prior to the event so our staff can check it out!

## SPECTATORS AND FRIENDS

Unfortunately, the roof is a restricted access area. Friends and family will not be allowed up to the roof top. The Non-Profit Partner will have an event photographer taking pictures from the roof, ensuring that each participant gets a picture of himself or herself going over the edge.

As an incentive, the Pro-Edger package level (raise \$1,800 or more) rewards you with a GoPro rappelling experience, as well as free event day parking. No personal cameras, GoPros, cell phones or other body cameras of any kind are allowed during your rappel. If you raise a minimum of \$1,800 we will provide the use of a GoPro for your rappel and give you the memory card after your descent. Sorry, but for safety reasons rappellers are not allowed to bring their own device.

## **WHAT CAN I DO TO PRACTICE?**

Go rock climbing at a local climbing gym! Not only does rock climbing strengthen your forearms, but also it allows you to hang in a harness. Although the harnesses we use are different, you will still get the idea of what muscles it takes to stay up-right.

## **GOT ALLERGIES OR A HEALTH CONDITION THAT WE SHOULD KNOW ABOUT?**

Let us know if you have had a recent surgery, are pregnant or have a medical condition, as this may affect your participation. Our team needs to be aware of any medical equipment that you need with you during your time on-site (canes, walkers, prosthetics, etc.) Additionally, we would like to know if you have allergies and typically carry an epi-pen or require an insulin pump. Connect with your non-profit partner hosting the event if any of these conditions apply, and they will reach out to our team on-site so we can best prepare and ensure this activity is appropriate for you.