

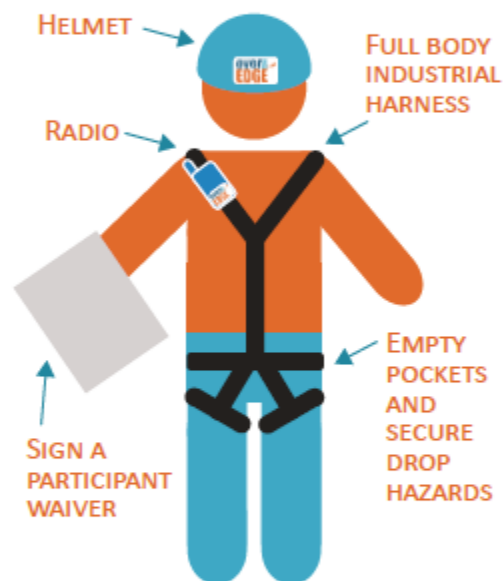
## WHAT TO EXPECT ON YOUR BIG DAY

### 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.



### 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

Here are some things you might like to know...

### IN GENERAL

- This is not your typical rock climbing rappel! You will be wearing a full-body industrial harness and using an industrial descender to go down. 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 most difficult part of the rappel for most people. You will have an opportunity to practice your technique during training, and an OTE Technician will guide you through these first few steps. Once you're over the edge, you will have a radio to communicate with your OTE Technician.
- It will take between 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 a break.
- If you keep your feet on the concrete/glass, 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 staff 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 staff.

### TRAINING

- Training begins in the **Staging Area**, where participants get into their gear and are provided the equipment they will need 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 how to use the descender and back-up device, the two pieces of equipment they will need to use 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 participants have the opportunity to simulate the actual rappel before going "Over The Edge".



## THE MAIN RAPPEL

- Training takes approximately 20-30 minutes, and once training is complete, participants head over to the main rappel.
- Our 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 eyes on our participants at all times, from the OTE Technicians assisting at the top and monitoring the rappel, to our ropes volunteers below, who provide a fireman's belay during the rappel to assist people with getting off rope at the bottom.
- If a rappeller is unable to complete the rappel on their own, due to fright, fatigue, etc., 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're going to be walking down the side of a building so wear good shoes. Well-fitting sneakers, light hiking boots, or other soft soled shoes are recommended. **No sandals, slip-on shoes, slippers, flip flops, high heels, or steel toed boots** will be 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 too bulky. Shirts should be comfortable and 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 leather gloves and a helmet when you arrive.
- Many people choose to wear costumes for their rappel. All costumes will need to meet the same standards as listed above. Capes will 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!

## CAMERAS AND PHONES

- Sorry, no phones, cameras, etc. on the roof. Helmet cams that operate hands-free are permitted if you have one and want to bring it. You must supply the mounting system. Go-Pro cameras are approved; all others will require preapproval. **NOTHING GOES OVER THE EDGE WITHOUT OTE'S APPROVAL.**

## SPECTATORS AND FRIENDS

- Unfortunately, the roof is a restricted access area. Friends and family will not be allowed up to the roof top. Often 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.

## 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.

We look forward to meeting you!

