



PARTICIPANT GUIDE: WHAT TO EXPECT

WHAT TO WEAR

You're going to be rappelling down the side of a building so wear good shoes (sneakers, light hikers, climbing shoes, something with a soft sole are all acceptable). No sandals, slip-on shoes, slippers, flip flops, high heels, or steel toed boot are allowed.

All participants will receive a long-sleeve event jersey to wear during the rappel. Long pants are recommended (athletic pants, tights, and jeans are suitable). The harness goes around your legs, waist, and shoulders, so it is best to avoid anything too bulky.

Long hair should be tied back.

ARRIVAL TIME

Participants who successfully raise a minimum of \$1,500 to participate in the event will be assigned a designated rappel time and notified of your rappel time in advance of the event. Rappellers must check in one (1) hour in advance of their scheduled rappel time.

CHECK-IN

When you arrive on site, you will check in at the registration table located inside the Residence Inn. You will then be escorted to the Rappeller Bag Check-in area where all belongings such as cell phones, keys, wallets, purses, cameras, etc. must left behind in a safe and secure area. Other items such as necklaces, bracelets, watches, etc. that may interfere with a safe rappel must also be checked in. **For your safety and the safety of others, this check-in policy will be strictly enforced.** After all items have been checked in, you will then be fitted for your gear that includes a harness, helmet, gloves and radio. After all gear has been properly secured, volunteers will escort you to the training area on the roof.

TRAINING

All participants will be escorted to the roof and participants will meet with an OTE Technician and receive safety instructions and training before proceeding to the rappel site. During the training, you will have the chance to hang in the harness, find a comfortable position, and practice using the descender. You can practice as often as you like before proceeding to the rappel site. The same safety procedures are used in the training as in the long rappel so you will be familiar with them when you get there.

WHAT TO EXPECT

You will be wearing a full-body industrial harness and using an industrial descender to rappel down 16 stories. Squeezing a handle makes you down, letting go (or pulling back) makes you stop. You can control your speed to a certain extent. Should you go too fast, or should the equipment fail, the back-up device will engage.

Getting your weight off the roof and into the harness is the difficult part 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 have gone over the edge, you will have a radio to communicate with your OTE Technician if you require assistance on your descent. Don't forget to stop and take in the view of downtown Sacramento and the Capitol.

It will take between 5 and 15 minutes to get to the bottom. The squeezing motion to activate the descender requires quite a bit of force and using the same hand the entire way down can be tiring. You can stop to rest, or switch hands when you need a break. In general, inexperienced rappellers tend to find themselves with tired hands at the bottom. 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. If you push off with your feet you can bounce outwards. The further out you bounce, the more difficult it is to keep from getting twisted. Once you're within 20' of the ground, your landing will be assisted by an OTE staff member or trained volunteer.

ADDITIONAL INFO

We will have photographers on site throughout the event taking pictures that will be available to all rappellers on our online site and dedicated Facebook page.

WHAT CAN I DO TO PRACTICE?

The most common complaint from participants after rappelling is that their forearm got sore during the descent. The squeezing motion required isn't hard, but over a long time it can get tiring. Proper technique and switching arms makes a lot of difference, but using a squeeze ball once in a while in advance of the event is recommended.

Get psyched, tell your friends and start raising funds so you can be one of 76 people who will be doing the *Over The Edge For Brain Injury* rappel, a first time event of this kind in Sacramento.

SPECTATORS AND FRIENDS

Unfortunately family & friends of the rappellers will not be allowed up to the roof top. There will be a staff photographer ensuring that each participant gets pictures of himself or herself going *Over The Edge*. Your friends and family can greet you at the landing area once you have descended down 16 stories.

