

# FAQ

**Interested in rappelling? Read through the FAQ below for all the information you need to get you started.**

## **Rappelling down the side of a building? Really?**

Yes! Sounds crazy, but this event is being done in partnership with Over the Edge, a fundraising organization that has done events like this at buildings around the world.

## **What is it like?**

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. 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 a technician will guide you through these first few steps. Once you are over the edge, you will have a radio to communicate with your technician. Don't forget to stop and take in the view!

## **How many people can do the rappel?**

We are estimating there will only be 76 spots available for this Over the Edge event.

## **Do I have to have prior rappelling experience?**

Absolutely no experience is necessary, and we provide all the training you need to go "Over the Edge."

## **Can anyone do it?**

You have to be 18 years old and you have to weigh between 100 and 300 pounds. This event is even handicapped accessible.

## **How long will it take?**

It usually takes between 10 to 15 minutes to do the actual rappel but the full experience will take 60-90 minutes for training, getting suited up, and the inevitable paperwork.

## **Is it hard?**

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 find yourself unable to do it on your own, a technician can lower you to the ground.

## **What should I 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. Wear long pants and a long-sleeved shirt. 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. Shirts should be comfortable and without draw cords. Long hair should be tied back. You will be required to leave items like keys, 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 on arrival.

## **Can I wear a costume?**

We would love for you to dress up to go "Over the Edge!" 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 to [DawnK@bbbstampabay.org](mailto:DawnK@bbbstampabay.org) so we can check it out and suggest alterations if need be.

## **Can my friends and family watch?**

Absolutely! We will have a Landing Zone experience on the side of the building. It'll have a great view to take additional videos and pictures of everyone coming down the side of the building. Only registered Edgers are allowed in the staging areas and on the roof.

## How do I secure a position to go “Over the Edge”?

You must raise a minimum of \$1,500 for Big Brothers Big Sisters of Tampa Bay during the fundraising period (approximately **January of 2018 through April 21, 2018**). We will provide you with all of the support you need to reach your fundraising goal including a dedicated web page, access to literature about the event and Big Brothers Big Sisters of Tampa Bay, an informative strategy guide on how to maximize your donations, sample donation request letters, and more!

## Should I raise more than \$1,500?

Yes, of course! And if you do you qualify for some amazing upgrades like video cameras and VIP treatment! Read all about our fundraising levels and prizes.

## How do I raise money?

We will provide you with all of the support you need to reach your fundraising goal including a dedicated web page, access to literature about the event and Big Brothers Big Sisters of Tampa Bay, sample donation request letters, and more! All of that material will be available on our Fundraising Tips page to get you started. Once registered, we will work with you to go “Over the Edge.”

**For more information please contact [DawnK@BBBSTampaBay.org](mailto:DawnK@BBBSTampaBay.org).**