



## FAQ Information Sheet



National Founding Sponsor

### **1. Will someone train me?**

Yes, prior to your rappel you will be required to attend at least one mandatory 3 hour training session provided by our highly trained experts at Vertically Inclined Rock Gym, 8523 Argyll Road. The day of your rappel, you will also go through a review of the safety steps that will ensure you have a safe and fun rappel.

### **2. How safe is this?**

As with everything, there are risks. It is important that you take the proper training, listen to your rappelling instructors and follow their directions. Everyone involved with your rappel has professional training and accreditation. Every effort has been made to ensure you have a safe rappel.

### **3. How fit do I have to be to rappel?**

You need to be reasonably healthy to rappel although you do not have to be physically fit. The speed of descent is controlled by technique rather than strength. The only limitations we have are by the size of the available harnesses. Of course if you have special needs, please contact Darla Zuk, Events Manager at 780.429.0137, Ext. 308 or by email at [darla@easterseals.ab.ca](mailto:darla@easterseals.ab.ca) and we will be happy to discuss the possibilities with you.

### **4. How long will it take me to rappel?**

Your rate of descent will be determined by your comfort level of speed you wish to rappel. Our experts estimate that it will take you anywhere from 5 - 10 minutes based on the building and the level of your experience.

### **5. Can my family and friends come see me rappel?**

Of course! We welcome your family and friends to watch you be a Superhero for Easter Seals Alberta kids by rappelling down Sutton Place Hotel! Please contact our office to find out where the safe viewing areas will be set up and/or ask the staff/volunteers onsite to show you these locations.

### **6. Do I need special gear or clothing?**

All essential equipment will be provided; however, we encourage you to wear tighter fitting, comfortable athletic clothing and non marking sneakers.

### **7. Will there be people there to help me?**

Yes, highly trained experts will guide you through the whole process.

### **8. Is there an age and weight limit?**

Yes, you must be at least the age of majority (18 years of age) to rappel, and must not exceed 285 pounds/130 kg.

### **9. Will I be strong enough to hold the rope?**

Yes, the speed of descent is controlled by technique rather than strength.

### **10. What if I get tired and want to stop?**

You can stop to rest quite easily by using the proper technique. Also, either the top, or bottom rappelling instructor can stop you at any time.

### **11. What if I let go of the rope?**

If you let go of the rope one of two safety systems will engage. Either the self locking mechanism at the top will stop you, or the person at the bottom will brake for you. Depending on where you let go of the rope, you can expect to rappel 4 or 5 feet before the safety system engages.

### **12. Will I burn my hands on the rope?**

The friction generated by the rope against your gloves will cause your hand to get hot. Start rappelling slowly to gauge how much heat will be generated. Once again, good technique will reduce how much heat is generated from friction.

### **13. What if the rope breaks?**

The rope won't break, or get cut. The rope is designed to hold 4,500 kilograms. In addition, every possible safety precaution has been implemented to ensure your safety and success during this event. Certified experts, back-up safety lines, participant training, frequent on site safety checks and many other precautions will be taken prior to and during your rappel.