

## Over The Edge FAQ's

What is the minimum age to rappel?

- 18. If you are younger than 18 and interested in participating please contact us.

What is the minimum/maximum weight to rappel?

- Over The Edge's safety standards require that people must be between 100 and 300 pounds in order to safely rappel.

What if I have a disability, medical condition, or I'm not sure I'm strong enough? Is this for me?

- Rappelers of a wide range of abilities are welcome!
- If a participant is unable to complete the rappel or operate the descent device on their own, Over The Edge technical staff can lower the ropes from the top.
- Please let us know when you sign up if you will need accommodations or will need to have medical equipment with you during your time on-site (epi-pen, insulin pump, cane, walker, prosthetics, etc.) so Over The Edge can best prepare
- Recent surgery, pregnancy, and certain medical conditions may affect your participation – please let us know if any of these conditions apply so Over The Edge can best prepare and ensure this activity is appropriate for you.

What is the fundraising deadline?

- Event Day (June 5<sup>th</sup>, 2021) is the official fundraising deadline. If you haven't quite met your target by Event Day, you can contact your event manager to hold your rappel spot with a credit card.

Do I need to have experience to participate?

- Not at all! Our technicians will provide all of the training and support you need to get Over The Edge!

Can I wear a costume?

- Absolutely! Over The Edge's on-site technical team will do their best to make your costume work for your rappel. Costumes have to meet the same safety guidelines as clothes which we'll send to you in your participant info – generally something that will fit under your harness and cannot get caught in things. The technical team has the final say in whether the costume is safe enough to rappel.

What precautions are in place given the spread of COVID-19?

- Over The Edge has implemented extensive new guidelines and event structure for their events given the spread of COVID-19, and at One Heartland we are also monitoring the local situation and guidance closely. A summary of the main changes affecting participants are below, please contact us if you have questions or would like more details. *As the situation is continuously*

*evolving, more changes may be made before event day – this information is current as of 8/5/2020.*

- All participants, volunteers, and staff will be required to wear a well-fitting mask/face covering over their mouth and nose at all times.
- Hands and objects will be sanitized regularly
- Only participants, volunteers, and staff will be permitted inside the building and event area, and only at specific times to allow for social/physical distancing. (A parent/guardian will also be asked to stay onsite in the case of a participant under 18). Participants will be given a registration time and will only be allowed in at that time and will not be able to stay past completing their rappel. (Expect to rappel about 60-90 minutes after your registration time).
- 6+ feet of distancing will be built into all aspects of the event except where it is not possible for safety purposes, and in those cases, contact will be kept to a minimum (for example OTE staff/Ropes Volunteers fitting a participant's harness).

More questions? Email [patrick@oneheartland.org](mailto:patrick@oneheartland.org)