



ZIP ZONE FREQUENTLY ASKED QUESTIONS

- 1. Is this legal?**

Yes! All appropriate authorities have been notified and permits as well as insurance are in place.
- 2. Will someone train me?**

Yes, prior to your rappel you will be required to attend at least one mandatory training session provided by our highly trained experts at a local facility. 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.
- 3. 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 and every effort has been made to ensure you have a safe rappel.

You will be guided by specialized experts: **Remote Access Technology** is North America's leading rope access and remote access training and service supply company. They specialize in confined space access work, high altitude industrial maintenance work, high angle rescue and rescue training. Their safety training programs and safety record are based on the use of IRATA certified professionals only.
- 4. How fit do I have to be to rappel?**

You need to be reasonably healthy to climb up the tower and rappel down. 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 Easter Seals Nova Scotia Zip Zone Coordinator and they we will be happy to discuss the possibilities with you.
- 5. How long will it take me to rappel?**

Your rate of descent will be your determined by your comfort level of speed you wish to rappel. Our experts estimate that it will take you any where from 10-15 minutes based on your comfort level.
- 6. Can my family and friends come see me rappel?**

Of course! We welcome your family and friends watch you rappel the Macdonald Bridge! Stay tuned for more information about where the safe viewing areas will be set up.
- 7. Do I need special gear or clothing?**

All essential equipment will be provided, however we encourage you to wear tighter fitting comfortable athletic clothing. We recommend sturdy footwear such as hiking shoes, or solid running shoes.
- 8. Will there be people there to help me?**

Yes, highly trained experts will guide you through the whole process.
- 9. Is there an age and weight limit?**

Yes, you must be at least the age of majority in your province, and must not exceed 275 pounds or 125 kg.
- 10. Will I be strong enough to hold the rope?**

Yes, the speed of descent is controlled by technique rather than strength.
- 11. 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 also stop you.

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12. What if I let go of the rope?

If you let go of the rope the safety mechanism in the decender device will break you automatically.

13. Will I burn my hands on the rope?

The friction generated by the rope against your gloves will possibly cause your hand to get a little 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.

14. What if the rope breaks?

The rope won't break, or get cut. The rope is designed to hold 4500 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.

**15. How do I get to the top of the tower?
Is it safe?**

You will be climbing up the inside south leg of the Dartmouth Tower. It is a steel ladder equipped with a certified fall arrest cable system to prevent you from falling.

16. What if I get tired during my climb and I need to rest?

You can stop at anytime and rest. You can take your hands off the ladder and the "Stop" connected to the rope will support you while you rest.

17. How many people will be climbing the stairs at a time?

To ensure everyone's safety, only one person will be climbing the ladder at a time. The RAT team at the top will signal down to the bottom when each person has reached the top.

18. What happens if it is raining?

If there is light rain, the event will still happen. If there is heavy rain or high winds, the event will be postponed to the next day, Sunday October 3rd. We will be in contact via email and phone early Saturday morning if a decision is made to postpone.



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