

OVER THE EDGE PITTSBURGH FREQUENTLY ASKED QUESTIONS



General

What is Over the Edge Pittsburgh?

Our Clubhouse is partnering with the company, Over the Edge, to produce Over the Edge Pittsburgh. Participants, also known as “edgers,” are invited to fundraise in exchange for a unique experience of rappelling from the side of The Oliver Building in downtown Pittsburgh. The Over the Edge crew handles the technical aspects of the event and Our Clubhouse recruits rappellers to participate in the event and raise money on their behalf. For more information about Over the Edge USA, please visit www.overtheedgeusa.com.

How does it work?

To rappel in Over the Edge Pittsburgh, participants must raise a minimum of \$1,500. This is easier than you think and Our Clubhouse provides support with fundraising ideas and tips.

What does the money raised for Over the Edge Pittsburgh benefit?

Over the Edge Pittsburgh benefits Our Clubhouse. Our Clubhouse is a registered 501(c)(3) non-profit organization that provides **free** cancer support for those diagnosed, their family and friends, and the children and teens that are also affected. For more information visit www.ourclubhouse.org or call 412-338-1919.

How do I sign up to participate?

1. Visit <https://www.firstgiving.com/ourclubhouse/otepgh>

2. Click the red **Register** button. You're now on your way!

3. Once you complete the registration process you will be asked to **create your own fundraising page**. If you have one from last year, just log in with your user name and password. You must raise a minimum of \$1500 in order to participate, however, don't stop there. Set your goal higher so Our Clubhouse can reach more individuals and families dealing with a cancer diagnosis!

Is there a registration fee?

Yes, participants must pay a \$150 registration fee to begin the fundraising process. This fee is non-refundable but will be applied toward your fundraising goal.

Is there a minimum age limit to rappel?

Participants of all ages are welcome, but minors (those under 18) may only participate if a parent/guardian signs a waiver on the day of the event.

Are there weight restrictions to rappel?

Yes, participants must be between 100-300 pounds to safely fit into the harness equipment.

How long does the event take?

You will be registering for the rappel an hour before your scheduled time to actually rappel. After checking in, you will be suited up and given instructive training. The rappel itself will take between 5 and 15 minutes to get to the bottom. The entire process shouldn't take more than two hours to complete.

Can I select the exact time of my rappel?

Rappel times are assigned in the order that the minimum (\$1500) is met, so even though registering

reserves you a rappel spot, the sooner you reach the minimum, the more rappel times you'll have to choose from! About one week before the event, you will be given a two hour time slot for your rappel.

Is rappelling experience necessary to participant in Over the Edge Pittsburgh?

No. The Over the Edge professionals will guide you through every step of your experience.

Safety

Is this safe?

Every Over the Edge event is set up as an industrial worksite and as a result, is compliant with all federal and state OSHA Fall Protection Standards and OSHA Federal and State Laws. Further, Over the Edge policies and procedures adhere to the best practices identified by SPRAT. This counsel is a strict regulatory body that has regimented guidelines and safety protocols that far exceed the OSHA, Workers Compensation and state labor codes.

Who will be setting up the rappel gear and what qualifications do they have?

All Over the Edge sites have highly trained industrial rope specialists, all of which are IRATA or SPRAT certified. Each event site has a comprehensive Site Inspection & Safety Plan completed, and if every potential risk cannot be mitigated, then the site will simply not be approved by the Operations Manager.

Do I get to practice before the big rappel?

Yes! You will have the opportunity to practice hanging in the harness during "Ground School" where you will have all the time you need to familiarize yourself with the equipment from the safety of only a few feet off the ground. This practice session will help you get used to the harness, rappel device and technique for descending the building!

Event Day Information

I have never rappelled before, how will I know what to do?

No prior experience is required to take part in this event. When you arrive on site you will be given instruction on how to use the equipment and will have the opportunity to practice rappelling from a lesser height. This will give you a chance to hang in the harness, find a comfortable position, and practice using the "descender." 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 kind of gear will I need?

You will be provided with a full-body industrial harness and using an industrial descender to go down, as well as a pair of leather gloves and a helmet. Squeezing a handle makes you go down, letting go (or pulling back) makes you stop. 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. Once you're over the edge, you are on your own. Don't forget to stop and take in the view!

What can I wear?

You're going to be walking down the side of the building so wear good shoes. No sandals, slip-on shoes, slippers, flip flops, high heels or steel-toed boots are permitted. Wear long pants and a you may want to wear a long-sleeved shirt. The harness goes around your legs, waist and shoulders, so it is best to avoid anything too bulky. Long hair must be tied back. You will be given a pair of gloves and a helmet to wear while you rappel.

Can I bring my phone or camera with me?

No, because we worry about things being dropped over the side. You will need to check in droppable items like keys and cell phones, or jewelry that can get caught on things, with a staff member on-site.

Can I use a GoPro or other recording device?

During the rappel both participants' hands will be occupied controlling their descent. For this reason and others, we only allow helmet-mounted, hands-free participant camera. Though we can work with most brands of cameras, we have had the most success with and are already geared for GoPro brand cameras that have the sliding clip, which may be slotted into the adhesive receiver already present on some helmets in each of our kits. (Pictured, as sold on the GoPro website) Any adhesive mount applied to an Over the Edge helmet will not be removed as it may damage the helmet, and will be considered donated to Over the Edge. All cameras will have a secondary attachment connected to them as well as a precaution in case the primary attachment fails (typically a short lanyard). The staging manager is the first check of appropriateness for any camera that comes to the event and may turn away some devices, or they may seek approval from the Site Safety Supervisor in some cases. It is the participant's responsibility to ensure the camera is charged and functioning properly.

Can I wear my glasses?

If you want to wear glasses, you will need to use Croakies or some other eyewear retainer to keep them from falling.

Can my friends and family take pictures of me from the roof?

Unfortunately friends of the participants will not be allowed on the roof top. The roof is a restricted access area. Our Clubhouse will have an event photographer taking pictures from the roof, ensuring that each participant gets a picture of himself or herself going over. **However, your family and friends CAN watch from the Block Party celebration which will take place down below.**

What can I do to get ready?

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 doesn't hurt either. **Get psyched. Tell your friends. You're one of a few special people who will be doing the rappel!**

Fear of Heights?

Do you have a fear of heights or are you too chicken to step Over the Edge? No problem...You can still participate in the festivities from the Chicken Coop down below. Chicken Coop t-shirts will be available for a donation.

Want to Toss your Boss?

Has your boss ever pushed you over the edge? Want to get back at a friend? Know someone with a birthday coming up? Someone get you with a prank? Well now it's time to return the favor! A "Boss" can be anyone: CEO, department manager, club president, friend, spouse, or other honored person for any reason! Over the Edge - Toss Your Boss is a creative activity to build team camaraderie and have fun while doing it! Each company that signs up to Toss the Boss must raise a minimum of \$2500.

Fundraising

What does the money raised for Over the Edge Pittsburgh benefit?

Over the Edge Pittsburgh benefits Our Clubhouse. Our Clubhouse is a registered 501(c)(3) non-profit organization that provides **free** cancer support for those diagnosed, their family and friends, and the

children and teens that are also affected. Every penny raised here, stays here to help those in western Pennsylvania who have been touched by cancer.

For more information visit www.ourclubhouse.org or call 412-338-1919.

What is the deadline to raise my minimum goal?

Participants have until **September 1** to reach the minimum fundraising requirement of \$1500 in order to be assigned a rappel spot. If you do not reach the minimum goal, you may guarantee the difference on your credit card.

Rappel times are assigned in the order that the minimum (\$1500) is met, so even though registering reserves you a rappel spot, the sooner you reach the minimum, the more rappel times you'll have to choose from!

You may continue to fundraise after the event as long as you reach the minimum by **September 1**. There will be great incentives for you to raise more than the minimum.

I don't have any experience fundraising; how do I do it?

Thanks to our online fundraising portal, FirstGiving, you can easily share your Over the Edge Pittsburgh experience with friends and family! When you register for Over the Edge Pittsburgh, you will be prompted to create your own personal fundraising webpage. You can add photos, upload videos, and change the text on the page to help encourage your friends and family to support your efforts to benefit Our Clubhouse! Plus, we're here to help you and will give you the tools you need.

How do I raise enough money for Over the Edge Pittsburgh?

You can collect online credit card donations by sending your friends, family, co-workers, etc... a link to your personal fundraising page. Hold fundraising events; go "canning", ask local retailers to make donations for auctions, etc... Before you know it, your contacts will have helped you reach your fundraising goal and you'll be rappelling down a building!

Does the \$150 registration fee count toward my fundraising goal?

Yes. Your registration fee applies towards your fundraising minimum and is tax-deductible. It is also non-refundable should you decide not to go Over the Edge. But please know that all funds raised go toward a great cause and will help people here in western Pennsylvania who have been touched by cancer.

If someone wants to write a check or donate cash, will they get a receipt?

Donations Collected by Rappellers:

- If you receive donations in cash or check form, please collect donors' information: **first and last name, address, city state, zip and email.**
- In order for cash and check donors to receive a receipt, Our Clubhouse must enter the donation off-line.
- Rappellers can drop off donations and donor information at Our Clubhouse.
- Receipts will be mailed to donors as soon as our office receives the donation and **accurate donor information.**

Donations by Mail:

- Check donations can be mailed to Our Clubhouse at the address below.
- Checks must include in the memo line: **OTE - Rappeller's Name.**

Be sure that checks arrive at Our Clubhouse by **September 1** to secure your spot. Any funds you receive in excess of \$1500 can arrive after the event. You may also turn in additional donations at check-in on rappel day.

Make checks payable to and mail to:

Our Clubhouse
Teddi Horvitz
2816 Smallman Street
Pittsburgh, PA 15222

Online Donations:

- All online credit card donations will automatically generate an electronic receipt.
- You may also let donors know that Our Clubhouse tax ID is #25-1845284.

Are donations tax-deductible?

Yes, online contributions are tax-deductible. Your donors will receive an automatically generated receipt for their gifts. This receipt can be used as support for a tax deduction.

What happens if I do not raise the \$1,500?

You will need to have at least \$1,500 in your fundraising account in order to participate in the event.

If I can't participate in the event, what happens to the donations that I have raised?

All donations submitted to Our Clubhouse are non-transferable and non-refundable. If you are unable to participate in the event, your donations cannot be refunded nor can they be transferred to another participant. Your donations will go directly to the cause as if you had participated, and we hope your donors will appreciate supporting Our Clubhouse regardless of your participation in the actual event.

What if I still have more questions? Who can I contact?

Michelle Haudrich, Event Manager, michellehaudrichevents@gmail.com OR

Teddi J. Horvitz – Executive Director, Our Clubhouse, thorvitz@ourclubhouse.org or 412.338.1919