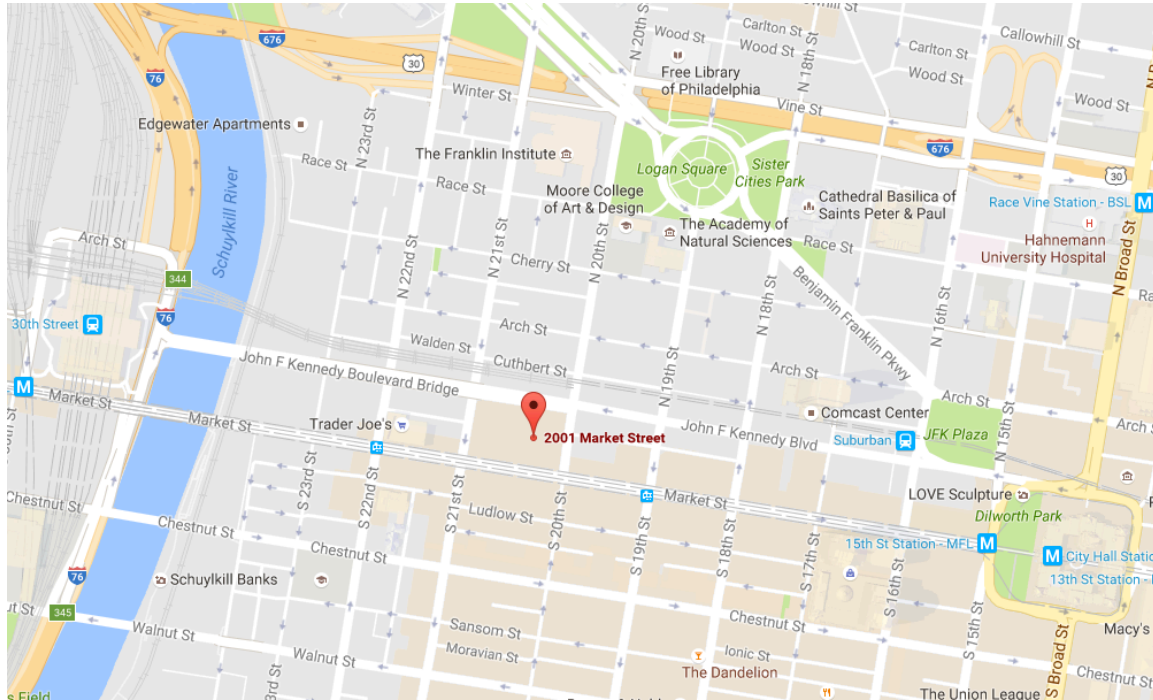


Building Adventure Two Commerce Square Friday, October 21st

EVENT LOCATION



Two Commerce Square is on 2001 Market Street between 20th Street and 21st Street.

PARKING



Parking is available at the Commerce Square Garage located on 21st Street between Market Street and JFK Blvd. The Philadelphia Outward Bound School is not able to validate parking for this event.

Upon Arrival

Signage will be in place indicating where staff/volunteers and participants should enter for event registration.

Participants will enter Two Commerce Square at the East Tower Market Street entrance



Two Commerce Square, Market Street Entrance

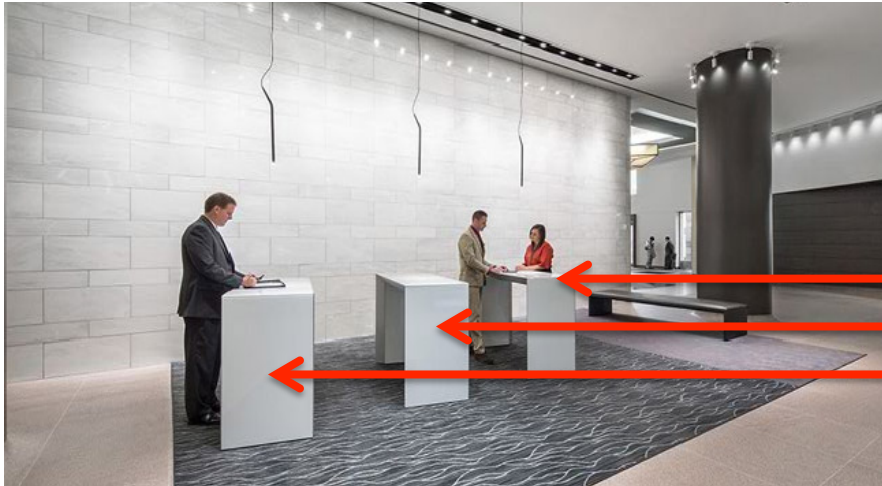
As participants go through the doors they will see the Building Adventure Registration table will have Philadelphia Outward Bound School staff there to assist them.

OR . . .



Two Commerce Square, Courtyard Entrance

Participants can enter through the Two Commerce Square Main Entrance and head towards the right, to the lobby lounge area where the registration desk will be located.



Registration Area

Registration Area – Lobby, Two Commerce Square

Participants are **required** to arrive one hour before their scheduled rappel times. Your cooperation will ensure that the event stays on schedule and provides a pleasant participant experience for all rappellers.

Participants should wait in registration area until they are ready to be escorted to the Staging area by event volunteers.

Staging Area



What to Wear

In staging, you will be fitted for gear that they will wear for both the safety training and main rappel. Participants will be checked to ensure that their attire complies with OTE regulations, that there is nothing left in pockets and all dangling items have been removed. **OVER THE EDGE HAS THE FINAL SAY ON WHAT GOES OVER THE EDGE.**

What to Wear (cont.)

- You're going to be walking down the side of a building, so wear athletic shoes. We recommend wearing well-fitting sneakers, light hiking boots, climbing shoes, or other soft-soled shoes. 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 and jewelry with a staff member on-site. You will be given a pair of leather gloves and a helmet when you arrive.
- Costumes are allowed but are subject to the same limitations as baggy clothing. Every attempt will be made to safely fit costumes around harnesses and helmets. Avoid stringy, loose, or excessive costumes. Headpieces that will not accommodate a helmet, obscure the vision, or are notably large or heavy will not be allowed. Just check with us beforehand!

Personal Items (Cameras, phones, loose items, etc.)

- Sorry, no phones, cameras, etc. on the roof. Helmet cams are permitted if they are secured to your helmet and pass safety inspection by the Over The Edge Staff. We will have a photographer.
- You will first visit a staging area before moving to the roof, so personal items may be stored here during your rappel and picked up afterwards.

Training

When you arrive on site, you will have the opportunity to practice rappelling from a lesser height.

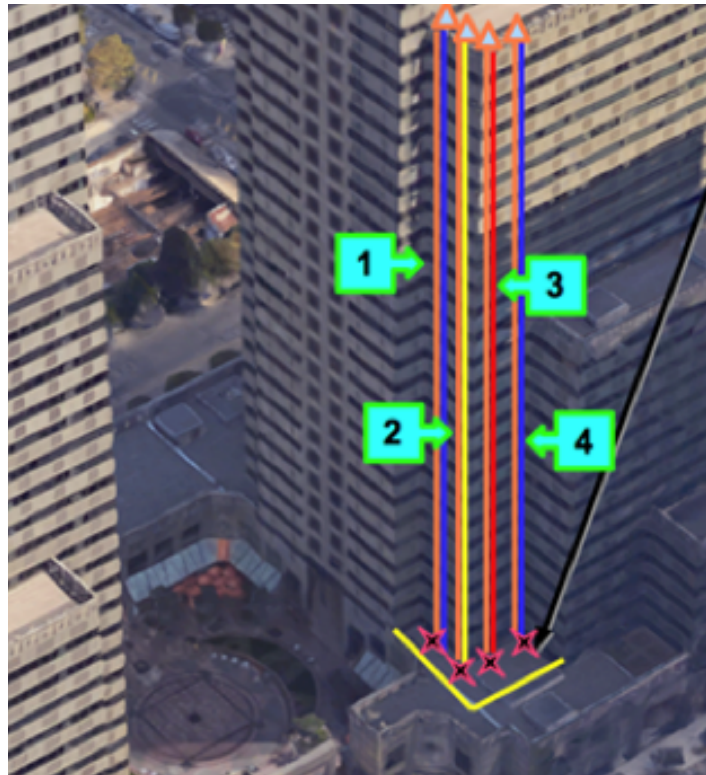
This will give you a chance to hang in the harness, find a comfortable position, and practice using the descender and safety equipment (see photograph).

The same safety procedures are used in the training as in the rappel so you will be familiar with them upon arrival.

You can practice as often as you'd like before heading to the rappel zone.



Roof/Main Rappel



Rappel is on the South Façade of Two Commerce Square Building.

Going Over the Edge

- You will be wearing a full-body industrial harness and using an industrial descender to go down. 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.
- The squeezing motion to activate the descender requires quite a bit of force and using the same hand the entire way down can be tiring. You can stop to rest, or switch hands when you need a break. Once you're within 20' of the ground, a POBS ropes volunteer will assist you with your descent.
- **Stepping off the roof and into the harness is the difficult part for most people. Once you're over the edge, you can rappel at your own speed as is comfortable. Don't forget to take in the view!**

Spectators and Friends:

- For safety reasons, friends of the participants will not be allowed up to the rooftop. The roof is a restricted access area.
- Invite your friends and family to cheer you on from the festival area below at Commerce Square - this will be a great place to convene, take photos and enjoy the festivities on the ground during the event

Landing Zone:

Immediately after finishing the main rappel, ground volunteers will escort participants back to staging by returning to the main entrance of Two Commerce Square inside the courtyard.

Rappellers cannot hang out in the landing zone post rappel celebrating with family and friends before returning gear. The staging manager will be waiting for the gear to be returned to outfit the next round of rappellers.

Get Psyched – You are doing something truly exceptional that should be shared!

- Tell your friends. You're one of a few special people who will be doing the rappel.
- Send your fundraising page link out to everyone
- Tell your story on your fundraising page, add photos if possible.
- Remember to post frequently on social media, using [#rappelPHL!](#)

**THANK YOU FOR JOINING US IN GOING OVER THE EDGE FOR
BUILDING ADVENTURE 2016!**