



Urban Descent's

# Urban Adventure Events

Participant  
Information



**Get ready to**  
Take the

# Leap



## Participant Information

Thank you for signing up for an urban adventure – your chance to participate in an amazing experience, while raising funds for a worthy charity. You undoubtedly have many questions about the details of your Event, whichever type you have signed up for. Abbreviations are used after each question below to indicate which events that the question is relevant to.



### Event Types

**UA** – Urban Abseil

**FF** – Flying Fox

**BS** – Bridge Swing

## FAQ

### Q: What clothes should I wear? (UA)

A: Wear comfortable clothing such as a tracksuit, leggings or jeans with a top that covers your waist. Clothes cannot be loose fitting; no neck scarfs or hoodie cords are allowed. The abseil rope will pass around your hips; covering this region will prevent potential rope friction burns.

### Q: What clothes should I wear? (FF/BS)

A: Wear comfortable clothing such as a tracksuit, leggings or jeans with a top that covers your waist.

### Q: What shoes do I need to wear? (UA/FF/BS)

A: Footwear is required to be securely fitted –foot wear that laces up is best, Velcro and slip on types of footwear may not be approved during pre-activity inspection and safety checks. Bring a pair of lace up runners as spare, just in case.

### Q: Can I wear a costume (Superman, Batman etc)? (UA/FF/BS)

A: Yes, however a safety inspection will occur and, in some situations, modifications may be required (tape or removal of an item) before final approval is given, particularly for an abseil.

### Q: What if I have long hair? (UA/FF/BS)

A: Long hair is a hazard and will cause a safety issue if not managed correctly. We ask that you bring with you a hair band; a hairnet is provided and must be worn.

### Q: What can I take with me? (UA/FF/BS)

A: No loose items are permitted. All valuables including jewellery, bags, cameras and mobile phones must be left with friends/family or secured at the registration desk. Prescription glasses, if worn, are to be secured with a band or strap across the back of your head. Leave your, 'Cool dude' sunnies on the ground.

### Q: Can friends and family come to support me? (UA/FF/BS)

You are encouraged to bring friends and family to be a part of your big day and take photos. For security and safety reasons, however, they will not be permitted to accompany participants to the [roof launch point](#) or within certain controlled safety areas.

### Q: Can I bring a GO PRO? (UA/FF/BS)

A: As no loose items are permitted, you cannot bring your own Go Pro. However, you may hire one that has already been securely attached to a helmet for \$35, including an SD Card. This will need to be pre-ordered, so if you did not request one in your registration form, but do want one, please email [sales@urbandescent.org.au](mailto:sales@urbandescent.org.au) no later than one week before your event.

### Q: Will I get Photos of my Adventure Activity? (UA/FF/BS)

A: When you check in on the day you will be allocated a unique identifier to wear, which will assist in collating photos.

There will be a professional photographer and Urban Descent staff on site every day, and a selection of photos will be made available on a dedicated website that you will be able to access and select your free photo after the event. There will also be photo packages available for purchase

**Q: What happens if the weather is bad (windy, raining)? (UA/FF/BS)**

A: There is a wind limit that is constantly monitored; strong wind will put the event on hold until conditions improve

Light showers do not create a problem for events; if there are heavy showers / rain, the event will be on hold until safe to continue.

**Q: How much time should I allow on the day? (UA/FF/BS)**

A: Please allow about 1.5 – 2 hours. You must register 45 minutes before your allocated descent time, then the professional team from Adventure Out will fit you with your harness and safety gear, conduct briefings, and perform numerous safety checks both on the ground floor, on reaching the roof and at the edge dispatch point.

Once you've completed your adventure activity, you will have photo opportunities, celebrate your achievement with friends and family, then return your equipment.

**Q: How long does it take to abseil down the Building? (UA)**

A: For some, it can be within 5 minutes, for most, no more than 10 minutes, depending on several factors such as your body weight, confidence, technique and weather conditions.

**Q: How long does it take to complete the actual Flying Fox? (FF)**

A: Two to five minutes, depending on several factors such as your body weight, confidence, technique and weather conditions.

**Q: How long does it take to complete the actual Swing? (BS)**

A: Three to five minutes, depending on several factors such as your body weight, confidence, technique and weather conditions.

## **Training Day – Compulsory for structures over 135m (UA/FF)**

All participants for an abseil or flying fox over 135m must attend a training day prior to the event day to learn and practice the techniques they'll need on the big day. Further information will be provided regarding your training preparation when it's time for you to book your preferred date.

If you have done one of these events from this height before, you are exempt from this training and will receive a partial refund of your registration fee upon verification of this.

## **Face Forward Option (UA)**

Previous abseil participants have the opportunity to complete an abseil in the face forward position, if they choose. If you have previous experience in abseiling and want to face forward, please contact Urban Descent on 9472 4663 to see if you are eligible to do so.

## Risk Management

### Appropriate Attire (UA/FF/BS)

- As previously advised, appropriate clothing must be worn – please ensure that you are well covered from shoulder to knee to provide protection from a potential rope burn.
- Loose hair or flappy clothing is not acceptable, to prevent any possibility of items being caught in the equipment.
- Items such as cameras, keys and phones that are not securely attached create a potential, 'drop risk' and will not be allowed to the roof area.

### Rope Burns (UA)

Coaching and training will be provided on the day to ensure that you are aware of correct techniques required when abseiling, to prevent rope burns. Gloves are provided to protect your hands. People over 80kg may be required to double glove due to extra friction created. Technical staff will assess your situation during safety checks, please bring to event staff attention, your concerns.

### Pre-Existing Conditions / Medications (UA/FF/BS)

Your safety is paramount, a requirement of participation is to disclose all existing medical conditions and prescription medication that may affect your performance or reflexes, by completing the Medical Waiver form provided (link!).

On the day of your activity, please bring any concerns in regards to your medical condition/s to event staff and be prepared to follow our advice.

### Anxiety (UA/FF/BS)

Adventure based activities, for example abseiling from a building 100m tall or more, can be a daunting feat to undertake. Our friendly event staff and technical professional team from Adventure Out have been providing outdoor adventure opportunities for people since 1984, and have a broad range of experience in managing participants' anxieties and fears. Personalised coaching and support is provided as necessary, and the team are always mindful of respecting your decision to proceed with the activity.

We take your safety very seriously, so please always listen and follow instructions from the event staff.