



Urban Descent's Urban Adventures
Event Information

Adventure Fundraising



Are
you

GAME?



Event Information

Urban Descent run various adventure fundraising events, including Building Abseils, Flying Foxes from stadium light towers or buildings and Bridge Swings.

Urban Descent's roping events are a unique and exciting way for participants to raise money for your charity. Experienced professionals will ensure you have all the relevant safety equipment to ensure your safety while you concentrate on getting the most from this once in a lifetime experience.



FAQ's

Q: Do I need to have experience?

A: No experience is required for any Urban Descent events.

Participants who are abseiling or doing the flying fox for the first time from a height over 135m are required to complete a training day beforehand to develop an understanding of special techniques required before your 'BIG' day.

If you have done one of these events from this height before, please contact Urban Descent on 9472 4663 to verify this and receive an exemption and a partial refund of your registration fee. You can also request to do your abseil face forward if you have previously done the abseil, however this option is not available if you only have flying fox experience.

Q: How old can you be to participate in the Event?

A: Legal agreements for each event stipulate minimum age requirements. This is usually 18 years old, however for some events it may be 16 – please contact Urban Descent on 9472 4663 to confirm. Upper age limits depend on the health and mobility of the person.

Q: What are the major health concerns that would prevent me participating?

A: Should you have a medical condition of any concern, please speak with your doctor before registering.

Q: Are there any height and weight restrictions?

A: We have harnesses that are capable of fitting individuals from 40kgs up to 150kgs; we have abseiled several individuals who have been 2 metres tall. Please be aware that donning the harness for individuals at the upper weight range may require assistance from our staff.

Q: How much weight can the ropes take?

A: Australian Standards require an 11mm rope for abseil, which have a maximum rating of 3,000kg. A second safety rope (a Belay) is also employed; you will complete your activity with two ropes.

Q: What safety equipment is provided?

A: You will be provided with a helmet and safety harness, including all required accessories. You will also be provided protective gloves if you are doing an abseil. All roping equipment meets Australian or EN (European) Standards.

Q: Do I need to have a high fitness level to participate?

A: No particular fitness level is required for any activity / event, although for people doing an abseil, a greater level of enjoyment may be taken away from your experience if you are reasonably fit. With a stadium light tower activity, you will be required to climb a ladder up to 60 metres high.

Q: How difficult is it to abseil?

A: Abseiling is not difficult technically, although emotionally it can be. The technical challenge is managing the weight of the rope due to the height of your abseil. Tall building abseils, above 120 metres, have a rope that weighs about 12 – 16kgs. To overcome friction created by the rope, your master hand is required to move this rope through the friction device, and the physical effort of this will create a level of fatigue for your master arm/hand. We have, however, abseiled an 82-year-old lady from 26 levels before.

Q: Does the rope get hot to touch during the event?

A: For flying fox and bridge swing events, the rope is static and therefore not hot to touch.

During an abseil, the abseil friction device will heat up; for individuals over 75kgs, it will get hot. You are required to hold and control the speed as the rope slides through your hands – it is your hand grip pressure and position that controls your descent rate. We provide appropriate gloves, which are sufficient to protect your hands from the heat and friction generated.

Q: What happens if I let go of the abseil rope during my abseil descent?

A: Roping standards requires that a minimum of two ropes are used. You have control of the abseil rope; should at any time you let go, the second rope (the Belay) is managed from the top of the building by a qualified instructor who ensures that your descent rate does not increase beyond a gentle to moderate speed.

Q: What happens if I let go of the ropes during a flying fox or bridge swing?

A: The rope you hold is fixed and secured to the activity systems during these events. The preference of most people is to hold on to keep an upright posture, giving a greater sense of security. There are also the more adventurous who will let go and may change their body position to horizontal or even inverted. You only live once, so enjoy the experience, the photos will leave your friends gob-smacked.

Q: Is a bridge swing like bungee jumping?

A: No, unlike a bungee jump, you will be in an abseil style, full body harness fitted around your waist, hips and over your shoulders. A bungee is a jump straight down on an elastic attachment rebounding vertically. A bridge swing is a pendulum, scribing a giant arc from off the bridge, dropping downwards to swing just above the water surface, washing off speed and height with 8-10 swings. With a fully body harness, it is safe to swing upside down and throw yourself about, and you don't get wet.

Q: How do I get down after a bridge swing?

A: Once you've stopped swinging, you will be lowered into a boat and returned to shore.

Q: Is the event insured / What legal protection will I have?

A: Yes. The event is run by Urban Descent Limited, a Not-for-Profit entity, who hold a \$20m Public Liability policy. Furthermore, Adventure Out Australia, our technical roping experts, hold a \$20m Public Liability policy and have been conducting adventure roping activities since 1984. The Certificate of Currency for these policies can be found on the [Urban Descent](#) web page.

A medical waiver form will be provided upon registration and is required to be completed, signed and returned by the deadline given.

Q: What happens if I get to the top and I'm am too scared to go over the edge?

A: Your participation is voluntary, 'Challenge by Choice'; these activities are conducted in a professionally supportive environment.

You will have personalised, one on one coaching and support. If necessary, our instructors will abseil by your side, each step of the way over the edge. Tears can be plentiful and colourful

language more plentiful, but whatever it takes, we will encourage and support you to fulfil your 'Bucket List' activity.

After a period of time (20- 30 minutes) of coaching and support, however, your final decision of "No, I can't do this" will be respected. An escort will assist you back to the harness fit out area, de-rig your equipment, then return you to the ground and registration area. Refusals are extremely rare, about 1 in 500.

Q: What happens if I get struck or I cannot continue to abseil when half way down the building?

A: Rescue techniques have been rehearsed and can be employed within 10-15 seconds of an incident. A rescue will employ a lowering method to the ground, and /or for an instructor to abseil down to your location and assist with any such incident. Our rescue techniques allow one of our instructors to be by your side within a few minutes or quicker. Incidents like this are extremely rare and are normally associated with weather events such as high winds. In this case, the event will be put on hold until safe to continue.

Q: Why do I have to pay a registration fee?

A: Your registration fee partially covers the costs of running the event and the mandatory training you undertake, if required.

Urban Descent Limited is a Not-for-Profit organization dedicated to running events in a manner that ensures charities of all sizes receive the maximum possible amount of the funds raised.

Q: What are my fundraising commitments?

A: We are requesting that you achieve a minimum fundraising amount in order to ensure that your chosen charity receives enough funds to meet their required expenses / funds raised ratio. Previous events show that the average participant actually raises a good deal more than the minimum required, averaging over \$1,000.00.

We consider your minimum fundraising target as a joint responsibility between 'Yourself', your chosen 'Charity' and 'Urban Descent', all working towards a single objective: ensuring event costs are kept at their lowest.

Urban Descent's objective is to fill the event to its capacity and gain an economy of scale with running costs; you can assist this by spreading the word and urging friends to join with you and work together as a team.

Charities provide support, encouragement and ideas with your fundraising. Their cause in serving our community is the primary reason why you have registered your intentions, and provides motivation to continue.

Then there is 'Yourself', to set not one, but several goals. First to reach the minimum fundraising target with four weeks remaining. This allows extra time to strive for a 'Stretched Target'. Continue updating your stretch targets and you'll be surprised with what you can achieve.

Collectively we will achieve our goal of maximising the funds that go directly to your charity's cause. Since 2002, over 26 events have been held throughout Australia, with over \$8.28 million being raised. The average operating cost for these past events has been just 20% of the funds raised, which is unprecedentedly low.