

## FAQ

### Rappelling

#### Do I need to have any experience to take this course?

Introduction to rappelling is a course designed for complete beginners. It is a recreational, day course designed to be fun. We call this course, "All the fun without any work". You spend the day learning to rappel off different cliffs and by the end of the course, you should look like a superhero.

#### How long is the course?

It is a one-day course. The course runs from 9:00 a.m. to 4:00 p.m. The instructors will meet you at the parking area for 9:00 a.m. and you should be back in the parking area for 4:00 p.m.

#### What is the age restriction for this course?

The course is open to adults, adolescents and children. Minors must have their waivers signed in advance by a parent or guardian. Minors who are under 12 must be accompanied by a participating adult.

#### What if I don't have a strong upper body?

Rappelling does not require any upper body strength. The equipment holds you so the challenge is more mental than it is physical.

#### What is the fitness requirement for this course?

A hiking fitness is generally recommended.

#### How high are the cliffs?

The cliffs range from 70 feet to 90 feet.

#### How many people will be on the course?

The maximum group size per instructor is 6 people.

#### What type of footwear do I need?

It is a good idea to wear running shoes or hiking shoes/boots.

#### How long is the hike into the cliffs?

It is a short (10 minute) hike from the parking lot. You are able to go back to the car if you need to.

#### Are there washrooms?

There is an outhouse situated beside the parking area.

#### Can I bring a cooler to put my lunch in?

We recommend that you bring your food in a backpack so that you can hike with your hands free.

Can my wife/husband/daughter/son/brother/sister/friend/neighbour/dog come and watch the course without participating?

We do not provide helmets for non-participants. Spectators can watch at their own risk.

What happens if I arrive late?

If you arrive late, you should be able to find the group putting on their helmets and harnesses. If you are over 30 minutes late, an instructor may come back in one hour to find you. You may want to hike to the stairs and try to find your group along the top of the cliff face. Be careful and stay at least 10-feet back from the edge.

What should I do if I am lost?

Prevention is the best advice. The map on our website has an interactive link to Google maps where you can type in your home address and Google maps will give you a recommended driving route and estimated drive time. Please print out this map/directions and bring it with you.

Can I get a copy of the photos the instructor took?

The photos taken by the instructors are for use in the brochure or website. Due to the high volume of requests we are not able to email them to each individual. If you are really nice to us and take us out for dinner, we may consider sending you some shots.

I am scared of heights. Can I do this course?

Some people have a natural fear of heights and they have found the course thrilling because of that exciting fear. You probably know yourself well and if rappelling down a cliff intrigues you, we welcome you.

I am a big guy. Will the ropes hold me?

The ropes are designed so that they can hold your truck. Unless you are as heavy as a truck, there should not be a problem.

How much is the park fee?

The park charges an entrance fee of \$5.00 per person.

Is water accessible?

Yes, there is water near the parking area. There is also a spring at the bottom of the cliff if you would like to wash your hands. It is a good idea to bring enough water for the day so that you don't have to climb back up the parking area to get more water.

What should I wear?

Wear weather appropriate clothing. In the summer, the rock face is almost 10 degrees hotter so you may want to wear a t-shirt or tank top underneath your light jacket. The mornings are often cool so a light jacket or fleece is cozy. Wear clothing that you are not afraid of ripping or getting dirty.

Do you have gift certificates?

Yes, we provide gift certificates for all occasions.

**Is it customary to tip my instructor?**

Tipping is not required. If you feel that you have received exceptional service and would like to gift the instructors with a tip, they will graciously accept it and appreciate your generosity.

## **TESTIMONIALS**

*"We were on the rappelling course with Fred and just wanted to let you know how much we enjoyed ourselves. We will definitely be back!!! Thanks a bunch."*

**Katrina Wywalec, Toronto Ontario**

*"I just wanted to let you know that the rappelling trip was a really great excursion. Fred Schuett is very professional and safety was paramount to him. I know that his company does other rock climbing trips as well and they sound quite interesting."*

**Anusha Shanmugarajah, Toronto Ontario**

*"I just wanted to say how much I enjoyed the rappelling course. The instructors giving the course were excellent teachers. They were very calm and encouraging. I would definitely do another course with ONE AXE."*

**Louise Hart, Toronto Ontario**