

HOW TO CROSS BETWEEN BUILDINGS ON A WIRE

A relatively level wire can be crossed by performing a modified Tyrolean traverse, a mountaineering technique used in crossing crevasses.

1 Test the wire.

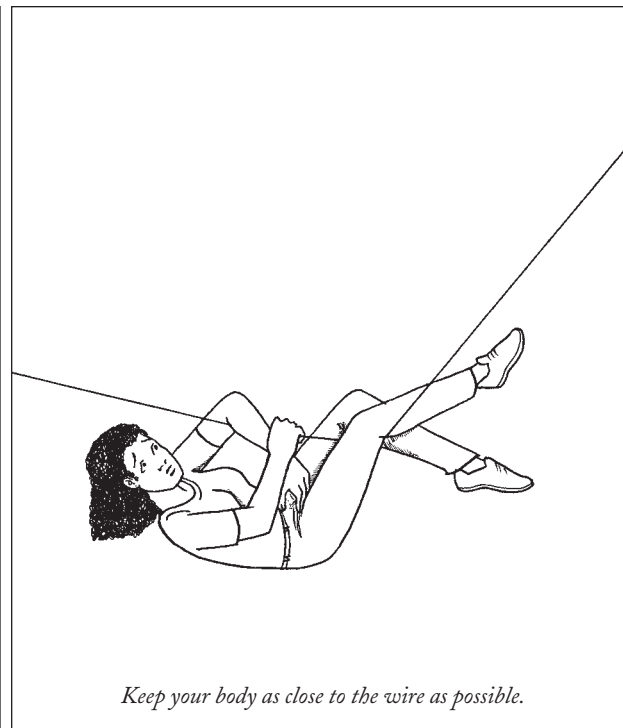
The wire should be at least one inch thick and fully secured on both sides, preferably bolted or clamped (with steel) to stationary objects. Place your foot on the wire and apply hard downward pressure. The wire should flex slightly. If the wire remains taut, your weight will put too much stress on the side anchors.

2 Check the wire's angle.

The wire should be basically level, parallel to the ground. If slightly angled, the departure side should be a bit higher than the arrival side, so you are traveling “downhill” rather than “uphill” for at least the first half of the trip. (Because of the flex of the wire, you will be climbing “uphill” once you reach the midpoint of your journey.)

3 Protect your hands.

If you do not have gloves, tear out your pants pockets and use them as mittens, put your socks on your hands, or hold two squares of thick cardboard. Gloves



will protect your hands, absorb sweat, reduce friction and “rope burn,” and allow your hands to slide more easily along the wire.

4 Hold the wire.

Stand on the edge of the building, facing the wire. Grab the wire with your hands, approximately two feet beyond the edge of the building. (Crouch down if the wire is at your feet.)

5 **Position your legs.**

Holding the rope tightly, bend at the waist and swing one leg up and over the wire. This leg should be on top of the wire, with the wire running under your knee. Swing your other leg up and cross your legs at your calves. The leg sitting on the wire should be “locked down” by your other leg.

6 **Position your arms.**

Holding on to the wire with your dominant hand, let go with your other hand and place your free arm up and over the wire. Bend this arm so the wire runs under your elbow, similar to the position of your leg. Your other arm should be gripping the wire a few inches beyond your bent elbow.

7 **Check your position.**

You should be hanging upside down, stomach toward the wire, head facing your direction of travel. Your body should be slightly bent at the elbows, knees, and waist.

8 **Begin moving.**

Slightly extend the arm that is gripping the wire. Pull your lower body after you, keeping one leg locked over the other. Your face should be as close to the wire as possible, with your hand not too far beyond your head. You will have moved about a foot.

9 **Continue to face the wire, keeping your body as close to it as possible.**

Do not look down.

10 **Repeat.**

Continue to travel in this fashion, resting between moves as necessary. Once you reach the midpoint of the wire, you will be traveling “uphill,” and progress will be slower and more exhausting.

Be Aware

- Do not attempt to cross an electrical wire. Follow the path of the wire visually. If it appears to run from a pole into a building, the wire may be electrified and should not be crossed.
- A wire with too much flex will be extremely difficult to climb up once you reach its midpoint.