

GRAVITEC

SYSTEMS INC.™

| ADDRESS | PHONE |
|--|------------------|
| 21291 URDAHL RD. NW POULSBORO, WA 98370 | 800.755.8455 |
| | WEBSITE |
| | WWW.GRAVITEC.COM |



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800.755.8455

WWW.GRAVITEC.COM

YOU'RE ENROLLED

Thank you for choosing Gravitec for your training needs. To ensure your visit is a safe and enjoyable one, we've put together this informative packet. Inside you'll find answers to students' most commonly asked questions, including a list of local attractions, lodging and other travel information.

For returning students, you'll note the procedures and directions may have changed since your last visit.

Our website at www.gravitec.com contains links to all these materials as well as other information and resources you will need for your upcoming visit to the Pacific Northwest. Simply click on "Training" and then select "Student Resources" from the drop down menu on the right hand side. If you are

traveling during the Fall & Winter seasons, you may want to check the weather forecast before you pack.

Please take a moment to review the information on the following pages. If you have any additional questions or concerns, call us at 800.755.8455 or email solutions@gravitec.com. We hope you enjoy the course and learn much during your stay. We look forward to seeing you soon!

COURSE INFORMATION

Course Location

The course will be held at our indoor training facility, located at: **21291 Urdahl Road NW, Poulsbo, WA 98370** (See pages 4, 8-12 for driving directions).

Course Time

The gate to the parking lot and the door to Gravitec are locked until 7:30 a.m. Our doors open at 7:30 a.m. Courses begin promptly at 8:00 a.m. (unless otherwise specified) and end at approximately 4:30 p.m. Students are asked to arrive on time. Courses do not conclude early on the last day so please keep this in mind when making your travel arrangements.

Parking: Free parking is available in front of our office. The gate to the parking lot will open at 7:30 a.m.

Student Dress Code

Students are advised to bring the following:

- Comfortable clothing for climbing (jeans, coveralls, etc.). **Shorts are not allowed.**
- **Safety toe work boots are required.** Sneakers, loafers, casual, or open-toed shoes are not permitted inside the hands-on training environment.
- Gravitec will supply all fall protection and rescue equipment for training. Students can bring their own hard hat (minimum 3-point suspension strap is required) and full body harness (with front, back and side D-rings) along with your other fall protection PPE.
- **Rope access courses** will have all equipment supplied for training. Students can bring their own hard hat (minimum 3-point suspension strap is required)
- If you're enrolled in the **Qualified Fall Protection Person course**,

please bring a laptop computer with Excel 1997 or newer and a scientific calculator. You will not need climbing attire for the Qualified Fall Protection Person or Managed Fall Protection Program Administrator course.

- Expect training to run to 4:30 p.m. on final day. Plan travel accordingly.
- Please be advised that video/audio recording of any kind is not permitted at Gravitec's training facility.
- **We recommend bringing a laptop/tablet capable of scanning QR codes.** In an attempt to improve record keeping, Gravitec's course materials have moved to a digital format. In order to utilize these features, students will need to scan a QR code while in the classroom.

SAFETY GUIDELINES

During your training here, your safety and well-being are of our utmost concern, and as such, we have instituted the following list of **safety guidelines**.

- Students must **adhere to all of their instructor's safety instructions.** Students must remain **fully engaged** while on the ground on the training floor.
- Students **must be tied off 100% of the time** while climbing structures.
- There will be **no horseplay** on the training floor, including jumping off a ladder rung. Students must descend down the full length of ladders.
- Students will **wear appropriate climbing clothes** on the training floor (no shorts, skirts, or tanktops). **This includes full-fingered gloves and safety-toe shoes.** Gravitec will not provide gloves. **Students will use Gravitec-provided, ANSI-rated helmets.** Students may use their own climbing gear, but this gear must be inspected and approved by the instructor prior to using it at height.
- **No cameras or video recording is allowed.**

HOW TO GET TO GRAVITEC

- You are responsible for making your own travel arrangements.
- If you're traveling by air, you should plan to arrive the day prior to the scheduled course date.
- Transportation and lodging will be at your own expense.

TRAVEL BY AIR

Seattle-Tacoma International Airport (SEA) is the nearest international airport, located 70.8 miles (1 hour 20 minutes) from Gravitec and approximately 14 miles from the Seattle Ferry Terminal. Although we recommend a rental car for your transportation needs, there are several ground transportation options offered from SEA to downtown Seattle.

Paine Field, also known as Snohomish County Airport, is located 1 hour and 37 minutes away from Gravitec via the Kingston/Edmonds Ferry.

RENTAL CARS

Information counters for various rental car companies are located in the Baggage Claim area at the airport. Rental car pick-up and drop-off is on the first floor of the garage across from the Main Terminal.

TAXIS

Taxi cabs and Ride Share Companies are available on the third floor of the Sea-Tac Airport parking garage. Taxi cabs are typically stationed outside of the Bainbridge Island and Kingston ferry terminals for walk-on passengers and service all destinations in the Kitsap County area.

To arrange a taxi cab for transportation contact:

- Taxi and Tours (206) 842-7660 / (360) 698-7660
- Viking Cab Company (360) 244-4420

FERRIES

The Washington State Ferries (WSF) carry both walk-on passengers and vehicles. The WSF schedule is available online at: www.wsdot.wa.gov/ferries. Click on "Current Schedule" and then click on "Seattle/Bainbridge Island" or "Edmonds/Kingston."

LINK LIGHT RAIL

(CENTRAL SEATAC/AIRPORT LIGHT RAIL)

The Link Light Rail offers a quick, inexpensive and environmentally friendly way to travel to and from downtown Seattle/SeaTac Airport.

For more information, view the schedule online at: <http://www.soundtransit.org/Schedules/Central-Link-light-rail.xml>

DRIVING DIRECTIONS

Travelers to Poulsbo from Seattle-Tacoma Airport can take the scenic 35-minute ferry across the Puget Sound from Downtown Seattle to Bainbridge Island. The Agate Pass Bridge connects Bainbridge Island to the rest of the Kitsap Peninsula via Highway 305. You can also access the Kitsap Peninsula from Tacoma (South) via Highway 16 and the Tacoma Narrows Bridge or from the Olympic Peninsula (West) via the Hood Canal Bridge.

IF YOU'RE TRAVELING FROM DOWNTOWN SEATTLE:

- Take the scenic 35-minute ferry across the Puget Sound from Downtown Seattle to Bainbridge Island.
- Exit the Ferry Dock onto Olympic Dr SE (0.3 mi)
- Continue to follow Hwy 305 N (13.4 mi)
- Turn left onto Olhava Way NW (0.5 mi)
- Turn right onto NW Finn Hill Rd (0.2 mi)
- Turn right onto Urdahl Rd NW (466 ft)
- Turn left into the 1st driveway.

Our office is located 14.5 miles from the Bainbridge Island Ferry Terminal. See detailed driving directions on pages 8, 9, & 12.

IF YOU'RE TRAVELING FROM TACOMA AND SOUTH:

- Take I-5 South. Exit 132B for Washington State Route 16 West toward Bremerton.
- Take Washington State Route 16 West to Washington State Route 3 North toward Bremerton/Poulsbo.
- Exit Finn Hill Rd and turn left and take the third right onto Urdahl Rd NW.
- Turn left into the 1st driveway.

See driving directions on page 10.

IF YOU'RE TRAVELING FROM EDMONDS OR NORTH SEATTLE TO POULSBO:

- Exit ferry onto State Route 104 W toward NE East 1st St (456 ft)
- Ferry traffic flows onto NE 1st St / SR 104
- Stay on WA-104 W/State Route 104 W (3.7 mi)
- Continue straight onto WA-307 S/Bond Rd NE
Continue to follow Bond Rd NE (5.7 mi)
- Turn right onto NW Lindvig Way (0.2 mi)
- Continue onto NW Finn Hill Rd (0.9 mi)
- Turn right onto Urdahl Rd NW (0.3 mi)
- Turn left into the 1st driveway.

See driving directions on page 11 & 12.

IF YOU'RE TRAVELING FROM THE OLYMPIC PENINSULA OR WEST:

- Take Washington State Route 104 across the Hood Canal Bridge.
- Turn right onto Washington State Route 3 South.
- Take the Washington State Route 305 South exit toward Poulsbo/Bainbridge Island. Merge onto Olhava Way NW.
- Turn right onto NW Finn Hill Road. Take the first right onto Urdahl Road NW.
- Turn left into the 1st driveway.

LODGING

*Mention that you are here as a Gravitec Systems student and a special rate may apply!

POULSBO

- 1 GuestHouse Inn & Suites Hotel***
19801 7th Ave NE
Poulsbo, WA 98370
360.697.4400
www.redlion.com/wa/poulsbo/guesthouse-poulsbo

- 2 Poulsbo Inn & Suites***
18680 WA-305,
Poulsbo, WA 98370
800.597.5151
360.779.3921
www.poulsboinn.com/

- 3 Vacasa Vacation Rentals**
Hydrangea Grove: Geodesic Dome Home w/ Gardens
www.turnkeyvr.com/1761006

- 4 Fairfield Inn & Suites by Marriott**
22022 Quickstep Ct NW,
Poulsbo, WA 98370
360.394.0055
www.marriott.com/hotels/travel/seafo-fairfield-inn-and-suites-seattle-poulsbo/

SUQUAMISH

- 5 Suquamish Clearwater Casino Resort***
15347 Suquamish Way NE,
Suquamish, WA 98392
866.609.8700
360.598.8700
www.clearwatercasino.com/

- 8 The Eagle Harbor Inn**
291 Madison Ave S,
Bainbridge Island,
WA 98110
206.842.1446
www.theeagleharborinn.com/

BAINBRIDGE ISLAND

- 6 Marshall Suites**
350 High School Rd NE,
Bainbridge Island, WA 98110
206.855.9666
www.marshallsuites.com

- 7 Quality Inn & Suites**
920 Hildebrand Ln NE,
Bainbridge Island, WA 98110
206.842.6861
www.choicehotels.com/washington/bainbridge-island/

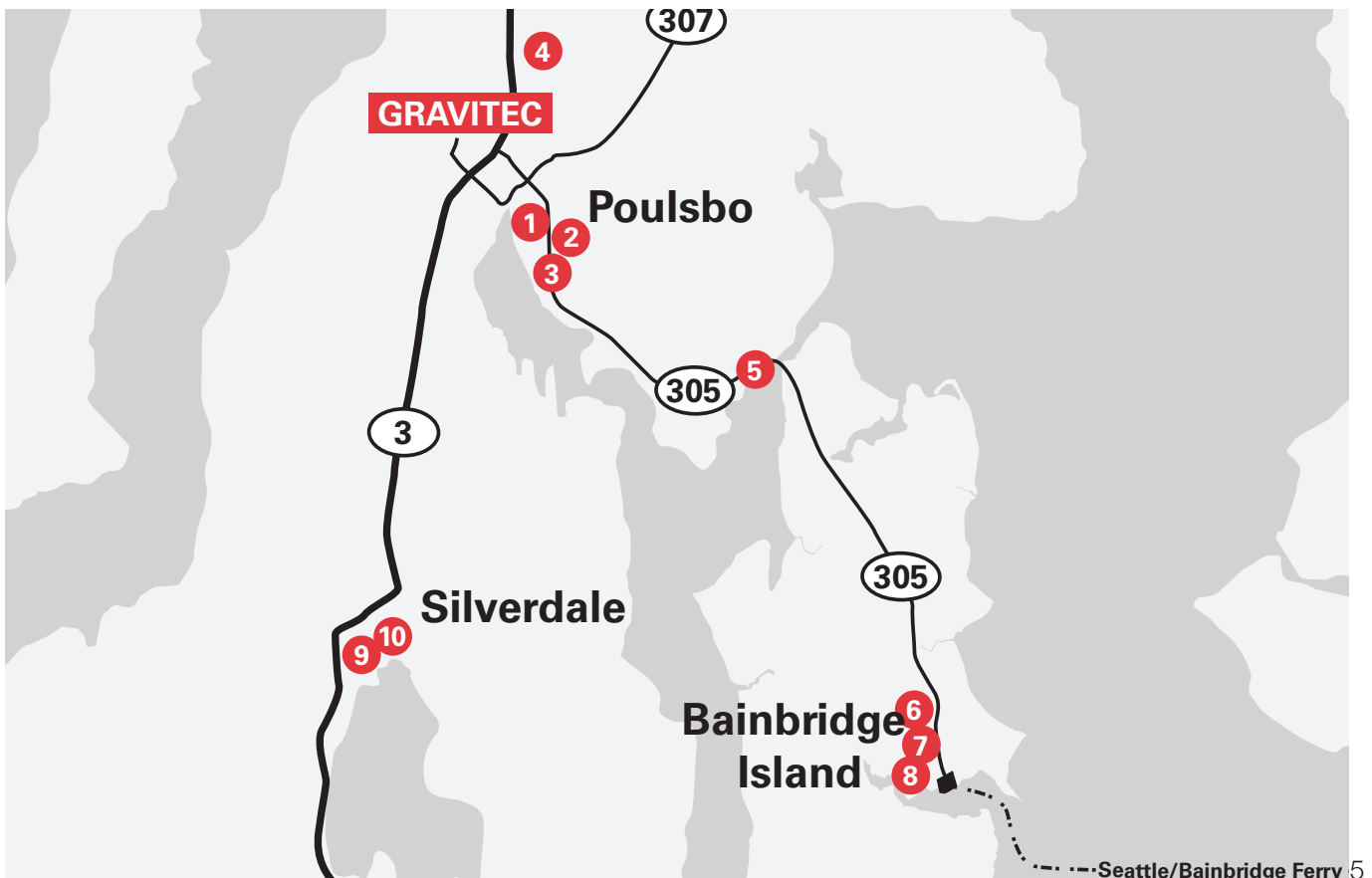
SILVERDALE

- 9 Oxford Suites Silverdale***
9550 Silverdale Way NW
888.698.7848
360.698.9550
www.oxfordsuitessilverdale.com/

- 10 Best Western Plus Silverdale Beach Hotel**
3073 NW Bucklin Hill Rd.
360.698.1000
www.bestwestern.com/

800.755.8455

WWW.GRAVITEC.COM



GREAT COFFEE

Caffè Cocina

580 NW Finn Hill Rd
Poulsbo, WA 98370

Latte on Your Way

19440 Viking Ave NW
Poulsbo, WA 98370

Sky Kai Caffè

16174 WA-305
Poulsbo, WA 98370

Poulsbohemian

19003 Front St NE
Poulsbo, WA 98370

Starbucks

21215 Olhava Way NW #101
Poulsbo, WA 98370

Blackbird Bakery

210 Winslow Way E,
Bainbridge Island, WA 98110
GET THE TOAST AND JAM.

Viking Brew

18980 Jensen Way NE
Poulsbo, WA 98370

Cup & Muffin

0969 NE State Hwy 104
Kingston, WA 98346

Pegasus Coffee House

131 Parfitt Way SW
Bainbridge Island, WA 98110

AWESOME EATS

BREAKFAST

Green Light Diner

7351, 18820 Front St NE
Poulsbo, WA 98370

Sluys Poulsbo Bakery

18924 Front St NE
Poulsbo, WA 98370

**Borrowed Kitchen Bakery
And Farmhouse Cafe**

10811 NE State Hwy 104 #101
Kingston, WA 98346

Big Apple Diner

6720 Kitsap Way
Bremerton, WA 98312

The Oak Table Cafe

3290 NW Mt Vintage Way
Silverdale, WA 98383

Streamliner Diner

397 Winslow Way E
Bainbridge Island, WA 98110

LUNCH
(NEAR GRAVITEC)

Wok Teriyaki

21555 Olhava Way NW #102
p: 360.697.3704

AroyDy Thai Cuisine

225 NW Lindvig Way #8
p: 360.779.4888

Greens On Your Way

19440 Viking Ave NW
p: 360.930.0224

Hitchcock Deli

129 Winslow Way E
Bainbridge Island, WA 98110

Taqueria Los Cazadores

19559 Viking Ave NW
p: 360.779.6336

Pho T&N

19641 7th Ave NE #135
p: 360.394.1601

DINNER

Grub Hut

11130 NE State Hwy 104
Kingston, WA 98346

Filling Station

11200 WA-104
Kingston, WA 98346

Family Thai Cuisine

9601 Mickelberry Rd NW #111
Silverdale, WA 98383

Jo:a Japanese Restaurant

10516 Silverdale Way NW
Silverdale, WA 98383

SuBI Japanese Restaurant

403 Madison Ave N #150
Bainbridge Island, WA 98110

Harbour Public House

231 Parfitt Way SW
Bainbridge Island, WA 9811

HAVING TROUBLE DECIDING?

Ask a Gravitec employee about their favorite spots to eat or explore. We are always happy to help!

LOCAL ACTIVITES

SEATTLE

Downtown Seattle/Waterfront

Take advantage of the many attractions historic downtown Seattle has to offer. Among the many points of interest are Pike Place Market, Pioneer Square, Myrtle Edwards Park, Seattle Art Museum, Seattle Public Library, and the Seattle Aquarium, to name a few.

Seattle Center

Home of the iconic Space Needle, Experience Music Project (EMP), KeyArena and the Pacific Science Center. The center is a premiere destination for arts, entertainment and leisure activities. For more information, visit www.seattlecenter.com.

For more information about notable Seattle attractions or the latest on Seattle activities & restaurants, visit the Seattle Chamber of Commerce's website at: www.seattlechamber.com.

POULSBO

Downtown Poulsbo & Waterfront Park/Boardwalk

Looking for something to do in Little Norway? This website has a list of local restaurants, parks and events: www.poulsbochamber.com.

Regal Poulsbo Stadium 10

Take in a movie at Regal Cinemas, located at 750 NW Edvard Street, Poulsbo, WA 98370. Call 360.697.5642 for showtimes and listings.

SUQUAMISH

Suquamish Clearwater Casino Resort

Take a seat at one of many gaming tables or peruse the casino for your favorite slot. Other amenities include a full-service spa, zero entry pool, four restaurants, hotel and golf course. FREE courtesy shuttle from the Bainbridge Island Ferry Terminal. Call 360.598.8700 for details.

Suquamish Historical Museum

Learn about the history of the Suquamish Tribe. The Old Man House site and Chief Sealth's grave site are also located in Suquamish near the museum. www.suquamishmuseum.org

KINGSTON

North Beach Park & Village Green Park

Take a walk outside and explore the views. Enjoy the fresh air at these local parks.

SILVERDALE

Kitsap Mall

Your favorite specialty shops and department stores. Go to www.shopkitsapmall.com for store directory and hours.

BAINBRIDGE ISLAND

Downtown Winslow

Winslow, just a short walk from the ferry, is the island's historic town center and boasts a number of cafes and restaurants, arts and crafts galleries, one-of-a-kind shops, and a waterfront park. Check out the Events Calendar on the Bainbridge Island Chamber of Commerce website to see what's happening during your visit.

Bainbridge Island Historical Museum

A great source for local historical information. Outdoor activities include sailing, kayaking, hiking, biking, equestrian trails, golf and tennis.

Popular Bainbridge Island Parks

These include Fort Ward State Park, Fay Bainbridge State Park, and Bloedel Reserve.

BREMERTON

USS Turner Joy Museum Ship

The USS Turner Joy participated in the Vietnam War, and was one of the principal ships involved in the Gulf of Tonkin Incident. Decommissioned in 1982, it is now a museum ship. www.ussturnerjoy.org

Historic Roxy Theatre

Located in Downtown Bremerton the Roxy is a movie theater showing Art house and independent films. www.farawayentertainment.com/location/the-historic-roxy-theatre

Silver City Brewery/Tap Room

Craft brewery featuring regular tours, a retail store & a taproom with seasonal beers & snacks. www.silvercity.beer

DO NOT CONSUME ALCOHOL BEFORE TRAINING OR YOU WILL BE ASKED TO LEAVE

OTHER NEARBY ACTIVITIES

Olympic National Park

A short drive away on the Olympic Peninsula. Hiking, camping, and even a rain forest await you there.

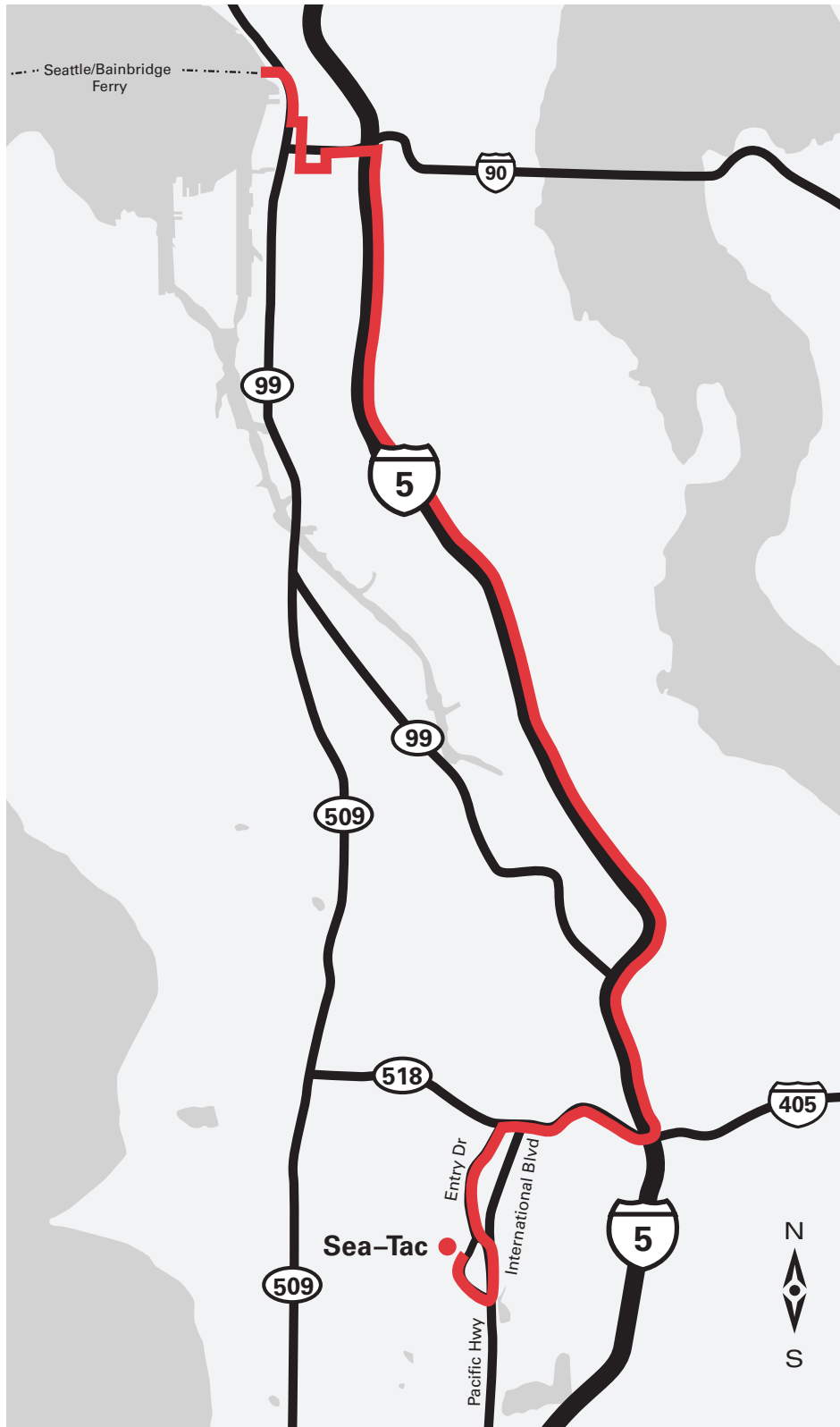
Mount Rainier National Park

Washington's tallest mountain and the fourth largest in the US.

DAY HIKES

- **Gullimot Cove:** 2.3 miles total, 357 ft. elevation gain.
- **Gazzam Lake Nature Preserve:** 6.8 miles total, 500 ft. elevation gain.
- **Port Gamble Forest - Ewok Trail Loop:** 3.5 miles total
- **Green Mountain - Gold Creek Trail:** 5 miles total, 1,000 ft. elevation gain.
- **Ueland Tree Farm:** Hiking area near Bremerton
- **Newberry Hill Heritage Park:** Hiking area near Silverdale
- **North Kitsap Heritage Park:** Hiking area near Kingston

SEATAC AIRPORT TO THE SEATTLE /BAINBRIDGE FERRY



DRIVING DIRECTIONS

Follow airport direction signs toward Route 5

Take I-5 N to Edgar Martinez Dr S in Seattle.

Take exit 164B for Edgar Martinez Drive S.

Use any lane to turn right onto Edgar Martinez Dr S.

Turn right onto 1st Ave S/Dave Niehaus Way S.

Turn left onto S Dearborn St.

Turn right onto Alaskan Way S.

Continue straight to stay on Alaskan Way S.

Keep left to continue on Alaskan Way.

* Due to construction route to terminal may vary.

A detailed map of the Downtown Seattle area is on the next page

DETAILED MAP TO THE SEATTLE/BAINBRIDGE FERRY



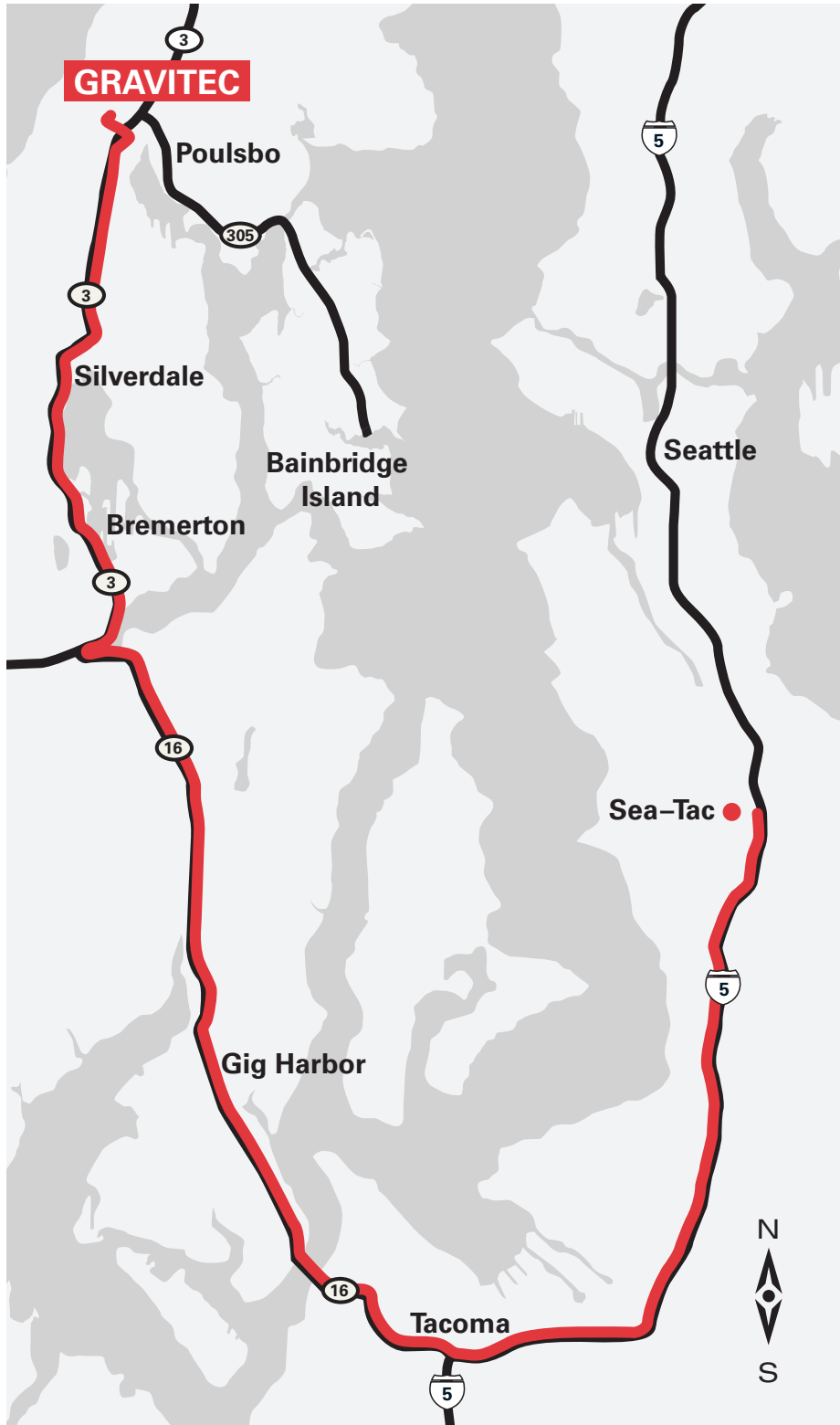
* Due to construction route to terminal may vary.

800.755.8455

WWW.GRAVITEC.COM

SEATAC AIRPORT TO GRAVITEC SYSTEMS INC.

(via the Tacoma Narrows Bridge)



DRIVING DIRECTIONS

Get on WA-518 E from Airport Expressway.

Take I-5 South toward Tacoma (21.7 mi).

Take exit 132 toward WA-16 W

Keep right at the fork to continue on Exit 132B, follow signs for Gig Harbor/Bremerton/WA-16 W.

Keep left and merge onto WA-16 W.

Merge onto WA-3 N.

Take the Finn Hill Rd Exit (0.3 mi).

Turn Left onto NW Finn Hill Rd (0.4).

Take the 3rd Right onto Urdahl Rd NW (0.3).

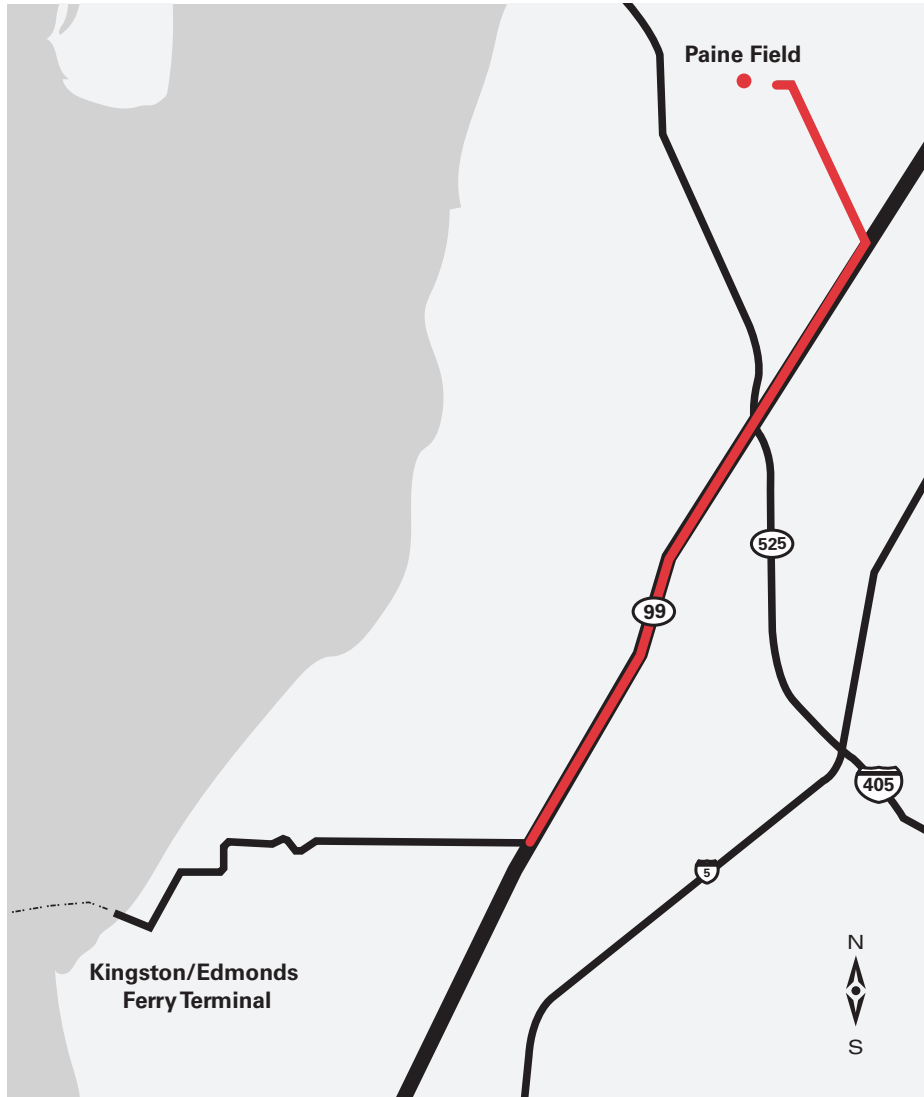
Gravitec Systems is the 1st driveway on the left.

21291 Urdahl Road NW
Poulsbo, WA 9837

GPS Coordinates
N 47° 45.420' W 122° 40.120'
Elevation 326 ft

There is a toll at the Tacoma Narrows Bridge going East. To see current toll rates visit www.wsdot.wa.gov/Tolling/TNBTolling/.

PAINE FIELD TO THE KINGSTON/EDMONDS FERRY



DRIVING DIRECTIONS

Follow Airport Rd to Hwy 99 S/ Evergreen Way.

Use the right 2 lanes to turn right onto Hwy 99 S/Evergreen Way.

Turn right onto WA-524 W/196th St SW.

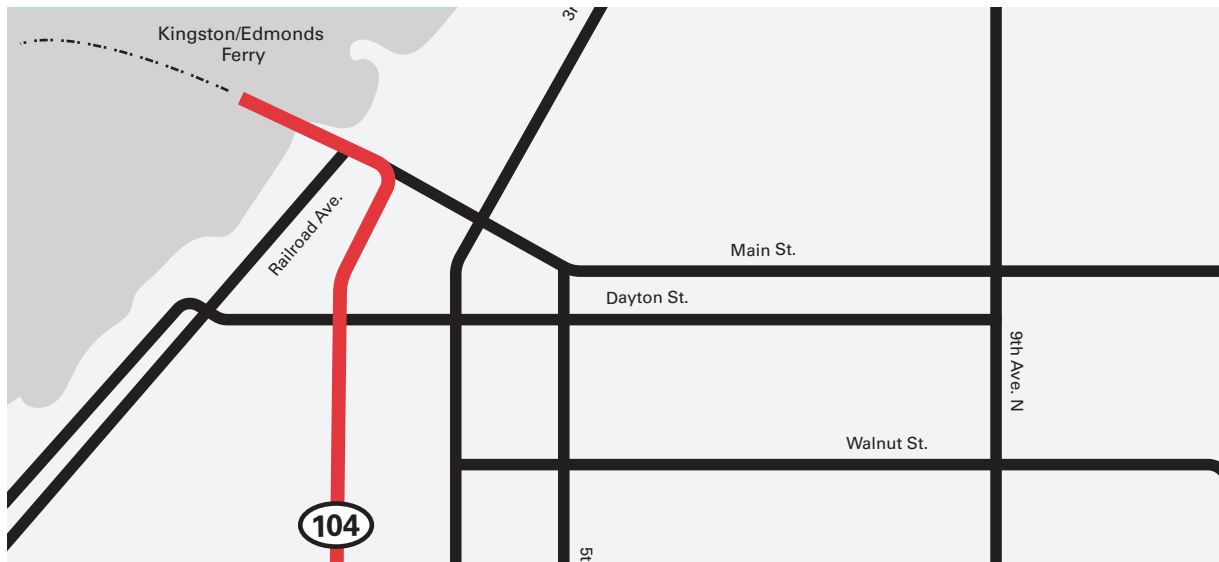
Turn right onto Main St.

Continue onto WA-104 W.

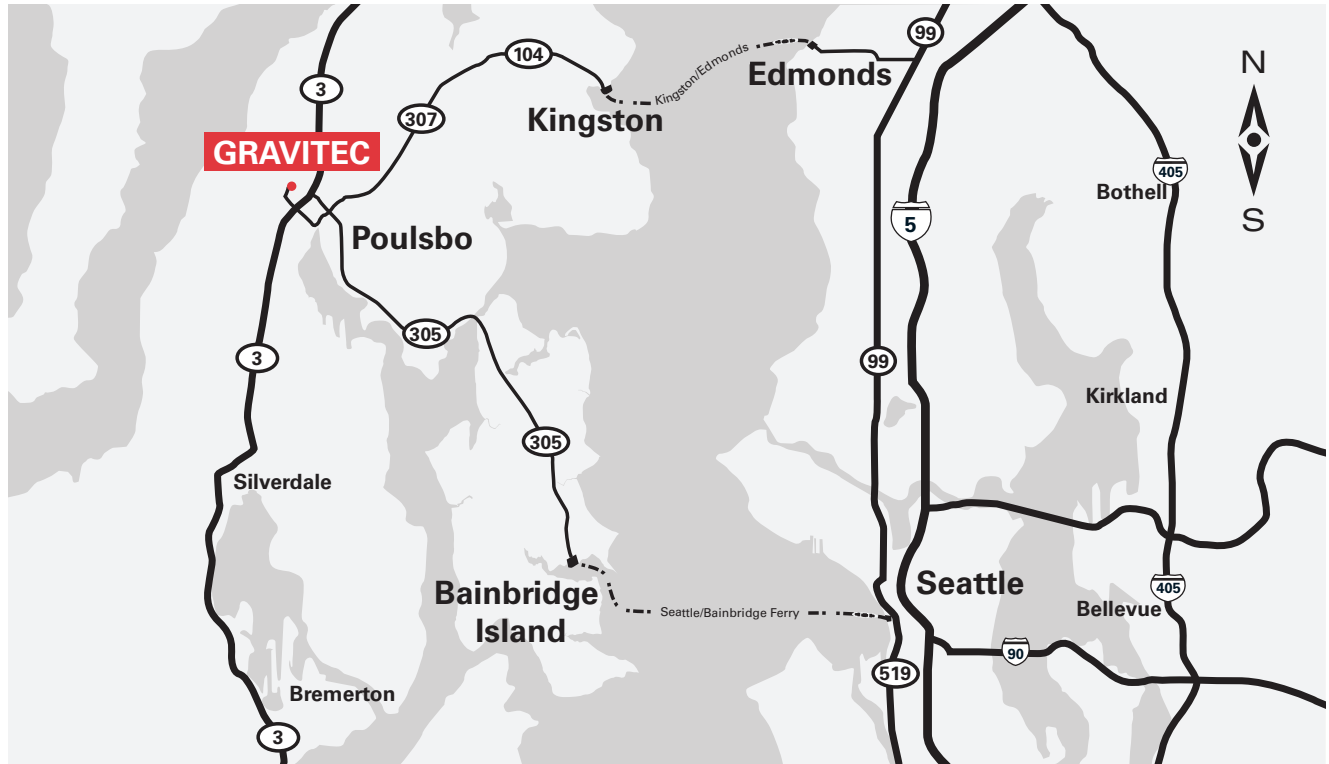
Take the Edmonds - Kingston Ferry to Kingston.

See map below for driving directions from Kingston Ferry Terminal to Gravitec.

DETAILED MAP TO THE KINGSTON/EDMONDS FERRY



FROM BAINBRIDGE OR KINGSTON FERRY TERMINAL TO GRAVITEC



DRIVING DIRECTIONS

21291 Urdahl Road NW
Poulsbo, WA 98370
206.780.2898
800.755.8455

From BI Ferry Terminal:

1. Exit the Ferry Dock onto Olympic Dr SE (0.3 mi)
2. Continue to follow Hwy 305 N (13.4 mi)
3. Use the left 2 lanes to turn left onto Olhava Way NW (0.5 mi)
4. Turn right onto NW Finn Hill Rd (0.2 mi)
5. Turn right onto Urdahl Rd NW (466 ft)
6. Turn left into the 1st driveway
7. You have arrived at Gravitec Systems, Inc.

GPS Coordinates
N 47° 45.420' W 122° 40.120'

From Kingston:

1. Exit ferry onto State Route 104 toward NE East 1st St (456 ft)
2. Take the 1st right onto NE East 1st St/ State Route 104 W (0.3 mi)
3. Turn right onto WA-104 W/State Route 104 W (3.7 mi)
4. Continue onto WA-307 S/Bond Rd NE (5.7 mi)
5. Continue to follow Bond Rd NE (5.7 mi)
6. Turn right onto NW Lindvig Way (0.2 mi)
7. Continue onto NW Finn Hill Rd (0.9 mi)
8. Turn right onto Urdahl Rd NW (0.3 mi)
9. You have arrived at Gravitec

| ADDRESS | PHONE |
|--|-----------------------------|
| 21291 URDAHL RD. NW POULSBO, WA 98370 | 800.755.8455 |
| | WEBSITE WWW.GRAVITEC.COM |



PROTECTING WORKERS AT HEIGHT

ENGINEERING ■ TRAINING ■ EQUIPMENT ■ TESTING