

PLEASE READ THESE RULES BEFORE YOU BEGIN YOUR SAFETY BRIEF

If you or any member of your group does not understand or cannot read English please tell your instructor so that we can make allowances for this in the safety brief.

YOU ARE ABOUT TO TAKE PART IN A HIGH RISK ACTIVITY. HISTORICALLY ABOUT ONE IN A THOUSAND PARTICIPANTS HAVE REQUIRED SOME FORM OF FIRST AID. YOU WILL MINIMISE THIS RISK BY FOLLOWING THE SAFETY RULES. IF YOU DON'T FOLLOW THESE SAFETY RULES YOU COULD HAVE A SERIOUS OR EVEN FATAL ACCIDENT.

AS YOU WILL BE ABOVE A CHILDREN'S PLAY GROUND AND MINI GOLF COURSE YOU MUST NOT HAVE ANYTHING IN YOUR POCKETS OR ATTACHED TO YOU THAT MAY FALL FROM THE COURSE - PLEASE USE THE LOCKERS PROVIDED FOR SMALL ITEMS OR SPEAK TO A MEMBER OF STAFF IF YOU HAVE ANY LARGE ITEMS. THEY MAY ALSO BE ABLE TO ASSIST WITH ATTACHING CAMERAS AND PHONES IF YOU NEED TO TAKE THEM WITH YOU.

Before starting:

- All participants must be **at least 10 years old. Minimum height 1.40m (4'7"). Maximum weight 130kg (20.5 stone).**
- Tie up long hair, tuck away necklaces, remove hoop earrings and clip watches, cover your waist as harnesses may rub, **no open toed footwear or slip off shoes.**
- Any mobile devices such as cameras or mobile phones that you need to take on the course must be attached to you at all times.
- If you will be supervising any under 16 year olds, ensure that you can see clearly at distances of at least 20m, (if you need glasses to drive you should wear them whilst participating or supervising on Go Ape). If you need to wear your glasses speak to your instructor and they can secure them for you.
- Please remove chewing gum as it is a choke hazard.

Your kit

An instructor will fit your harness and then you will be given full safety instruction at the Training Site. **To avoid damage to your harness you must not smoke whilst wearing it.**

Supervision

The Training Site is the only site where you are directly supervised by a Go Ape instructor. If you are 16 years or older you will be personally responsible for following the Safety Rules.

Supervision of children:

- You will be personally responsible for **ensuring** that anyone that you have signed for follows the Safety Rules. One adult can supervise up to 4 children under 13 years old. They must be under your direct supervision. This means that you must make sure you can see their safety attachments at all times. For this reason they cannot be more than one crossing away from you. For 13-15 year olds you must be in visual contact either on the course or from the ground.

IF YOU ARE NOT PREPARED TO TAKE ON THIS SUPERVISION RESPONSIBILITY DO NOT PROCEED BEYOND THE TRAINING SITE AND GO APE WILL GIVE YOU A FULL REFUND.

YOU MUST BE ATTACHED TO THE SAFETY SYSTEM BY AN INSTRUCTOR BEFORE GOING UP THE STAIRS AT ALL TIMES. WAIT ON THE GROUND AT THE BOTTOM OF THE STAIRS IF NO INSTRUCTOR IS PRESENT.

The course:

- **Platforms** – A maximum of 3 people can be on a platform at one time.
- **All other activities** – Only 1 person on any activity, zip wire or crossing at one time.
- **Zip Wires** –
 - Only 1 person can descend a zip wire at a time.
 - **Check the LANDING SITE AND ZIP WIRE are clear before descending.**
 - Never hold onto the zip wire cable.
 - Hold on to your short Safety Line.
 - Keep your head away from and to one side of the zip wire and keep your feet pointing downwards.
 - When landing, relax - if you land forwards run as soon as you land and slow yourself down, if you land facing backwards or sideways, drag your heels to slow down, **DO NOT try and turn yourself around.**

Yellow and red cards

If you are seen not following the safety advice you will be shown either a yellow or red card. If shown a red card you will be required to leave the course. If this happens you will not receive a refund.

DON'T FORGET: YOU MUST WAIT FOR AN INSTRUCTOR TO ATTACH YOU BEFORE GOING UP THE STAIRS.