

## PLEASE READ THESE RULES BEFORE YOU BEGIN YOUR SAFETY BRIEF

If you or any member of your group does not understand 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.**

### 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, 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 wish to take on the course must be attached to you at all times or switched off and kept in a secure pocket.
- 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 on Go Ape).
- Please remove chewing gum as it is a choke hazard.

### Your kit

An instructor will fit your harness. You will then have a chance to get used to the equipment on your own before being 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 and **ensuring** that you are attached to the safety system at all times.

### Supervision of children:

- You will be personally responsible for **ensuring** that anyone that you have signed for follows the Safety Rules and is correctly attached to the safety system at all times. One adult can supervise up to 2 children under 16 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.

**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 REMAIN ATTACHED TO THE SAFETY SYSTEM WITH AT LEAST ONE SAFETY LINE AT ALL TIMES WHEN ABOVE THE GROUND.** Three people have fallen from courses because they failed to check they were clipped on correctly - **CHECK EACH TIME!**

### The course:

- **Platforms** – A maximum of 3 people can be on a platform at one time.
- **All other activities** – Only 1 person on any ladder, zip wire or crossing at one time.
- **Tarzan Swings** – You will receive full instruction on how to complete the Tarzan Swings. It is important that, once correctly attached, you only hold onto the safety lines and the rope of the swing. **DO NOT** hold onto any metal: you risk hand injury. When you land into the net, relax and allow yourself to bounce out again. **DO NOT GRAB THE NET FIRST TIME.**
- **Zip Wires** – Supervising adults should stay at the top of the zip wire to ensure 10-15 year olds are clipped onto the zip wire correctly.
  - 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 Blue 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 REMAIN ATTACHED TO THE SAFETY SYSTEM WITH AT LEAST ONE SAFETY LINE AT ALL TIMES WHEN ABOVE THE GROUND.**