



SAFETY RULES

AS A SUPERVISING ADULT EITHER ON THE GROUND OR ON THE COURSE YOU MUST REMAIN IN VISUAL CONTACT FOR THE DURATION OF THE ACTIVITY.

An instructor will fit your harnesses and take you through some safety information. You can help make sure everyone has a fun and safe time by ensuring your party follows the safety rules during the activity. If you have any problems let an instructor know.

Please read these rules out to everyone taking part:

- **No more than 2 on a crossing.**
- **No more than 3 on a platform.**
- **1 at a time on the Zip wire, wait for an instructor to tell you when to go.**
- **Don't play with your harnesses.**
- **Move your kit carefully, don't swing it backwards and forwards it can hurt you or others.**
- **Keep hands and head away from equipment.**
- **Ask an instructor if you have a problem with anything while you are on the course.**

To get ready make sure:

- **Everyone has been to the loo** (if anyone needs to use the toilet during the activity let an a instructor know so they can remove the harness and check it is refitted correctly).
- **You are dressed ready to go** (shoelaces tied, loose clothing and jewellery removed, gloves on etc).
- **You empty your pockets.**
- **Tie up long hair.**