



### Please read these rules before you begin your Safety Brief

**The Plummet is a high-risk activity in an outdoor environment. To reduce the risks, you must ensure that you and anyone under your supervision follow these safety rules and any instructions given to you by Go Ape staff. You must not go up onto the course until your trolley is attached to the cable.**

#### Supervision:

- One participating adult (18+) can supervise up to four children under 13 years old.
- One adult can supervise up to eight 13–15-year-olds. The supervising adult must always be in visual contact either on the course or from the ground.
- Over 16-year-olds are responsible for their own safety.

**You will be responsible for your own safety and the safety of anyone you have signed for. If you are not comfortable accepting this responsibility, do not proceed and we will be happy to give you a full refund.**

#### Rules:

- You must be at least 1.4m tall and weigh less than 130kg (20.5 stone).
  - You must not be under the influence of alcohol or drugs.
  - You must not smoke or vape whilst wearing a harness.
  - Do not play with your harness, it will keep you safe in an upright position, always keep your feet down.
  - The Plummet – full instruction will be given in your safety brief. Hold the purple webbing, up by your shoulder.
- As you step off **do not** hold onto any metal. If you do, you **increase your risk of injury**.

#### Before you start:

- Please alert an instructor if you or anyone you are supervising has a pre-existing injury or medical condition (including pregnancy) that could affect your ability to participate safely or may increase your risk of injury.
- It's important that you have eaten and drunk enough to fuel your adventure.
- Gloves are recommended to protect your hands from ropes and cables – these can be purchased from the cabin.
- Closed-toe and heel shoes must be worn and securely fastened. Tie your hair up, remove loose jewellery and ensure waists are covered with clothing.
- Our activities pass over paths and playgrounds. Empty pockets and leave belongings behind to remove the risk of dropping anything from height.
- You are welcome to take photos of your adventure, but phones must be attached. Waterproof phone pouches are available to purchase from the cabin.
- If you need glasses to drive, you should wear them to participate or supervise.
- Make sure you've been to the toilet.