



SAFETY RULES

FOREST SEGWAY

Please read these rules before you begin your Safety Brief

Forest Segway 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. Falling off a Segway can result in serious injury. Concentrate on riding the machine, look where you are going, maintain a good distance and always be prepared to stop.

SUPERVISION

- One participating adult (18+) can supervise up to three under 16-year-olds. You must remain in visual contact with anyone you have signed for, for the duration of the activity.
- 16-year-olds and over are responsible for their own safety.

You will be responsible for the safe operation of your Segway and those of anyone you have signed for. If you are not comfortable accepting this responsibility, do not proceed beyond the training site and we will be happy to give you a full refund.

RULES

- Minimum weight- 45kg (7 stone).
- Maximum weight- 117kg (18.4 stone).
- All participants must wear a helmet (provided by Go Ape).
- You must not be under the influence of alcohol or drugs.
- You must not smoke or vape whilst riding a Segway.
- You must not use a phone or camera whilst riding a Segway (you will stop for photo opportunities).
- You must follow the route set by your instructor and stick to designated trails.
- Pay attention to the signage, it's there to keep you safe.
- Racing and overtaking are not permitted.
- Keep both hands and feet on the Segway whilst riding.
- Other forest users get right of way, please slow down and be courteous.
- If you are ever concerned about the operation of your Segway- **stop riding, step off the back** and alert an instructor with your whistle, if required.
- Dangerous riding will result in your session being ended.

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.
- Securely fasten your shoes.
- If you need glasses to drive, you should wear them to participate.
- Gloves are recommended as your hands can get cold whilst riding the Segway. These can be purchased from the cabin, from £3.95.
- There are photo opportunities, but phones must be attached or zipped in a pocket. Waterproof phone pouches are available to purchase for £6 from the cabin.
- Our activities are fun and energetic. A gentle warm up and stretch will serve you well before you begin.
- Make sure you've been to the toilet.