



SAFETY RULES

TREETOP ADVENTURE

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Please read these rules out to everyone taking part before you begin your safety brief

Treetop Adventure and Treetop Adventure Plus are high- risk activities 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 on to the course until your trolley is attached to the cable.

SUPERVISION

- One participating adult (18+) can supervise up to two under 6-year-olds. (Treetop Adventure only)
- One adult can supervise up to eight 6–15-year-olds on the course or from the ground. You must remain in visual contact of anyone you are supervising for the duration of the activity.
- 16-year-olds and over 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 beyond the training site and we will be happy to give you a full refund.

RULES

- Treetop Adventure: You must be 1m tall.
- Treetop Adventure Plus: You must be 1.2m tall, minimum age 6.
- Maximum weight 130 kg (20.5 stone).
- You must not be under the influence of alcohol or drugs.
- You must not smoke or vape whilst wearing a harness.
- No more than 2 people to a crossing.
- No more than 3 people to a platform.
- 1 person at a time on the zip wires.
- Don't swing your trolley as it's heavy and could hurt you or others.
- Do not play with your harness, it will keep you safe in an upright position, always keep your feet down.
- Zip Wires:
 - Check the zip wire and landing site are clear before you or any children you are supervising descend, to prevent a collision.
 - On landing, run if facing forward, drag your heels to slow down if facing backwards or sideways. Relax and **do not try to turn around** as this increases the 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.
- Gloves are recommended to protect your hands from ropes and cables- these can be purchased from the cabin, from £3.95.
- 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. Please 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 for £6 from the cabin.
- If you need glasses to drive, you should wear them to participate or supervise.
- Our activities are fun and energetic. A gentle warm up and stretch will serve you well before you begin.
- Make sure you've all been to the toilet.