



# SAFETY RULES

## TREETOP CHALLENGE

Please read these rules before you begin your Safety Brief

**Treetop Challenge 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 on to 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- to 15-year-olds. The supervising adult must always be in visual contact either on the course or from the ground.
- 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

- 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.
- No more than 3 people to a platform.
- 1 person at a time on a ladder, crossing or zipwire.
- Do not play with your harness, it will keep you safe in an upright position, always keep your feet down.
- Tarzan Swings- full instruction will be given. Hold onto the safety lines as you swing, **do not** hold onto any metal. If you do, you increase your risk of injury.
- 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.
- This is a physically demanding activity, 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, 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. 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 been to the toilet.