



# SAFETY RULES

## ZIP TREKKING ADVENTURE

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

**Zip Trekking Adventure 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. Failure to follow the safety rules could result in a serious injury. You must always be attached to the safety system with at least one safety line.**

### SUPERVISION

- One participating adult (18+) can supervise up to six children aged 13-15 years old.
- 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

- Minimum age 13 years.
- Minimum height 1.4m (4'7").
- Minimum weight: 45kg (7 stone).
- Maximum weight: 124kg (19.5 stone).
- You must not be under the influence of alcohol or drugs.
- You must not smoke or vape whilst wearing a harness.
- Don't play with your harness, it will keep you safe in an upright position, always keep your feet down.
- Check the zip wire and landing site are clear before you or any children you are supervising descend, to prevent a collision. If you can't see it's clear, **do not** go.
- On landing, relax and **don't try to turn around**. The break mechanism will bring you to a stop.

### 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.
- 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.
- 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.