



# SAFETY RULES

## FOREST BIKING

Please read these rules before you begin your Safety Brief

**By taking part in Forest Biking, you acknowledge that there is a risk of injury and agree to give consent for you and/ or the children in your care to participate. Please follow the safety rules and advice to ensure you have an enjoyable ride.**

### RULES

- Under 16's are required to wear a helmet; these can be provided by Go Ape or you can wear your own. We recommend that anyone 16 and over wears one too.
- You must not be under the influence of alcohol or drugs.
- Bikes must be returned to Go Ape at the agreed time.
- Stick to the signposted routes that suit the ability of your group.
- Be courteous of other forest users, pass them on your left and use your bell when required.
- In an emergency, call the number Go Ape have provided you with; examples include a medical emergency, lost child or if the bikes develop any faults including flat tyres.
- If your bike develops any faults or issues, do not attempt to fix them yourself.

### BRAKES AND GEARS

- Your brakes are there to keep you and other forest users safe.
- Always look where you are going and be prepared to stop.
- You have a front brake and a back brake. It is important that you pull the back brake first. Your front brake can then be applied slowly.
- Your gears are there to help you get up and down hills. To avoid damage to the bike, only shift one gear at a time whilst you are moving.

### BEFORE YOU START

- Please alert an instructor if you have 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 and ensure your helmet is fitted correctly.
- We recommend gloves for protection, grip and control. These can be purchased from the cabin, from £3.95.
- Waterproof phone pouches are also available for £6 to help you capture photos of your adventure in all weathers.
- Our activities are fun and energetic. A gentle warm up and stretch will serve you well before you begin.