



SAFETY RULES

NETS ADVENTURE

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

Nets Adventure is a fun and energetic outdoor activity. By entering the activity, 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. 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.

SUPERVISION

- One participating adult (18+) can supervise 2 children under 6 years old. Under 6's must always be accompanied in the nets.
- One adult can supervise 5 children aged 6-15 years 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.

RULES

- Minimum age 1 year.
- Maximum weight 130kg (20.5 stone).
- Participants must not be under the influence of alcohol or drugs.
- You must not smoke or vape in the Nets Adventure.
- No eating in the nets.
- **Do not** climb up the net walls.
- **Always keep your feet towards the ground.** There must be no summersaults or tricks where you could land on your head as this could result in injury.
- Have fun with the big balls, but please **do not throw them** at anyone as this could cause injury.
- Slides are for sliding down only, one at a time. Feet first, with your legs together and arms folded across your chest. Wait until the slide is clear before you go then exit quickly for the next person.
- Everyone is here to have fun, please respect other users and give them space. This activity may feel different to anything you have tried before, please be considerate of nervous or smaller participants.
- There are always instructors near-by, if you need any assistance, please ask them for help or shout "instructor" if you're up in the nets.
- Our instructors all have whistles, **if you hear a whistle, please stop** what you're doing and listen for instructions.

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, tie your hair up and remove loose jewellery and watches
- 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.
- 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.