



YOU ARE ABOUT TO TAKE PART IN A POTENTIALLY DANGEROUS ACTIVITY. YOU WILL MINIMISE THIS RISK BY FOLLOWING THE SAFETY RULES AND ADVICE. IF YOU DON'T FOLLOW THESE SAFETY RULES YOU COULD HAVE A SERIOUS ACCIDENT.

ALL PARTICIPANTS MUST HAVE COMPLETED A RISK ACKNOWLEDGEMENT AND CONSENT FORM PRIOR TO PARTICIPATING IN THE ACTIVITY. UNDER 16s MUST HAVE THE FORM SIGNED BY A RESPONSIBLE ADULT.

SUPERVISION:

- All participants under 16 (children) must be supervised by an adult (18+).
- Under 6s must be accompanied on the nets at all times by a participating adult, who can supervise no more than two children in total.
- Children aged 6 and over require a minimum of one adult per group of five to supervise them on the activity or from the ground.
- In order to control behaviour, supervisors must remain in visual contact of the children in their care for the duration of the activity.

BEFORE STARTING:

- Tie up long hair.
- Empty your pockets.
- Remove jewellery and watches: where items cannot be removed they should be covered.
- Ensure your footwear is securely fastened: flip flops, heels and sandals are not allowed.
- Tuck in loose clothing and remove scarves.
- Long sleeves and trousers are a good idea.
- No eating or chewing gum on the nets as this is a choking hazard.
- No smoking.
- Use the loos before heading in for your briefing.
- Participants must not be under the influence of drink or drugs.
- If you or anyone in your party have any medical conditions or injuries that may affect your experience on the activity, or if you require any additional support please notify a member of staff.
- Go Ape strongly recommends that pregnant women do not take part on the course. If you decide to proceed you must notify a member of staff and sign an additional disclaimer.

NETIQUETTE:

Everyone is here to have fun, so please respect other users and give them space. This activity may feel different to anything you have tried before, so please be considerate of nervous participants.

The Kids' Net is reserved for smaller children and their supervising adults, or anyone who's unsure or a little nervous.

When using the slides, please wait until the slide is clear before you go, and exit as quickly as you can. Use the slides one at a time. The slides are for sliding down only.

RULES:

- **Do not climb up the net walls or the slides.**
- **Do not attempt somersaults or any other tricks that involve going upside down.**
- **One at a time on the slides, and go down feet first.**