



AS A SUPERVISING ADULT EITHER ON THE GROUND OR ON THE COURSE YOU MUST REMAIN IN VISUAL CONTACT FOR THE DURATION OF THE ACTIVITY.

An instructor will fit your harnesses and take you through some safety information. You can help make sure everyone has a fun and safe time by ensuring your party follows the safety rules during the activity. If you have any problems let an instructor know.

PLEASE READ THESE RULES OUT TO EVERYONE TAKING PART:

- **1 at a time on the Zip wire, wait for an instructor to tell you when to go.**
- **No more than 2 on a crossing.**
- **No more than 3 on a platform**
- **Don't play with your harnesses.**
- **Move your kit carefully, don't swing it backwards and forwards as it can hurt you or others.**
- **Keep hands and head away from equipment.**
- **Ask an instructor if you have a problem with anything while you are on the course.**

SUPERVISION:

- One participating adult must accompany every two children under 6 years on the course.
- Children aged 6 and over require a minimum of one adult per group of eight children to supervise them on the course 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.

WHAT YOU NEED TO KNOW:

- All participants must be a minimum height of 1m.
- All participants must weigh less than 130kg (20.5 stone)
- 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.

TO GET READY MAKE SURE:

- **Everyone has been to the loo** (if anyone needs to use the toilet during the activity let an instructor know so they can remove the harness and check it is refitted correctly).
- **You are dressed ready to go** (shoelaces tied, loose clothing and jewellery removed, gloves on etc).
- **Empty your pockets.**
- **Tie up long hair.**