



**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.
- 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 for Adventure or 1.2m for Adventure+
- 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.**