

**PLEASE READ THESE RULES BEFORE YOU BEGIN YOUR SAFETY BRIEF**

Foreign language written translations are available from the cabin.

**YOU ARE ABOUT TO TAKE PART IN A HIGHLY PHYSICAL ACTIVITY WITH SOME ASSOCIATED RISK. YOU WILL MINIMISE THIS RISK BY FOLLOWING THE SAFETY RULES. YOU MUST ATTACH YOUR TROLLEY TO THE CABLE BEFORE ASCENDING. CHECK EACH TIME!**

**SUPERVISION:**

- You will be personally responsible for following the Safety Rules and ensuring that you are attached to the safety system at all times.
- Adults; you will be personally responsible for ensuring that any child that you have signed for follows the Safety Rules and is correctly attached to the safety system at all times.
- One adult can supervise 4 children under 13 years old. You must accompany them on the course and they must be under your supervision at all times. Ensure that you can see clearly at distances of at least 20m, (If you need glasses to drive you should wear them when supervising on Go Ape).
- If supervising 13-15 year olds you must be in visual contact either on the course or from the ground.

**THIS IS A BIG RESPONSIBILITY: IF YOU ARE NOT PREPARED TO TAKE THIS ON DO NOT PROCEED BEYOND TRAINING - WE WILL GIVE YOU A FULL REFUND.**

**WHAT YOU NEED TO KNOW:**

- You must be **at least 1.40m (4'7") tall, weigh less than 130kg (20.5 stone).**
- Participants must not be under the influence of drink or drugs.
- Be ready: **No open toed footwear or slip off shoes**, tie up long hair, tuck away necklaces, remove hoop earrings and cover your waist as harnesses may rub.
- You are welcome to use your camera up on the course, but make sure that there is no risk of it falling on anyone below. (Waterproof pouches are available from the Cabin).
- Please remove chewing gum as it is a choke hazard.
- To avoid damage to your harness you must not smoke whilst wearing it.
- Your harness is designed to keep you safe in an upright position so always keep your feet down when on an activity.
- **Platforms:** A maximum of 3 people can be on a platform at one time.
- **All other activities:** Only 1 person on any ladder, zip wire or crossing at one time.
- **Tarzan Swings:** You will receive full instruction on how to complete the Tarzan Swings. It is important that, as you swing, you only hold onto the two safety lines. **DO NOT** hold onto any metal: you risk hand injury.
- **Zip Wires:**
  - **Check** the LANDING SITE AND ZIP WIRE are clear before descending. If you don't you risk a collision.
  - Supervising adults: you must ensure the zip wire is clear before anyone under your supervision descends.
  - Only 1 person can descend a zip wire at a time.
  - When landing, relax - if you land facing forwards run as soon as you land to slow yourself down; if you land facing backwards or sideways, drag your heels to slow down, **DO NOT try and turn yourself around - this increases the risk of injury.**
- 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.
- If you do not follow the Safety Rules you may be required to leave the course. If this happens you will not receive a refund.

**YOU MUST NOT ASCEND THE STAIRS/LADDERS UNTIL YOUR TROLLEY IS ATTACHED TO THE CABLE.**