

**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 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 juniors under 6 years on the course
- Juniors aged 6 and over require a minimum of one adult per group of eight juniors 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 – 1.2m for Adventure+
- Participants must not be under the adverse 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 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**