

PLEASE READ THESE SAFETY RULES BEFORE YOU START YOUR SAFETY BRIEF

If you or any member of your group does not understand English, please tell your instructor so that we can make allowances for this in the safety brief.

YOU ARE ABOUT TO TAKE PART IN A HIGH RISK ACTIVITY. HISTORICALLY ABOUT ONE IN A THOUSAND PARTICIPANTS HAVE REQUIRED SOME FORM OF FIRST AID. YOU WILL MINIMISE THIS RISK BY FOLLOWING THE SAFETY RULES. IF YOU DON'T FOLLOW THESE SAFETY RULES YOU COULD HAVE A SERIOUS OR EVEN FATAL ACCIDENT.

BEFORE STARTING

- All participants must be at least 13 years old. Minimum height 1.40m (4'7"). Maximum weight 124kg (19.5 stone). Minimum weight 45kg (7 stone)
- Tie up long hair, tuck away necklaces, remove hoop earrings, cover your waist as harnesses may rub, no open toed footwear or slip off shoes
- Any mobile devices such as cameras or mobile phones that you wish to take on the course must be attached to you at all times or switched off and kept in a secure pocket
- If you will be supervising any under 16 year olds. Ensure that you can see clearly
- If you need glasses to drive you should wear them whilst participating on Zip Trekking Adventure
- Please remove chewing gum since it is a choke hazard
- 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

YOUR KIT

An instructor will fit your harness. You will then have a chance to get used to the equipment on your own before being given full safety instruction at the Training Site. To avoid damage to your harness you must not smoke whilst wearing it.

SUPERVISION

The Training Site is the only site where you are directly supervised by a Go Ape instructor. If you are 16 years or older you will be personally responsible for following the Safety Rules and ensuring that you are attached to the safety system at all times.

SUPERVISION OF CHILDREN

You will be personally responsible for ensuring that any child you have signed for follows the Safety Rules and is correctly attached to the safety system at all times. One adult can supervise up to six 13- 15 year olds.

- 13-15 year olds must be under your direct supervision. This means that you must make sure you see their correct attachment to each zip wire, and you must be one of the last pair to descend each set of zip wires.

- You must ensure the zip wire and landing site are clear before the children in your care start their descent.
- If you are a lone adult supervising more than 1 under 16 you should be aware that at certain points during the activity you will be at opposite ends of a zip wire. Whilst you will be in full sight of each other this may be at a distance of up to 400 metres until all of your party has completed that particular zip wire.

IF YOU ARE NOT PREPARED TO TAKE ON THIS SUPERVISION RESPONSIBILITY DO NOT PROCEED BEYOND THE TRAINING SITE AND GO APE WILL GIVE YOU A FULL REFUND.

YOU MUST ALWAYS ENSURE ZIP WIRES AND LANDING SITES ARE CLEAR

There have been serious injuries when people have crashed into each other on zip lines - CHECK EACH TIME!

YOU MUST REMAIN ATTACHED TO THE SAFETY SYSTEM AT ALL TIMES

Three people have fallen from courses because they failed to check they were clipped on correctly - CHECK EACH TIME!

THE ZIP TREKKING ADVENTURE COURSE

Supervising adults should stay at the top of the zip wire to ensure 13-15 year olds are clipped onto the zip wire correctly.

- Only 1 person can descend a zip wire at a time.
- Check that the zip wire and landing site are both clear before descending. If you can't see don't go.
- Never hold onto the zip wire cable.
- Hold on to your Blue Safety Line.
- Keep your head away from and to one side of the zip wire and keep your feet pointing downwards.
- When landing relax your body and don't try to turn your self around - lift your feet up and the brake will bring you to a stop. When you come to a stop put your feet down.

YELLOW AND RED CARDS

If you are seen not following the safety advice you will be shown either a yellow or red card. If shown a red card you will be required to leave the course. If this happens you will not receive a refund.

DON'T FORGET: YOU MUST ALWAYS CHECK THE ZIP WIRE AND LANDING SITES ARE CLEAR BEFORE YOU DESCEND. IF YOU CANT SEE DON'T GO. ALWAYS CHECK YOU ARE ATTACHED TO THE ZIP WIRE CORRECTLY.