

HIGH ROPES

SAFETY RULES HIGH ROPES

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

PLEASE READ THESE RULES TO EVERY PARTICIPANT

- 1 at a time on a crossing.
- No more than 1 on a platform.
- Don't adjust your harness.
- Keep head and hands away from the safety system.
- Speak to an instructor if you have any problems while on the course.
- Don't swing your equipment around, you may injure yourself or others.

SUPERVISION

- One adult must be accompanying every two under 8 year olds on the course.
- Children aged 8 or over must be accompanied on site by minimum of 1 adult to supervise from the ground.
- Accompanying adults must be able to see and communicate with the children they are supervising.

SAFETY RULES

- All participants must be a minimum height of 1.2m.
- All participants must weigh less than 120kg (19 stone).
- You must not take part if under the influence of drugs or alcohol.
- Please do not smoke or use e-cigarettes while in your harness.
- Only use the obstacles when wearing a harness.

BEFORE YOUR ADVENTURE BEGINS

- Ensure everyone has been to the toilet.
- You are suitably dressed, in well-fitting, closed toe shoes, with laces tied, jewellery removed and clothing secured
- Pockets are emptied.
- Long hair is tied up.

