

SAFETY RULES ZIP TREK

PLEASE READ THESE RULES TO EVERY PARTICIPANT

- 1 at a time on a crossing/zipwire.
- No more than 1 person on a platform.
- Don't adjust your harness or lanyard.
- Keep head and hands away from the safety system.
- Speak to an instructor if you have any problems while on the course.
- Whistles are located on harnesses for use in emergencies only.

ZIPWIRE SAFETY RULES

- Check the zipwire arrival area is clear.
- Never hold the zipwire cable.
- Hold onto your lanyard.
- Keep your head away from and to one side of the zip wire and keep your feet pointing downwards.
- Use the assistance rope to pull yourself into the platform when needed.

SUPERVISION

- Children must be accompanied on the course by a minimum of 1 adult to supervise behaviour.
- 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.

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.