



INSTRUCTOR



FOREST ADVENTURE SAFETY RULES

YOUR INSTRUCTOR WILL GIVE YOU A FULL SAFETY BRIEF.
PLEASE READ THESE RULES AND ADVICE BEFORE YOU START.

YOU ARE ABOUT TO TAKE PART IN A HIGH-RISK ACTIVITY. YOU WILL MINIMISE THE RISK BY FOLLOWING THE SAFETY RULES AND INSTRUCTOR ADVICE. IF YOU DON'T FOLLOW THE SAFETY RULES OR INSTRUCTOR ADVICE, YOU COULD HAVE A SERIOUS ACCIDENT, WHICH MAY BE FATAL.

Before Starting

- Tie up long hair; tuck away necklaces, remove or tape over loop earrings; cover your waist as the harness may rub; no open toed footwear or sandals.
- **Mobile phones must not be used at height.** They can be used as a camera and must remain in "airplane mode" at all times. They must be attached to you at all times.

Gearing Up

- An instructor will help you to fit your harness. They will explain and demonstrate how your safety equipment works and give you a full safety briefing. Please protect the harness by not smoking and by washing your hands after using sun cream or insect repellent.

Supervision

- The initiation site is the training site where you receive your safety instructions. It is the only site where you are directly supervised by a Forest Adventure instructor. Thereafter, you will complete the Activity **unsupervised**.

Supervision of Child(ren)

- All participants **below 7 years old must be accompanied by an adult**. One adult can supervise a maximum of 3 children under 7 years old. All children must be under your direct supervision at all times.
- If you are supervising a child, ensure that you can see clearly at a distance of at least 20 m (if you need glasses to drive, you should wear them whilst participating in Forest Adventure).

IF YOU ARE NOT PREPARED TO TAKE THIS RESPONSIBILITY, DO NOT PROCEED BEYOND THE TRAINING SITE. Forest Adventure will refund you in full if you decide that you are not willing or capable of continuing beyond the training site.

YOU MUST BE ATTACHED TO THE SAFETY SYSTEM BY AN INSTRUCTOR BEFORE YOU GO UP THE STAIRS. PLEASE WAIT ON THE GROUND IF AN INSTRUCTOR IS NOT PRESENT.

On the Course

- **PLATFORMS** : A maximum of 3 people can be on a platform at any one time.
- **ALL OTHER ACTIVITIES** : Only 1 person on any activity (including zip line) at one time.
- **ZIP LINES** : Only 1 person can descend a zip line at a time. Check the landing site is clear before descending. Never hold onto the zip line cable. Hold on the lanyard attached to your harness. Keep your head away from and to one side of the zip line. If you are facing forward, you must start running as soon as you approach the landing site. If you land facing backwards, or sideways, dig your heels into the sand to slow down.

Yellow and Red Cards

If you are seen not following the safety advice you will be shown either a yellow or red card. A yellow card is an official warning. If shown a red card, you will be required to leave the course. If this happens we will not refund your ticket cost.

REMEMBER:

YOU MUST BE ATTACHED TO THE SAFETY SYSTEM BY AN INSTRUCTOR BEFORE YOU GO UP THE STAIRS. PLEASE WAIT ON THE GROUND IF AN INSTRUCTOR IS NOT PRESENT.