



# INTERNAL RULES

In order to take part in the high ropes, one must fulfill the participation conditions and respect the following safety regulations:

## **PARTICIPATION CONDITIONS:**

This high ropes course is not guided. It is supervised by facilitators from the ADVENTURE FOREST team, apart from the « Kiddies' course » and the « Junior's course », which are left to the parents' supervision.

- Anyone under 18 must show a parent authorization
- The minimum heights to access the course go as follows:
  - Kiddies' course: between 1 m and 1,20 m
  - Juniors' course: between 1,20 m and 1,40 m
  - Adults' course: 1,40 m minimum
- One must not present any contraindication to the practice of this sport (fear of heights) ;
- Any loss of equipment will be charged.

## **SAFETY REGULATIONS :**

It is compulsory:

- To wear the provided equipment (harness handed out by an ADVENTURE FOREST supervisor  
To use the self-belaying equipment by utilizing at least one of the two carabineers of the harness,
- To respect the space between the participants: one person per challenge, and a maximum of two people per platform,
- To avoid any dangerous behaviour as this might lead to the exclusion from the course,
- Smoking is strictly forbidden anywhere on the course.
- To stay on the marked paths when walking below the challenges.

**These safety rules will be presented to you by an Adventure Forest supervisor after you have been equipped with the harness: as the high ropes course is not guided, you are responsible for the strict application of these rules.**

## **BEFORE SETTING OFF ON THE COURSE ...**

- Don't keep anything on you that may fall (telephone, sun-glasses, purse...)
- Tie your hair if long (as it may get stuck in the pulleys)
- Tie your spectacles with a string
- Wear at least a pair of shorts and a T-shirt (going bare-chested is not recommended), and sports shoes.