



Let Loose! SAFETY RULES

Please read these Safety Rules before you begin your Safety Brief.

Before starting:

- All participants must be 7 years upwards.
- You must be more than - 1 metre / 3ft 3 in height.
- You must weigh less than - 130 kg/ 20.5 stones.
- Tie up long hair, remove long necklaces, hoop earrings.
- You must wear closed toe shoes, boots or trainers.
- Mobile devices and cameras to be put in the lockers provided.
- Remove chewing gum.

Your Kit - Your Instructor will fit your harness and you will be given a chance to get used to it before you Let Loose!

Supervision - You will be personally responsible for ensuring the minors that you have signed for follow the Safety Rules and Instructors directions.