

# TREE TIME ADVENTURES

## SAFETY RULES OF PARTICIPATION

**YOU MUST READ THESE SAFETY RULES OF PARTICIPATION BEFORE YOU START. READING AND COMPLYING WITH THESE RULES MAY REDUCE (BUT NOT ELIMINATE) THE RISK THAT YOU WILL HAVE A SERIOUS ACCIDENT.**

### PARTICIPATION REQUIREMENTS

- Participants must meet the height requirement for each course whether written or expressed.
- Participants may not weigh more than 285 pounds.

Please note that due to the restrictions of our harnesses, persons weighing more than or weighing much less than this amount are not able to participate because the harness does not properly fit.

If you do not fit these criteria, you cannot participate in this Treetop Adventure course.

### BEFORE STARTING

- Tie up long hair, tuck away necklaces and remove hoop/dangling earrings and all loose jewelry.
- Wear closed toe and closed heel shoes. Slip off shoes are not permitted.
- Your harness should only be fitted and adjusted by an instructor. Cover your waist as your harness may rub.
- Switch phones off and keep them in a secure pocket. They may not be used while on the course as they can distract you and others and are at risk of falling onto park users below the course. It is strongly recommended not to carry them while on the course.
- Securely attach to you any items that may fall, including cameras, at all times when above the ground.
- You must adhere to the supervision requirements. If you will be supervising persons

under 15 years old, ensure that you can see clearly at distances of at least 20 feet.

- If you need glasses or contacts to drive, you should wear them while participating in the Activities.
- Discard chewing gum as it is a choking hazard.
- Do not smoke, eat or drink while on the course.
- Wash and dry your hands after using sunscreen or insect repellent to maintain the integrity of the safety harness and equipment.
- Never be under the influence of drugs or alcohol.
- Read and understand all instructions.
- All participants must complete the appropriate Assumption of Risk and Release of Claims Waiver form prior to participation.

The course is made up of several sites. The training site is where a Tree Time Adventures instructor will fit your harness and safety lines. He or she will explain and demonstrate how your safety equipment works. If you or any member of your group does not understand English, you must make your instructor aware of this. If you decide you do not wish to proceed beyond the training site, Tree Time Adventures will refund your money.

You are responsible for your own safety and the safety of your possessions. You will not be supervised by any Tree Time Adventures personnel. You must follow these Safety Rules.

### MEDICAL WARNING/RESTRICTIONS:

The Activities are designed for use by participants of average mobility and strength who are in reasonably good health. Certain pre-existing medical conditions, including but not limited to obesity, high blood pressure, pregnancy, heart disease or other cardiac condition, severe pulmonary problems, and other pre-existing muscular-skeletal problems may impair the safety and well-being of participants, as may other medical and psychological conditions. All such conditions

increase the inherent risks of the experience. These Activities are not recommended for Participants with preexisting injuries or underlying medical conditions that may put them at greater risk of injury, illness, heart attack and or death. Participants with pre-existing injuries or underlying medical conditions are **strongly recommended** to consult with his/her physician prior to participation.

**YOU MUST BE ATTACHED TO THE SAFETY SYSTEM WITH AT LEAST ONE SAFETY LINE AT ALL TIMES WHEN ABOVE THE GROUND.**

An instructor, and only an instructor, should clip you onto the safety line.

- No more than 3 people may be on a platform at one time.
- Only 1 person may be on a ladder or bridge/element at one time.
- Only 1 person can descend a zip line at a time.
- You must check that the landing site is clear before descending a zip line.
- Do not hold onto the zip line cable. Hold onto your short safety line. Keep your head away from, and to one side of the zip line.
- If you land facing forward, start running before your feet touch the ground.
- If you land facing backwards or sideways, drag your heels to slow down. Do not try to turn around.

**SUPERVISION REQUIREMENTS**

Minors under 15 years of age must always be supervised on the course by an adult. One adult may supervise up to 3 minors under the age of 15. If you are supervising one or more minors under 15, both you and they are responsible for ensuring that they follow these Safety Rules and are always correctly attached to the safety system. Further, they must always be under your direct supervision. The

supervising adult should remain in the middle of the minors. The supervising adult must check that the zip line is clear before anyone descends.

**REMEMBER: YOU MUST BE ATTACHED TO THE SAFETY SYSTEM WITH AT LEAST ONE SAFETY LINE AT ALL TIMES WHEN ABOVE THE GROUND!**

If you are seen not following any of these Safety Rules, you will be shown either a yellow or red card. A yellow card is a warning that you immediately must comply with these Safety Rules. A red card means that you immediately must leave Tree Time Adventures property in which case you will not receive any refund.

By participating in this activity, you acknowledge that you have received and read these Safety Rules of Participation and agree to comply with them.

