



minimum height 91cm

Safety Rules & Instructions

*Please read and follow the rules below for your own safety.....
Enjoy The Thrill Of Adventure!*

DO NOT PARTICIPATE IF YOU ARE:

- × Pregnant, have back injuries or any other medical condition which could be worsened by participation.
- × Heavier than 120Kg (Climb)
- × Under the influence of alcohol and or illegal drugs

**Our Team members will correctly fasten your harness.
Stay in the harness area until instructed to enter the climbing area.**

During your climb:

- ✓ DO NOT climb beneath or above other climbers
- ✓ Climb directly up
- ✓ Please climb with shoes and a shirt
- ✓ DO NOT climb above or beyond the top of the wall.

Coming Down:

- ✓ Hold cable with both hands
- ✓ Stay facing and walk your feet straight down the wall
- ✓ Be alert and keep clear of other climbers

When you Land:

- ✓ Land on your feet, bend your knees and remain standing
- ✓ Wait to be un-clipped, Our team will remove your harness, in the harness area

COME HANG OUT WITH THE ROCK CLIMBING ADVENTURE TEAM AGAIN SOON!