

LOW ROPES RULES

- No entry to Low Ropes Course without qualified supervision.
- No entry to Low Ropes Course without prior booking.
- Do not tamper with any equipment, fixtures or challenge.
- Follow all written or verbal instructions issued by Camp Team and qualified supervisors.
- Helmets must be worn by all participants.
- No running, jumping or swinging on any challenge or platform.
- Do not make others feel un-safe, this is a challenge by choice course.
- Wear appropriate clothing. Enclosed footwear must be worn.
- No loose items. Long hair must be tied back, pockets emptied, sunglasses, loose jewellery and watches removed.
- Participants must not be under the influence of Alcohol or Drugs. Kerem Adventure Camp enforces a zero tolerance.
- Only one person on any one-course element at any time.
- Two spotters are required at each element of the course.

Participants use the Low Ropes Course at their own risk. This activity is not recommended for anyone with heart problems, back, neck or joint injuries, those who've had recent surgery, those who are taking medication and have not been cleared by their doctor to participate or women who are pregnant.