

# Conditions for participants on Ösjönäs high ropes course

- All participants in the high ropes course undertake to follow the instructor's instructions and the activity is at your own risk.
- We recommend that you do not participate if you have previous neck or back injuries as there is a risk that these may be affected if you e.g. fall into the harness. If you have other physical or mental conditions (e.g. shoulder injury, epilepsy, diabetes, heart problems, autism, Down syndrome, etc.) that may affect the climbing or handling of the safety lines, you should have the necessary measures with you (e.g. medicines, sugar, personal assistant, etc.) so that a high level of safety can be maintained and notify the staff so that they can help you in the best way. As the climb can give a high load on the hands and fingers, we recommend taking off rings so that any swelling does not cause any damage.
- Maximum weight 110 kg, maximum waist circumference 120 cm, participants shorter than 145 cm need a taller fellow climber.
- Participants shall be sober and drug-free.
- Participants under 6 years – Unfortunately, we cannot allow participants under 6 years of age in the high part of the high ropes course, however, they are allowed to climb in the lower course and ride in our over 100 m long zipline. Children should be assisted by a fellow climbing adult who has paid climbing fees.
- For participants 6-9 years old, the safety shall be carried out by a fellow climbing adult who has paid climbing fees.
- For participants 10-13 years old, the adult shall monitor that safety procedures are followed, the monitoring can take place from the ground if the person in the course can be verbally hindered in case of any mistakes. However, participants under 145 cm need a taller fellow climber to handle the safety ropes.
- The instructor always has the right to deny access to the higher part of the course for safety reasons without having to explain himself further.
- Before entering the high ropes course the participant's equipment must have been approved by the instructor. No changes to the participants equipment may take place after verification without the approval of the instructor.
- The participant must show that they have understood and can handle the safety system in the lower part of the course, in order to proceed to the higher course.
- When the participant is more than 1 meter above the ground, the participant must be attached to the safety cable with approved safety equipment.
- The zipline may only be used under the supervision of an instructor.
- The instructor always has the right to cancel the activity for one or more participants, the participant concerned must then, according to instructions, go to the nearest decline.
- The high ropes course is comparable to a sports activity that can result in minor injuries such as scrapes and bruises.
- Wear unsensitive and durable clothing when there is a risk of tears and resin.
- The participants commits to being careful with the equipment. If the participant is careless, loses, or deliberately destroys the equipment, the participant becomes liable for compensation.
- In case of problem or injury inform the instructor.