



ACTIVITY RULES

All users agree that they shall not participate in any activities provided by OTG unless they have undertaken OTG's safety and induction procedures and processes in relation to the activities and confirm that they will comply with these rules at all times whilst on the premises.

The rules are as follows:

1. Follow the course in the direction given, marked clearly by arrows, **DO NOT** go in the opposite direction.
2. Obstacles are checked regularly - any equipment deemed not fit for purpose will be sealed off and appropriate notices displayed. **DO NOT** enter the area.
3. There is an easy and hard option on most obstacles. However, you do not have to attempt any of the obstacles if you do not wish to or you feel are outside of your capability.
4. Sliding down poles, scaling high walls, and obstacles which require ascent - land safely on both feet, bending the knees on land with feet shoulder width apart.
5. Be sensible - if there are already lots of people on the obstacle, wait until it is safe to attempt it.
6. The OTG team are on hand throughout your session if you need any assistance, help with technique or encouragement. Shout for help if you need it.
7. Water obstacles carry a higher risk of danger, go around these if you feel they are beyond your capability.
8. **DO NOT** cause danger to anyone else on the course and especially in the water - this includes jumping on someone's back or pulling anyone under. If you are seen doing this will be asked to leave the course
9. Trainers or trail shoes **MUST** be worn at **ALL** times and laces **MUST** be tied securely. No bare feet, strappy sandals, high heels or flip flops are permitted to be worn.
10. Strictly no spikes are to be worn.
11. Gloves are recommended to avoid splinters and to give better grip. These can be purchased on site if you have not brought your own.
12. **DO NOT** wear loose clothing that might get caught up causing danger to yourself or others. Tie long hair back. Remove **ALL** jewellery.
13. The water you find around the course is **NOT** for drinking and could cause illness. Do not ingest the water on purpose.
14. **if** a member of the OTG TEAM asks you to get off the equipment, you must do so immediately.

These rules are for your own safety and that of others around you.

ANYONE NOT OBEYING THESE RULES WILL BE ASKED TO LEAVE.