

# The Glenhaven Park Ropes Courses & Initiative Equipment Information for Campers

***We're looking forward to seeing you at camp!*** So that we can ensure that you're comfortable and safe, please read the information below so that you get the most out of your experience with us.

All our Instructors are qualified and experienced in using industry approved equipment and techniques. We provide all the safety equipment, which are maintained to current standards.

Prior to any activity on our Ropes Courses you must complete the Medical & Consent Form which includes emergency contact information. The course requires that you are to be of good health and physical condition. If you have a condition out of the ordinary, please inform us and note it on the medical form so that we may assist you in performing activities safely.

Suitable clothing should be loose but not baggy, comfortable, casual & durable. Long pants or long legged shorts, tee shirts or sweats but no tank tops are the suggested clothing to be worn on the activities. Shoes must be closed, comfortable and flat soled or low heeled.

Jewellery and watches are best left at home as we ask that they be removed before going out on the course. Long hair must be tied back in a low ponytail as there is a risk of entanglement. No glasses to be worn on the courses unless prescription, which then must be secured by a strap or cord.

Remember to protect yourself from the sun, cold or rain & bring a water bottle.

Smoking is not permitted and we'd prefer no chewing gum please.

***We thank you for your cooperation and anticipate your arrival! 😊***

## THE GLENHAVEN TEAM

