

Equipment

Please read carefully the following procedure before starting the activity. You will find the rules to respect all along the course, from beginning to end, illustrated by photos.

The Equipment



Warning! A harness with 3 safety ropes and a pulley. A helmet with a adjustment wheel
Please do not attach yourselves together using the equipment strap (5kg resistance)



Two dynamic safety ropes with a hook and a semi-automatic karabiner and a red colour code
One static safety rope with a pulley and a semi-automatic karabiner. To open this karabiner, drop down the orange ring and then push in with your finger

Course map



Overall map of the course with the exits 1, 2, 3 and 4.

Signs



On the course, before each activity you will find a sign presenting it, with a drawing, some advice and safety rules.

Going up and down



Warning! Whenever you are going up or down, you must always have one safety rope above hip-level.

Going up :

One karabiner is attached, the other is in my hand while I climb. As soon as I can reach the next loop, I attach the karabiner I have in my hand, etc etc.

Going down :

One karabiner is attached, I climb down with the other one in my hand. Once the first safety rope becomes tight, and only at this time, I attach the second one, etc etc.



To start the course, pass your hook over the metal plate and add the karabiner on the cable.



To change directions when this is possible, just lift the central disk and turn it a quarter turn towards the direction you want.



For the zip-wire metal plates pass your hook between the cable tightener and the fixation.



Put the pulley on the cable in front of your hook and add your karabiner in front of the pulley. Check whether the pulleys rolls well on the cable then put the karabiner and the hook on top of the pulley.



Sit completely down in your harness... If ever you don't get to the end...



If you do not get to the end of the zip wire, turn to one side and put one hand on each side of the pulley. You can then pull yourself to the end.



At the end of the zip wire, lift the karabiner and the hook off the pulley and put them on the cable.



You can take your pulley off and hook it on either side of your harness in the loops designed for this.

Warning! For safety reasons, it is strictly forbidden to use the cables as trampolines. Thank you.