

## Important Safety Information for The Ropes Course

Share this with your group before your scheduled program.

### Close-toed, close-heeled shoes.

(Shoes that can be tightened. Slip-on Crocs are unacceptable).



### No body jewelry that may get pulled or caught

(dangling or hoop earrings, bracelets, necklaces).



### Leave all personal devices at home

(risk of it being lost or broken).



**Be sure to wear clothing that will allow the harness to rest comfortably around your waist and legs.**



**Start drinking plenty of water the night before your program.**



**Make sure to get a good night's rest the night before your field trip.**

