

PARK RULES

FOREST ADVENTURES

To guarantee a safe and memorable adventure,
please follow all park rules and staff instructions.

Safety Instructions and Training

- Before starting any activity, you will receive safety instructions and demonstrate proper equipment use on a practice course.
- Always follow the training guidelines. If you're unsure about anything, ask Forest Adventures staff for assistance.

Health and Safety Requirements

- Participants must be physically and mentally able to perform the activities.
- Only two participants are allowed on a platform, and one on an activity at a time.
- Structures are designed to support participants up to 120kg. If you weigh over 100kg, notify staff when booking to ensure proper harnesses.
- Alcohol and drugs are strictly prohibited before or during activities.

Follow the size and age restrictions of each course:

1. Kids Course - Yellow
7 + years | 110cm + tall

2. Kids + Course - Light Green
7 + years | 110cm + tall

3. Family Course - Light Blue
7 + years | 120cm + tall

4a. Low Zipline Course - Dark Green
7 + years | 110cm + tall

4b. High Zipline Course - Dark Blue
9 + years | 120cm + tall

5. Advanced Course - Red
9 + years | 130cm + tall

6. Adrenaline Course - Black
11 + years | 140cm + tall

- Your safety harness must be fitted and checked by Forest Adventures staff before use.
- Always connect to the safety line with your carabiners. Our Lock D carabiners will not open at the same time.
- For zip lines, keep your hands away from the pulley.
- Read and follow the instructions posted on each activity's departure platform.
- Return all equipment to the starting point after use. Do not take gear to the car park or toilets.
- Wear loose, comfortable clothing with closed-in shoes. Tie back long hair to prevent it from getting caught in equipment, and remove all jewellery.
- Do not carry items in your hands or pockets, including phones, as both hands are needed at all times.
- Do not hang upside down on any course.

Natural Environment

- Respect the natural environment at Forest Adventures. Stay on identified paths to avoid injury from natural obstacles (e.g., roots, stumps, sticks) and to protect the environment and conservation areas.
- Do not walk beneath activities due to the risk of falling objects.
- Dispose of waste in designated bins.
- Smoking is strictly prohibited.

Forest Adventures cannot be held responsible for injuries resulting from not following safety instructions or being inattentive in natural areas. Please note that failure to adhere to guidelines may lead to being asked to leave the park.

Enjoy Your Adventure!

By following these rules, you ensure a safe and enjoyable experience for yourself and others.

If you have any questions, please don't hesitate to ask our staff for help.