



# ROCKSPORT AT CHEDDAR

## FREE FALL SAFETY RULES

The free fall is more physiological than physically demanding. You will be kitted out and shown how to use the equipment. After being attached to a rope, you will need to climb up a 10-metre ladder to a waiting area. The time will then come to decide, watch to floor approach or the roof disappear as you drop off the edge with a 1.5-metre free fall, before you are held and lowered safely, front facing or backwards, to the ground. This will make your pulse race.

**YOU ARE ABOUT TO TAKE PART IN A HIGH-RISK ACTIVITY. BY FOLLOWING THE SAFETY RULES, YOU WILL MINIMISE THIS RISK. IF YOU DO NOT FOLLOW THESE SAFETY RULES, YOU COULD HAVE A SERIOUS ACCIDENT.**

### BEFORE YOU START

- All participants must be at least 11 years old. Under-16-year-olds must be accompanied by a familiar adult (over 18 years of age) who will assume responsibility for the supervision of the child(ren). If this person is not the parent or guardian, they must have the authority of the parent or guardian to assume responsibility for, and sign, the risk acknowledgement disclaimer and safety briefing for said child(ren).
- Minimum weight 20kg/3.2 stone Maximum weight 130kg/20 stone.
- Minimum torso length 35cm/13.8inch Maximum height length 200cm/78inch.
- Maximum leg 77cm/30inch Maximum waist 120cm/47inch.
- Minimum head size 48cm/19inch Maximum head size 61cm/24inch.
- We advise all participants to hold their own personal accident cover.
- Participants must not be pregnant, have any type of heart condition or heart-related issues, have any type of spinal injury or weak spine condition or have a weak physical constitution or poor physical condition.
- Please consult your doctor regarding any medical condition before the trip.
- Please let your instructor know of any medical conditions or special requirements you have.
- All participants must have a reasonable understanding of English as failure to follow instructions in the cave could have serious consequences.
- Please remove all jewellery, big belt buckles and items from your pockets.
- Tie up long hair.
- Please remove chewing gum as it is a choking hazard.
- Participants must not be under the adverse influence of drugs or alcohol.

It is at the discretion of the leader to refuse to take anyone if, in their opinion, that individual is for example unruly and unwilling to take instruction or physically not suitable to complete the trip.

If a leader does not deem a customer suitable to complete the trip, as it will put themselves or the customer at risk or prejudice the safety and the enjoyment of the other participants, the customer will be offered a full refund.

### YOUR EQUIPMENT

You are advised to wear loose fitting clothes that do not restrict your movement. Long sleeves and trousers are advised. You will be provided with a harness, cows-tails with self-locking carabiners, a helmet and instructions on how to use, fit and adjust all the equipment. A RockSport Instructor will check your harness and helmet, subsequently do not adjust your equipment as your personal safety could be affected.

### WHILE PARTICIPATING IN THE FREE FALL

- Once attached at the top participants will be given 3 minutes to take the plunge and descend on the free fall device. If not, participants will return down the ladder. No refund will be available.
- Helmets must be worn at all times.
- You must follow instructions relating to the use of equipment and our safety procedures.
- Make sure you land feet first with bent knees.
- Swearing and abusive language will not be tolerated.
- Participants must remove all items from their pockets.
- Cheddar Gorge and Caves can take no responsibility for lost or damage to any personal effects.

**PLEASE FOLLOW THE INSTRUCTIONS OF YOUR ROCKSPORT LEADER AT ALL TIMES. FAILURE TO DO SO HAS THE POTENTIAL TO PUT YOURSELF AND OTHERS AT RISK. CHEDDAR GORGE & CAVES RESERVES THE RIGHT TO REFUSE PARTICIPATION IN THIS ACTIVITY TO GROUPS OR INDIVIDUALS WHO, THROUGH THEIR ACTIONS OR BEHAVIOUR, PUT THEMSELVES OR OTHERS AT RISK.**