

# Conquer Your Fears!

## Getting Started!

- Do Not Enter unless supervised!
- Minimum Height: 1m.
- Minimum Age: 10+
- Minimum Weight: 25kgs.
- Maximum Weight: 120kgs.
- Full body harness / helmet must be worn. No entry into climbing area without harness.
- No climbing without an instructor.
- No climbing unless you are fully clipped in!
- Persons must be adequately warmed up if instructed.
- All personal protection equipment will be provided.
- Walk in the designated area.

## Please take note:

1. Physical agility required.
2. Persons with any physical, medical or other conditions should assess their own ability and give instructor prior notice to participate safely.

## Conquer Your Fears is not recommended for:

- (1) **People that suffer from:** severe heart conditions, severe epilepsy or vertigo.
- (2) **People with pre-existing injuries or conditions.**
- (3) People who are intoxicated or under the influence of any substance.

## Zone rules

- No running!
- No phones on the wall!
- Empty all pockets!
- No rings, watches, loose jewellery or earphones!
- No high heels or open-toe shoes!
- No skirts, dresses or loose clothing!
- No food, chewing gum or drinking allowed!
- Anyone suspected of being under the influence of any substance will be refused admission.
- Please respect our staff. Instructors have the right to refuse entry. Constant refusal to adhere to instruction will lead to removal from the experience.

## Just Ask!

Please ask an instructor if you have any questions!