

AN ADVENTURE PARK IS NOT A PLAYGROUND WHICH CAN BE ENTERED AND USED FREELY. THE ROUTES AND FACILITIES, IF NOT USED IN THE CORRECT WAY, WITH THE PROPER EQUIPMENT AND TECHNIQUES, CAN BE EXTREMELY DANGEROUS.

- 1) Equipment/safety devices
 - Users must be equipped with a harness, double safety lanyards and their karabiners, a pulley and a helmet.
 - When donning the equipment, it must be checked and adjusted by the attendant in charge.*
- 2) General rules for the use of the park:
 - Read and fill in the form on the front of this paper.
 - Follow instructions for dressing and take part in the initial briefing.
 - Use the facilities only if you have been issued with the proper equipment.
 - Each platform can hold a maximum of 2 people at a time.
 - each activity must be carried out by one person at a time.
 - Do not follow the trails backwards, they must be followed in one direction only.
 - Val di Vara Adventure Park consists of four trail + one long Zip-Line Superteleferica
 - Blue trail: for children and as preliminary practice for youngsters and adults, it is 1/1,50 m. above ground, and easy to use.
 - Green trail (3/5 m. above ground) average difficulty
 - Yellow trail (4/6 above ground) average difficulty
 - Red trail (9/12 m above ground) : because of its height and difficulty this trail is for athlete, it's accesible after passing a test and after permission from the attendants.
 - Children and youngsters from 5 to 17 must have a written authorization from their parents or

whoever is responsible for them at the time.

GREEN AND YELLOW TRAILS ONLY ADMISSION FROM 7 YEARS accompanied from the ground by a responsible adult who has attended the briefing, and will check that the children's karabiners are always fastened to the safety cable.

RED TRAIL ADMISSION ONLY FROM 10 YEARS

FOR MINORS 10/15 YEARS ONLY accompanied on the trail by a responsible adult who has attended the briefing, and will check that the children's karabiners are always fastened to the safety cable, and that they have passed the test set by the instructors.

- If any difficulty should arise, call an attendant.

- 3) Cable/safety line: always on your right, IT IS MARKED WITH RED TAPE
 - The whole trail, starting from the steps at the beginning to the point where you reach ground at the end, is marked by a red coloured cable/safety line.
 - Users must fasten both lanyards and their karabiners to this cable .
 - Passing from one activity to the next the karabiners must be unfastened and fastened again one at a time, so as to always have at least one karabiner clipped onto the red safety cable.
- 3A) Safety cable between activities.

Between activities on the platforms always use the red cable, both in passing from one activity to the next and while halting on the platform

- 4) Zip lines.
 - Departure is the same for all the trails, blue, green and red::
 - You are on the platform with your two lanyards attached to the red safety cable;
 - Detach a pulley and its karabiner from the harness, unclip the karabiner from the pulley, insert the karabiner in the shorter tape, place the pulley in position on the main cable of the zip line (without red point) that will always be on your left, and without letting it go clip its karabiner to it. Detach the second pulley, place it on the red safety cable and without letting it go clip its karabiner to it.
 - One at a time, detach the two safety lanyards and clip them on to the karabiner of the second pulley, the one on the red cable.
 - Try sitting down and check everything is functioning properly.
 - If everything is ok, let yourself go - never place your hands on the cable.

Arrival of the blue and green zip lines: these two zip lines arrive on a safety net with a 45 degree slant .

- Once landed on the net, attach the two safety lanyards to the red cable

- Detach the pulleys from the cable and attach them to the harness

- Climb off the net using the "wavy" safety cable on the right.

Arrival of the red zip line

At the end of this zip line you will find a large branch on your right, about waist high, covered by a black mattress, and a step ladder. Once arrived and stationary, steady yourself with your hands on the main cable on your left, and draw near to the branch.

- Stand on the large branch
- Clip one by one the two safety lanyards to the red cable of the ladder
- Detach the pulleys and attach them to the harness
- Climb down the ladder using the red safety cable

- 5) - SUPER ZIP LINE This zip line cannot be used by children younger than 10, and the presence of an instructor at the start is compulsory. On arrival follow the same procedure as for blue and green the other zip lines in the park.

A) It is compulsory to wear appropriate footwear (sneakers or trekking shoes) and to tie back your hair and secure your glasses.

B) It is preferable to wear long sleeves and trousers

C) It is compulsory to be always anchored to the red safety cable.

D) Any person behaving dangerously or incorrectly, putting himself or others at risk, will be evicted from the park.

E) Smoking in the park is absolutely prohibited.

F) Red trail – not raccomandended for people who gets vertigo