



RULES AND REGULATIONS

The rope park located in Kobylnica on Poznańska Street is a system of climbing platforms and rope obstacles set up on trees with routes of varying degrees of difficulty.

1. This type of activity is intended for physically and psychologically fit participants, who are capable of following the safety requirements required by the park operator.
2. **Admittance to any routes in the park is only allowed upon reading these rules and regulations, signing the proper declaration (sign a written declaration stating that the participant accepts all conditions), being duly instructed as to the effective safety regulations and an instructor's approval.**
3. One can join the park program provided that the following conditions are met:
 - **Everest and Lhotse Routes:** at least 180 cm tall (with arms raised), maximum weight of no more than 120kg, at least 9 years old. Children aged 9 -13 years old can go adventuring only with an adult (over 18), who has to walk along the route and must help with protection. Each participant is responsible for their own safety as well as that of any minors under their care. One adult is allowed to accompany no more than two children aged 9 to 13 years. Participants aged 14 to 17 may use the Park activities without a guardian present if they provide a statement from their legal guardian with the guardian's approval and acceptance of responsibility for the child. Participants over 18 can adventure after signing the declaration.
 - **Route Makalu:** at least 140cm tall (with arms raised), maximum weight of no more than 100kg, at least 6 years old. Children are allowed to complete the Makalu route solo under strict supervision of a guardian or an instructor situated underneath the rope route.
 - **Tyrol's run 60:** at least 160cm tall (with arms raised), maximum weight of no more than 120kg, at least 7 years old.
 - **Tyrol's run 300:** at least 180cm tall (with arms raised), maximum weight of no more than 120 kg, at least 9 years old.
 - **Tyrol's run 60 and 300:** for 7-13 year old participants supervision of a guardian or an instructor situated underneath the rope route is required. Participants aged 14 to 17 may use the Park activities without a guardian present if they provide a statement from their legal guardian with the guardian's approval and acceptance of responsibility for the child. Participants over 18 can adventure after signing the declaration.
4. **It is prohibited to bring or consume alcohol, drugs or other intoxicants on the premises of the park. Persons under influence of alcohol, narcotics or other intoxicants, which can have influence on the proper working of the human body, are not permitted to enter the premises of the park.**

5. **All participants are fully responsible for any injuries resulting from not following these rules and regulations or resulting from disregarding the instructors' advice which is stated in points 2 and 11. Each participant completes the routes on their own (without the instructor's assistance) and is responsible for their actions and following the safety instructions received from the constructor.**
6. The right to take part in Park's activities requires a valid ticket bought and stamped at park's checkout and passing the criteria from points 2 and 3. The ticket authorises the participant to use the routes on the day of purchase. Purchase of the ticket expresses approval to make use of activities at the park in accordance with these rules and regulations. All staff of the park are authorised to inspect tickets. Tickets should be kept at least until completing the route. Participants, who on being checked do not have a ticket, no matter reason, will be treated as person who has not bought a valid ticket.
7. There is absolutely no smoking allowed on the premises of the park.
8. Before entering any of the routes, each participant shall be issued certified protective equipment (protective harness, double-legged (Y-shape) lanyards with a braking device linked to the harness, karabiners, pulleys for the Tyrolean slide and a crash-helmet, protecting against falls from height and will be given the safely advance on any of the routes of Cascader Park they wish to use. All protective measures (against a fall from a height and the related shock) have been certified and are intended to save lives and limit the potential consequences of a fall, although they do not guarantee that a potential fall or accident would not leave any permanent marks.
9. The protective equipment is issued from the storeroom upon displaying a valid ticket and leaving a valid form of identification.
10. **The use of any protective equipment other than that issued by the park is prohibited.**
11. The instructor trains participants in the use of the protective equipment and explains the proper ways of advancing in the routes. Before entering a route instructors must check if the protective equipment is properly worn.
12. If the protective equipment is removed by the participant (e.g. to go to the bathroom), before returning to the route instructor must again check that it is properly worn. After the equipment has been checked by the instructor, it is not permitted to apply any changes.
13. After completing the route, the protective equipment should be returned to the storeroom. The protective equipment must be taken of in the assigned place, next to the office.
14. Participants should report to the instructor or to any member of the Park's staff any irregularities, doubts or remarks regarding the technical condition of the Rope Park equipment or their physical condition.
15. **The administrator of the park reserves the right to discontinue the operation of the Park, in part or entirely, in case of bad weather conditions (strong rainfall, high winds, storm, etc.) or other unexpected event which could endanger the participants' safety.** Persons forced to quit their activities due to the abovementioned conditions may use their ticket at another time. Their tickets will be marked valid for another entry at the checkout. In case of the participant's resignation of all or some park activities, due to reasons independent from the park's administration (e.g. health condition) the owner of the park will not refund the ticket. Unused tickets will not be refunded.
16. The administrator of the park reserves the right to book a part or all of the park for organised groups and other events. It is recommended to book activities by phone before arriving at the park, due to the limited number of participants simultaneously allowed to use the routes.
17. It is recommended for all participants to take out a third party insurance policy.
18. In case of an accident, injury or other similar event you should immediately notify the staff of Cascader Park. The staff of the park are obliged to provide first aid to the injured party or call an ambulance if need be.
19. There is no camping allowed on the premises of the park.

20. The administrator of the park shall not be responsible for any items left on the premises.
21. Please do not trample or destroy plants. Dogs should be kept on a leash and stay under continuous and constant supervision. For any damage caused by a dog, the dog's keeper will be held responsible.
22. Administration of Cascader Park may question the authenticity of this declaration and because of that refuse to sell you a ticket.
23. Information about opening hours and prices is available from the office of the park and its website.
24. One should comply with the information and commands on the information boards and submit to Cascader Park instructor's recommendations.
25. Participants who use the routes without the protective equipment or use it without following the rules will be excluded from further activities and asked to leave the premises of Cascader Park without the right to demand a refund for their ticket.
26. In all matters not regulated by these regulations, the decision and interpretation remains solely at the discretion of the park's staff.

RULES OF THE PROTECTION

27. All participants have to follow the instructors' advice and the rules and regulations:
 - a) All line routes begin from entering ladder, where we wear for protection, only double-legged (Y-shape) lanyards with a braking device linked to the harness with 2 karabiners, which during mountaineering must be reattached –one move at the time- to protective points marked red. During ladder usage (going up or down) you must always remember to have at least one karabiner attached to a protecting loop above your waist to eliminate the danger of a fall from a height greater than the length of double-legged (Y-shape) lanyards with a braking device linked to the harness (that can cause contusion of the spine).
 - b) After reaching a platform on a tree you must be reattached to protection loop marked red (tied around tree). First we unsnap karabiner no. 1 and snap it to the loop, then, the second one to the same loop and only after that can we step to the edge of platform where the rope obstacle starts.
 - c) Before the start on the rope obstacle the pulleys must be unsnapped for the slide called 'Tyroles run' and moved to the protecting line, marked red, situated between trees on that line obstacle. Next, one step at a time, one karabiner with double-legged (Y-shape) lanyards with a braking device should be linked to the harness of the same protecting line behind the roller (in relation to the direction of advancing). The second karabiner must be linked to the first one, attached to the protecting line.
 - d) After reaching the next platform the first karabiner must be reattached and then the second karabiner to the protecting loop tied around tree and pulleys for the Tyrols slide with roller moved to protecting line of the next obstacle (temporarily having it in our hand we can attach it to the harness).
 - e) After each karabiner has been attached to pulleys it must be checked for protection.
 - f) While advancing through the rope park double-legged (Y-shape) lanyards with a braking device linked to the harness must be situated between the arms of the participant so u can only keep it with pulleys for the Tyrols slide.
 - g) In case of non-standard slides karabiners should be snapped into protective points in the way presented on the information signs.
 - h) While advancing through obstacles care should be taken not to touch steel ropes with bare hands.
 - i) The basic idea of the protection is to never have both karabiners unsnapped from lines and protection loop.
 - j) While completing the routes, one must be linked to the "life line" at all times!

28. All persons using the Rope Park at line park should unconditionally observe the following safety regulations:

- a) At one time there can be no more than 3 people on a platform.
- b) While advancing along the routes, there can only be one person in a passage. The next person in line may start climbing the installations only after the participant advancing in front vacates the route and proceeds to the next platform.
- c) While walking in the park or completing the routes one must behave calmly. It is prohibited to run, swing or jump on platforms and obstacles, rock or jerk the lines, making noises and act in any way threatening the safety of other participants. Utmost care must be taken both on the ground and on the routes.
- d) It is recommended to wear sports clothes to complete the routes. Participants with long hair should wear it in a ponytail or tuck it under the helmet and take appropriate caution. The administrator of the park is not responsible for possible staining or damage to clothes.
- e) Participants who wear glasses or jewellery should secure them so that they do not pose any danger to their owner or other participants.
- f) **On the premises of the park you are only allowed to walk along designated alleys and paths.**

We wish you a great time!