

# We are going to Forest Adventures



I will need to check in at the office, there might be lots of people so I will try to wait quietly



Staff will give me a wrist band with my finish time on it.



I should go to the toilet before getting harnessed



Staff will put a harness and helmet on me. The harness will need to be tight around my waist



The helmet needs to sit on my head comfortably. If anything is uncomfortable I can tell the staff so they can help me





Once everyone is ready we will do an induction - watch and listen to how everything works



There might be a lot of other people watching, so I will try and stay still and quiet



I will wait patiently for my turn on a practice course, staff will help me if I have forgotten anything



Once I have finished a practice course the staff will let me know which course I can do next.



There are six (6) different courses, I will be able to complete 2 or 3 of them in my time

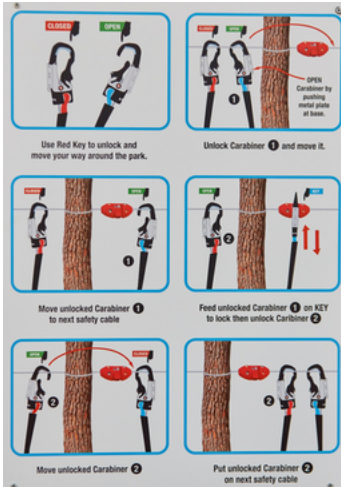


The courses start with a ladder or rock climb, and then have different obstacles and ziplines.





I am totally safe, if I slip,  
I sit in my harness like a swing



The carabiner system means  
that I am safe and will always  
have one carabiner locked on



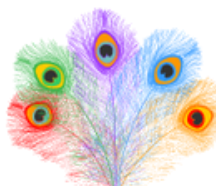
If I need help I can call out to  
the staff



If I get stuck, staff will try and talk  
me through, they can also get  
me down if needed



I am going to have a great time  
at Forest Adventures

Produced by  Inclusion  
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Australia

in conjunction with

