



Park Rules and Rules of Conduct

1. General

1.1 Instructions must be obeyed.

Visitors must obey all instructions given by park officers and all the signs displayed in the park. The park management maintains the right to expel any visitor who does not comply with this.

1.2 Risks

Use of the park's rope courses is associated with certain risks. Clothes can become dirty or damaged. Fall abrasions or pressure marks may occur if someone i.e. falls or trips. The park visitors must always be secured with carabiners or rope pulley, otherwise falls or (in extreme cases) death is imminent. By abiding by the park regulations and the instructions of the park instructors/guides, these risks are reduced to a minimum.

1.3 Responsibility

Visitors use the rope courses autonomously and are responsible for themselves. Visitors who cause any danger to themselves or others or frighten others will be expelled from the park.

1.4 Insurance and liability:

It is up to visitors to arrange insurance. The use of the rope park is associated with certain risks, and visitors bear all risks themselves. They must make sure that they have adequate insurance coverage against illness and accidents. Visitors use the rope park at their own risk and peril.

1.5 Legal provisions

Swiss law is applicable throughout. Jurisdiction is with the courts of Flims.

1.6 Partner check

It is only permitted to use the rope courses in teams of two or three. "Partner check" is the term used to describe the reciprocal check two visitors make of one another before and during their use of the rope courses. This "partner check" involves a visual check, supplemented, if necessary, by an additional manual check.

1.7 Admission charges

The admission charge covers use of the equipment for a maximum period of four hours, including the compulsory test, the practice rope course, supervision by the park instructors/guides and use of the rope courses themselves.

1.8 Safety equipment

It is strictly prohibited to hand the items of equipment to any third person. If the equipment (climbing belt) is taken off, for instance when going to the toilet, its correct fit must be checked again by a park instructor/guide before the visitor sets out on another rope course.

1.9 Awareness-modifying substances

It is prohibited to use the rope courses under the influence of alcohol, drugs or medicines.

1.10 Refuse

It is strictly prohibited to throw objects or any form of waste on the ground. For this reason, smoking, eating and drinking are prohibited on the rope courses.

2. Conditions for Using the Rope Courses

2.1 General conditions

2.1.1 Footwear

Visitors must wear closed shoes (gym shoes or walking shoes) when using the rope courses. It is not permitted to wear dresses, skirts or scarfs.

2.1.2 Long hair

For safety reasons (rope pulleys), visitors with long hair must ensure that it is tied up or must wear a hair net.

2.1.3 Maximum body weight

The maximum permitted body weight for users of the rope courses is 120 kg (i.e. 240 “metric pounds”, corresponding to 18 stones or 265 pounds (lb)).

2.1.4 Children under the age of 18 years

Children under the age of 18 years require a written consent of a parent/guardian or a person having care and custody before setting out on the rope courses.

2.1.5 Rope course

- Children aged four to eight years with a minimum vertical reach of 100 cm are permitted to use the children's rope course “Bärliweg”. ***An accompanying person must supervise the child while he or she is on the children's rope course and must be able to intervene verbally at any time.***

- Children aged 7 to 12 years and having a height of at least 120 cm are permitted to use the rope courses A-D & Toppas (rappelling). They also must be accompanied by an adult (a person aged 18 years or older), who must be able to intervene directly.

- Children aged 12 to 14 years are permitted to use all rope courses if they are accompanied or at least supervised from ground level by an adult (a person aged 18 years or older).

- Persons aged 14 years and older are permitted to use all rope courses. No accompanying mature person required. Minors (under the age of 18 years) always require a signed consent of a parent/guardian (this includes the person supervising them) before entering the rope park.

****For park courses E–H, a minimum vertical reach of 180 cm is also required.***

The minimum vertical reach height is measured with outstretched arms.

We recommend all visitors to Hochseilpark Flims to begin with the (blue) rope course **A** or **B** before attempting the others.

Degrees of difficulty:

- **Rope course A & B easy**

- **Rope course C, D & H moderate**

- **Rope course E & F difficult**

- **Rope course H “Top Gun” minimum age 12 years**

2.2 Rope Courses A-H

2.2.1 Reading and understanding all the Park Rules

Every park visitor must have read and understood all the park rules before setting out on any of the rope courses.

2.2.2 Test and practice rope course

Before setting out on any of the rope courses, every visitor must take the theoretical test and must complete the practice rope course without making any mistakes at least once a year. Minors (under 18 years) have to write the test each time they visit the rope park.

2.2.3 Supervision of minors

Children aged less than 14 years must be accompanied by persons who have reached the age of 18. The accompanying person is permitted to be in charge of no more than five children under the age of 14 years. A guide from Hochseilpark Flims is able to accompany a minor for an additional charge of CHF 50 per hour; this is subject to availability and prior reservation.

3. Conduct on the Rope Courses

3.1 Always secured

While the visitor is on the rope course, at least one carabiner must be fastened to the safety rope at all times.

Park visitors are not allowed to be unsecured anywhere inside the rope courses at any time. If park instructors/guides see any park visitors who are not secured, will be excluded from the park immediately.

3.2 Fixed directions

It is only permitted to circuit the rope course in the direction indicated.