

▶I'll need to wear a helmet. It might feel tight

►I will have to listen carefully to the safety instructions





There's lots of fun challenges on the ropes course. It doesn't matter if I can't do them all



There's lots of different textures on the ropes course: trees, ropes, cables and more! They may feel cold, or warm, depending on the weather

▶If I don't like the feel of something then I can just let my instructor know

►I can work as a team and get help from my friends, or I can try by myself

There are three different ropes courses at White Hall, and they vary in difficulty and size

►My instructor will help me if I ask

▶If I need to take a break from the ropes course, I can if I ask my instructor





▶It's a great achievement to have been involved in the session