

# PLAN YOUR VISIT



## WHEN DO I NEED TO ARRIVE?

Explorers must arrive 30 minutes before their session starts. For example: If you are booked on the 11.00am session you will need to arrive at 10:30am so that you can be harnessed and go through a safety briefing before your session starts. Please note late arrival may result in you not being able to take part in your session.

## ARRIVAL

On arrival all explorers need to report to Air Trail Reception to check in and be issued with your wristband.

## BRIEFING

Prior to each session you will be required to take part in a short safety briefing. Any person failing to complete the briefing will not be permitted on Air Trail.

## WHAT TO WEAR

We suggest wearing clothes that you are comfortable in and suitable for the weather conditions. We ask that you wear suitable shoes, which means, no open toed, heeled shoes or flip-flops and that shoe laces are tied tight. Any loose items must be removed and all pockets emptied. Lockers are provided to keep belongings safe but it is recommended to leave valuable items at home.

## HOW LONG DO THE SESSIONS LAST?

Our session lasts for 1 hour but we ask that you arrive 30 minutes early so the Air Trail Crew can go through a short safety briefing and fit you with a harness.

## WHAT CAN I DO WHILST I'M WAITING?

Watching friends and family on Air Trail is a really enjoyable experience as you can give explorers support, encouragement and have fun.....and even take pictures of the adventure. Onsite there are vending machines and picnic benches where you can sit and watch or we have a café in the main Tees Barrage International White Water Centre building where you can get hot meals, drinks and snacks.

## IS AIR TRAIL SAFE?

We take special measures to ensure the safety and well-being of our explorers starting with our 15+ instructors who are highly trained in aspects of ropes courses and first aid. Air Trail is certified by all UK professional ropes course bodies. Once you're clipped on at the bottom you're securely fastened for your entire exploration until you put your feet back on terra firma.

We look forward to welcoming you to explore Air Trail and hope you enjoy your visit. If you have any queries or concerns please don't hesitate to contact us.



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