

OPHEA Guidelines for Forest Valley OEC's Low Ropes Challenge Course:

- Clothing and footwear appropriate to the chosen activities and environmental conditions must be worn.
- No tops with drawstrings.
- Nothing around the neck deemed hazardous by the qualified instructor.
- No jewelry.
- Medic alert bracelet /necklace to be taped.
- Long hair must be covered or tied back.
- Ratio for Grades 4-8, 1:12 instructor to students

