EN

SAFETY RULES

VIA FERRATA

Assisted climbing

Safety is our priority. To enjoy the activity with peace of mind, we ask all participants to read and follow these rules.

ESSENTIALS

- Harness, helmet and kit always on
- At least one karabiner clipped in
- One person between anchors
- Closed, non-slip shoes

1 BEFORE YOU START

- Arrive in good time for the meeting time given.
- You must attend the safety briefing and complete the practice test with the guide before starting the route. Anyone who has not done so, or cannot show they know how to use the equipment, will not be allowed on the via ferrata.
- Tell the guides about any health problem, injury, allergy, fear of heights or limitation that could affect the activity, as well as any possible pregnancy.
- You may not take part under the influence of alcohol or other substances.
- The via ferrata requires a minimum level of independence. Make sure you are informed and prepared for the activity, and tell the guide about any previous experience.

2 EQUIPMENT AND CLOTHING

- The harness, helmet and via ferrata kit are compulsory throughout the activity. The guides fit or check them before you start.
- Only use the equipment we provide. Your own equipment may not be used without a guide's permission.
- Wear comfortable clothes and closed shoes with good support and non-slip soles (trainers or hiking shoes). Sandals and flip-flops are not allowed.
- Tie back long hair and remove scarves, necklaces, bracelets or anything else that could get caught. Gloves are recommended.
- Bring water and sun protection. Personal belongings (phone, wallet, keys, camera) must be left with us or stored securely. The company is not responsible for the loss of or damage to personal belongings.

3 ON THE ROUTE

- Always follow the guides' instructions. They have the final say on any safety decision.
- Always keep at least one karabiner clipped to the safety cable. Never unclip without a guide's permission.
- When passing an anchor point, move your karabiners one at a time: first one, then the other, never both at once.
- Only one person is allowed between two anchor points. Keep your distance from others and do not move on until the person ahead has passed.
- Move without running or jumping, and do not hang from the cable or the energy absorbers.
- Watch where you put your hands and feet, and do not lean on loose rocks.
- Do not throw stones or any other objects: they could injure people below.
- Drink water regularly. If you feel tired, dizzy or scared, stop, stay clipped in and tell a guide: that's absolutely fine.

4 WEATHER CONDITIONS

- The guides assess the weather before and during the activity (thunderstorms, rain, wet rock, extreme heat).
- If conditions are not safe, the activity may be changed, interrupted, postponed or cancelled in accordance with the cancellation policy.

5 IN AN INCIDENT OR EMERGENCY

- Stay calm and stay where you are, securely clipped in.
- Tell the guides immediately and follow their instructions. If you see someone in difficulty, tell them too.
- Do not try to rescue anyone yourself.

6 CHILDREN AND GROUPS

- Children under 18 must be accompanied by a responsible adult who looks after them throughout the activity.
- In groups, the group leader must make sure everyone follows the rules.

7 RESPECT FOR THE ENVIRONMENT

- Do not leave any litter: take everything you bring back with you.
- Respect the local wildlife and plants, and do not disturb the animals.

WHAT TO BRING

Closed, non-slip shoes · Gloves (recommended) · Water · Sun protection

PHONE / WHATSAPP

633 081 737

Any issues with your booking or during the activity

RESPONSIBILITY

Following these rules is a condition of taking part in the activity. The guides may remove anyone who puts their own safety or that of others at risk, with no right to a refund.

ENJOY THE EBRO SAFELY!