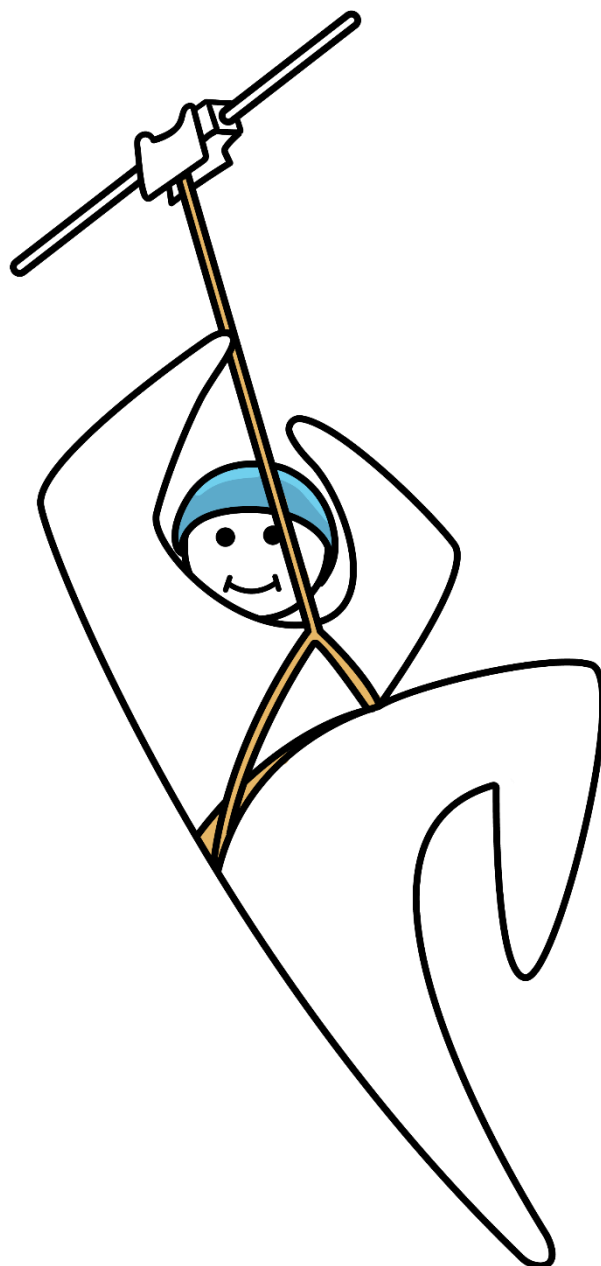


Zip Wire



I am going on the Zip wire.

I will go to the resource centre



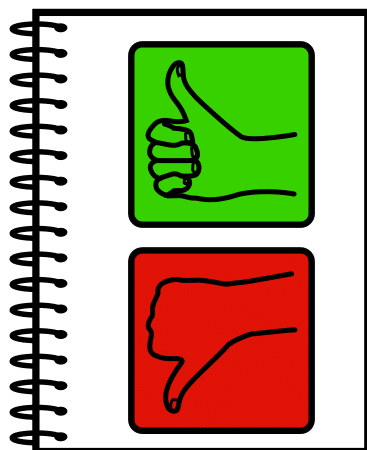
or meet at the bottom of the zip wire.



The Zipwire is a pulley suspended on a strong wire. It slopes down the hill from the resource centre. People can travel along it attached to ropes and their harness.



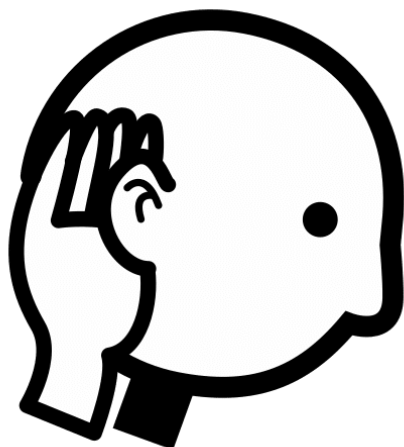
I will meet the Bendrigg tutor and other people. They will talk to me about the rules.



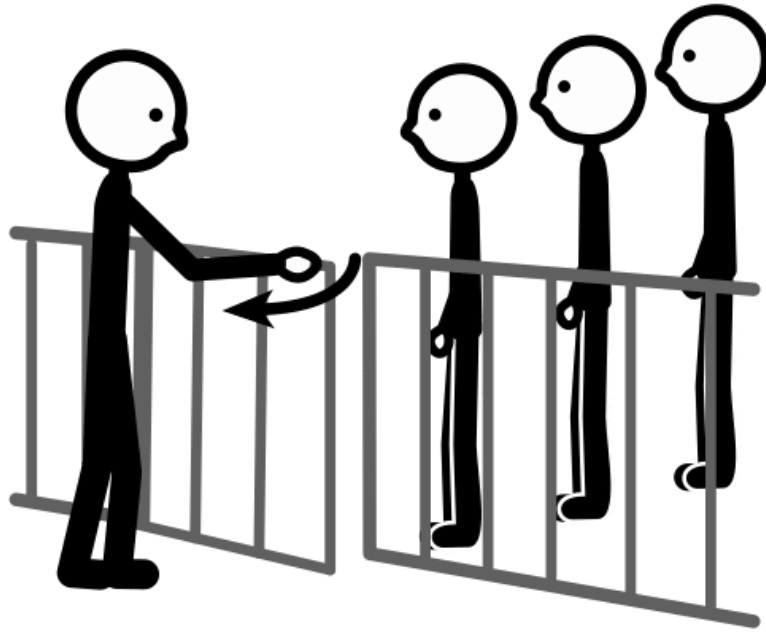
This is to keep me safe.



I need to listen carefully.



I will need to wait until it is my turn.



I will need to wear a harness and a helmet.



When it is my turn, the Bendrigg tutor will help me into it and check I am safe.



When it is my turn I can have a go. I will need to be attached to the zip wire using ropes and karabiners.



I will sit in my harness and follow the tutors' instructions.



The zipwire makes a whooshing sound as it travels along.

Near the end it will bounce me and I will travel backwards.



I am safe. I cannot fall off.



The Bendrigg tutor will lower me from the zipwire at the end of my turn.

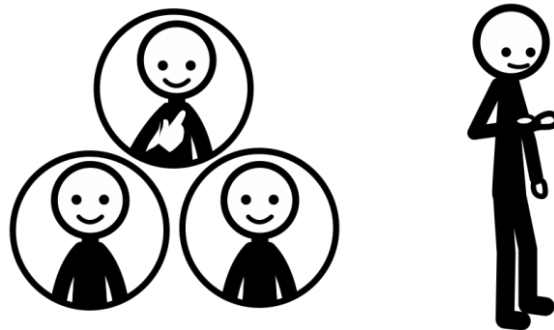


I may feel excited.



I may be able to have another go.

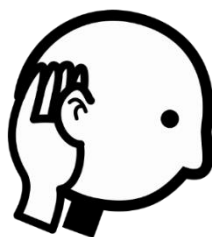
I will need to wait my turn.



I may feel worried, this is okay.



I need to remember I am safe if we all listen carefully and follow the rules. I can ask to stop.



When I have finished everyone will say
well done.



The Zipwire is fun



Pete Cunningham



Written by Kate McCallum with support from

