



# ROPE COURSE



The rope course is a sporting facility made up of various rope elements, built out of rope (synthetic, steel or natural), beams, logs and other components. These elements are suspended above the ground on columns or other constructions.

When participants' feet are no more than 1.5 m above the ground, the elements are considered low and serve mainly as first contact with rope elements.

In contrast, elements installed high above the ground (1.5 m and up) are considered high rope elements. Completing them requires personal protection equipment and a belay system to ensure the climber's safety.