

## General Safety Tips for Riders of All Ages

- **Read and obey all posted rules and restrictions.** Follow all height/age restrictions and verbal instructions issued by ride operators. If you have any pre-existing medical conditions, check with your doctor before riding thrill rides.
- **Make sure the ride is appropriate for the rider.**
  - When choosing rides for children, older riders, or people with disabilities, be conservative and realistic. Most thrill rides are, by their very nature, physically demanding and emotionally intense.
  - Make sure the restraints fit well and the rider is secured. This is especially important for children and significantly overweight individuals.
  - Don't take a child or developmentally disabled person on a ride that frightens them.
  - Kids should ride with a responsible adult until you're absolutely sure they can understand and follow all of the safety rules.
- **Securely latch all restraints and use grab bars.** Double-check seat belts, shoulder harnesses, and lap bars. Hold onto handrails, when provided. They're part of the safety equipment, designed to keep you safely in place.
- **Stay in the "locked and loaded" position for the entire ride cycle.**
  - Keep all body parts and belongings inside the ride at all times. This includes hands, arms, fingers, legs, feet, toes, long hair, etc. Items dropped or thrown from a ride can cause serious accidents.
  - Never stand up on a roller coaster to get a "bigger thrill", or rock a vehicle that's not designed to be controlled by riders.
  - If a ride stops temporarily, due to breakdown or other reason, stay seated and wait for the ride to start up again or for an operator to give your further instructions. Make sure kids know this before they're allowed to ride alone.
  - Ride eyes-front to protect your neck. If you've got your head turned when a sudden change in acceleration occurs, injuries can result.
- **Take frequent breaks if you're riding high-g rides.** Rest 20-30 minutes between rides.
- **Stop riding before you get excessively tired.** Tired riders are more likely to make a mistake or skip a safety procedure, and might not have the strength needed to hold their head up or brace themselves around curves.
- **Drink plenty of fluids throughout your stay at an amusement park or carnival.**
- **Never ride while under the influence of alcohol or drugs.**
- **Don't board a ride if it looks poorly-maintained or the operator is inattentive.** Follow your instincts. If something about a ride seems out of whack, don't ride it.
- **Report any accidents, problems, or safety concerns** to the park or carnival management and regulatory officials, if the ride is subject to public safety oversight.