

## Adventure sports: video A

Here is the latest sports fad in France: 'Accrobranche'.

Pay 10 Euros.

Choose a level: green, blue, red, black

Get yourself some clasps and a rope pulley.

Follow the instructor Alexis. And off we go!

Alexis: "Even though everything has been made safe, you must pay attention! Stay alert! Always keep your two clasps on the red lifeline! Always! I only want three people on the platform, no more! And obviously, be very careful up there, even if we are here to watch you, you must be careful!"

Alexis: "So any questions?"

Mum: "Do we have to wear a helmet?"

Alexis: "Right helmets are not obligatory. Although you should always be focused on being properly fastened so as not to fall!"

Boy: "What do I do if I am frightened?"

Alexis: "If you are feeling frightened, we're here to talk you through it. We'll be here!"

Isabelle: "This is my first time and I'm not particularly sporty. Which trail should I take?"

Alexis: No problem. Obviously for the beginners we have trails that suit your abilities.

So it's the green trail, where you'll be between 2 and 5 metres up.

You shouldn't feel... you shouldn't usually feel frightened, and you don't have to exert yourself physically.

Then the blue after that will be a little higher. We will climb up to seven metres.

After that, for red and black, it will be exerting, it will be hard physically and because we are high up, it can be a little stressful... it's a bit like skiing eh? You progress through green, blue, red and black."

Alexis: "Follow me please!"

Child: "Can I go on the blue trail?"

Alexis: "Ah!"

Alexis: "Put your hands behind the clasps on the line and then push the clasps at the same time, that's it!

That's good, that's perfect! Yes, put your hands behind, and push there with your hands, yes, on the

clasps on the lifeline. That's it. Give it a good push like this! That's it. Lift up, lift your legs up in front.

Yes, perfect! Push - it's easier. That's it! Brilliant! Great!"