

STAFF GUIDANCE FOR MOST STRAITJACKET ESCAPES

Please sign in when you arrive (using time on the wallclock)

On your first visit, please find the GWR AGREEMENT FORM with your name on the front page on the **ADMIN TABLE**.

- Fill in your address & telephone / email details as requested
- Please read through to page 3 and sign in the appropriate slot

Please read the rules supplied by Guinness World Records

When you leave the YMCA, please remember to **sign out**