



HEALTH WARNING NOTICE

IF IN DOUBT - DON'T PARTICIPATE

If you are not in good health, you should **NOT** participate.

You can **NOT** participate if you are;

- Under 12 years old
- Pregnant
- Under the influence of alcohol or illegal drugs

If any of the following apply, **you must seek professional medical advice before participating** and sign a non-standard waiver;

- High blood pressure
- Heart condition
- Suffer from dizziness or epilepsy
- Damage to neck, back, spinal column, legs or eyes
- Asthma
- Medication – if you are taking any form of prescribed medication, please inform us of how this may affect you
- Aged 50 years or above – we strongly advise that you seek medical advice prior to taking part

The following points apply to **ALL** participants;

- Participants aged 12 - 17 years require a parent or legal guardian to be present, and to sign the waiver on the participant's behalf
- If you have long hair, please be prepared to tie it up and out of the way
- Minimum participant weight is 35 kg (5.5 stone)
- Maximum participant weight is 120 kg (18.9 stone)
- Waist harnesses fit waist size of 40 cm (15.7 inches) to 120 cm (47.2 inches)