**HEALTH WARNING NOTICE**

**IF IN DOUBT - DON’T ZIP**

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

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| **You can NOT zip line if you are.**   * Under 10 years old * Pregnant * Under the influence of alcohol or illegal drugs |
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| **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 |
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| **The following points apply to ALL participants.**   * Participants aged 10 - 15 years old require a parent or guardian to be present, sign permission and will be required to complete a non-standard waiver * Maximum weight limit for a solo jumper is 120kg (18.8 stone) * Waist harnesses fit waist size of 40cm (15.7 inches) to 125cm (49.2 inches) * Participants should be willing to ride in a man basket to the zip height of up to 150ft |