**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
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