



# HEALTH WARNING NOTICE

## IF IN DOUBT - DON'T ZIP

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

You can **NOT** zip line if you are.

- Under 10 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 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 110kg (17.3 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