

ABSEIL 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 11 years old
- Pregnant
- Under the influence of alcohol or illegal drugs

If any of the following apply, **you must seek professional medical advice before abseiling** 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:

- 11 to 15 year olds require a parent or guardian to be present, sign permission and will be required to complete a non-standard waiver
- If you have long hair, please be prepared to tie it up and out of the way
- Maximum weight limit for a solo participant is 120kg (18.9 stone)
- Waist harnesses fit waist size of 40cm (15.7 inches) to 125cm (49.2 inches)

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