

HEALTH WARNING NOTICE

IF IN DOUBT - DON'T JUMP

If you are not in good health you should **NOT** jump.

If you have any of the following conditions you should seek medical advice before jumping.

1. High Blood Pressure
2. Heart Condition
3. Suffer from Dizziness or Epilepsy
4. Damage to neck, back, spinal column, legs or eyes
5. Asthma
6. Pregnancy
7. Alcohol – If you appear intoxicated you cannot jump
8. Medication - please inform us if you are taking any form of medication.

**If you suffer from any of the above but have been given a doctors certificate,
You will be requested to sign a non-standard waiver.**

- No under 14's
- 14 and 15 year olds require a parent or guardians permission and signature
- Over 50's are required to have a doctors certificate to comply with our insurance regulations
- Glasses and hard contact lenses cannot be worn
- If wearing boots please be prepared to remove them
- Maximum weight limit for a solo jumper is 120kg (18.9 stone)
- Waist harnesses fit waist size of 40cm (15.7 inches) to 125cm (49.2 inches)