



HEALTH WARNING NOTICE

IF IN DOUBT - DON'T JUMP

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

You can **NOT** jump if you are;

- Under 14 years old
- Pregnant
- Under the influence of alcohol or illegal drugs

If any of the following apply, you must seek professional medical advice before jumping 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** jumpers;

- Jumpers aged 14 and 15 years old require a parent or guardian to be present, sign permission and will be required to complete a non-standard waiver
- Glasses and hard contact lenses cannot be worn
- If wearing boots/high-top or slip-on shoes, 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)



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