**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)
 |