

# HEALTH WARNING NOTICE – ZIP WIRE

## IF IN DOUBT - DON'T ZIP

If you are not in good health you should NOT zip

If you have any of the following conditions you should seek medical advice before using the zip wire:

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. 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 11's
- 11-15 year olds require a parent or guardians permission and signature
- Alcohol – If you appear intoxicated you cannot use the zip wire
- Glasses and hard contact lenses can be worn
- Minimum weight is 40kg (6.3 stone)
- Maximum weight limit is 110kg (17.3 stone)
- Waist harnesses fit waist size of 40cm (15.7 inches) to 127cm (50 inches)
- Participants should be willing to ride in a cage to the zip height of 150 feet.

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