

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.
Please Read it Carefully**

- 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.