

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
- 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)



Doctors Note

If because of any of the conditions mentioned in the health notice you cannot sign a declaration, you will need to use this form

Notes for guidance of the examining Doctor are given on the next page

At registration you will be required to sign a declaration to say that you not aware of any present or past medical and/or physical conditions which might endanger yourself whilst participating in the activity of bungee jumping,

If because of any of the conditions mentioned in the health notice you cannot sign a declaration, or if you are over the age of 50, you will need, obtain the signature of a doctor before you are allowed to bungee jump,

As we at the UK Bungee Club are not medical professionals and are unaware of your medical history if you have any concerns we recommend you print this form and take it to your doctor or GP.

You will then be required to bring this form with you on the day.

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DOCTORS CERTIFICATE

I understand that the applicant wishes to Bungee Jump but is unable to sign a declaration due to suffering from one of the above conditions or being over the age of 50. I have read all the notes overleaf. In my opinion the applicant is physically and mentally capable of Bungee Jumping and it is safe for him/her to do so.

Doctors Stamp (If available)

.....
Participant Name

.....
Doctors Signature

.....
Date

Notes for guidance of the examining Doctor are given on the back of this form

NOTES FOR BUNGEE JUMPERS

Persons involved in Bungee Jumping should have a reasonable standard of physical fitness . In addition to the medical conditions listed overleaf, the following may cause difficulty whilst Bungee Jumping and if you have ever suffered from any of these you are advised to seek medical opinion.

Rheumatic fever. Chronic bone or joint condition. Disorder of the blood, severe anaemia. Chronic ear or sinus disease. Previous major head injury. Any condition which requires the regular use of drugs. Retinal or other chronic eye condition.

NOTES FOR THE GUIDANCE OF EXAMINING DOCTORS

Bungee jumpers may experience decelerative and accelerative forces of up to 29 Newton's in the course of their descents. When jumping head first the load is distributed through the shoulder straps of a chest harness or through both legs and hips when using an ankle harness in conjunction with a lower body harness. After jumping and coming to rest they may be suspended in the inverted position for at most 2-3minutes until retrieval is effected.

Bungee jumping can cause strong tachycardia up to 200 beats per minute through the stress it generates. Therefore, the cardiovascular system must be in good condition.

There are a few conditions which may be incompatible with Bungee Jumping. People who are known EPILEPTICS, DIABETICS, DRUG ADDICTS, ALCOHOLICS, or who have SEVERE AND ACTIVE MENTAL ILLNESS may NOT be allowed to Bungee Jump unless you consider it safe to do so. A history of skull fracture, concussion, or brain damage should be assessed most carefully. In the case doubt it is strongly urged that expert opinion should be sought.

Further contraindications are:

- Pregnancy
- Slipped discs
- Unstabilised severe hypertension of the arteries
- Congenital or acquired endocardiac lesions
- Problems involving myocardial conduction
- Clinical or electrical abnormalities related to coronary insufficiency
- Cardiac functional deficiencies
- Chronic pneumothorax
- Hernia or recent surgical operations of the abdomen
- Problems involving loss of consciousness without etymological explanation

No person above the age of fifty years will normally be accepted for Bungee Jumping. Exceptions to this rule may be allowed if the person is of a high standard of fitness for his/her age.