**Abseil Participation Guidelines**

**If you have any doubts, get in contact at ellie@preventbreastcancer.org.uk**

If you have any health concerns, you should seek medical advice beforehand.

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| **You cannot participate if you are;*** Under 11 years old
* Pregnant
* Under the influence of alcohol or illegal drugs
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| **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.
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| **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)
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