**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) |