

BUNGY | STHLM

EXPAND YOUR MIND

Health Directions Bungy Jump

Bungy Jumping involves high acceleration, high g-force, jerking of the body and moments where the body hangs in an upside-down position. Certain physical conditions can be triggered or aggravated during Bungy Jumping. These include but are not limited to the following:

- Heart failure
- Stress related illnesses
- Back-and neck related injuries
- High/low blood pressure
- Epilepsy
- Ocular hypertension (high eye pressure) - Fractured bones/dislocations
- Panic/Anxiety attacks
- Any recent sprains/muscular injuries
- Osteoporosis
- Recent concussion
- Diabetes

We advice anyone who might be unsure of their health status to consult their medical advisor prior to booking a Bungy Jump. The jumper is solely responsible for his/her physical condition and ought not to jump in the event of any doubt therein.

Due to safety concerns, we cannot permit Bungy Jumping during **pregnancy** at any stage. If you become pregnant after purchase of a ticket, contact us so that we can extend your ticket by one season.

Physical Requirements Hot-Air Ballooning

In order to ensure the safety and enjoyment of our passengers, a set of requirements follow that ensure that passengers are physically able to take part in the ballooning experience:

- You should be able to climb in and out of the basket (which is about 1.2 meters high)
- Stand unassisted for an hour and be able to bend your knees to brace for landing
- Passengers must also be able to fully understand and follow all instructions given by the pilot

Under Civil Aviation Law, the pilot in command has a duty of care for all passengers and, ultimately, it is the pilot's decision whether someone is able to safely participate in the flight. Please see the sections on age and weight restrictions, medical conditions, pregnancy and disability below.

- No age requirement, but passengers must be minimum 1,30 meters tall
- Disability (wheelchair, mobility etc.): contact us so we can look into your specific case
- Pregnancy: For safety reasons, we are unable to fly pregnant women.

If you are unsure whether you fulfill the requirements and need further supervision or separate assessment, contact us.