



Attire and Preparation

We are so excited to have you experience the Redwood Canopy from a height. In order to have the best possible experience, please review this sheet.

- Prior to participating, all guests must read, understand, and sign a waiver and liability release form.
- Guests must be of moderate to good health and free of alcohol, drugs, or medication which might alter their normal physical or mental abilities. Guests taking medications that prohibit driving or operations of machinery may not participate in the tour.
- All guests must wear sturdy, closed toe shoes that cannot fall off.
- Clothing must be worn that will protect your torso from rubbing caused by the seat and chest harnesses. We ask that guests avoid wearing revealing or low cut tops.
- We recommend wearing long pants. If you choose to wear shorts, please make sure they have at least a 4-inch in-seam so that your legs are protected and padded from the waist and leg loops of the harness.
- No dresses, kilts or skirts.
- Supportive undergarments are required.
- Please remove any loose or dangling jewelry. Body piercings are not recommended.
- Guests with long hair need to have their hair tied back and secured.
- All necklaces must be able to tuck under your shirt.
- It is best to remove all rings and bracelets even though our gloves will provide some protection.
- Belt buckles must be small for comfort and safety.
- You may bring a camera if you have some means of securing it.
- Cell phones and other electronic distractions to the tour group (iPods, etc.) are not allowed. Please leave them in your vehicles along with other valuables.
- Our tour and its environs are tobacco free.

While we seek to use equipment that is easily fit and comfortable for guests of many shapes and sizes, we may not have equipment that will safely fit all shapes. Please understand, we can not test this in advance and must put safety first.

We reserve the right to deny participation for any reason. We cannot be responsible for any electronics that are dropped from the tour or any valuables left in your vehicle.



Readiness Assessment

Are you **at least eleven years of age, 48”** tall and weigh at least **75 pounds**, but not more than **250 pounds**?

Are you able to **lift your hands over your head and apply downward pressure**?

Can you **walk a mile safely**?

If you answered yes to the above questions, then you are have met our basic criteria!

Possible conditions which may limit your ability to participate on the canopy tour include:

- Do you have **chronic neck and back pain** or other pre-existing musculoskeletal injuries? If yes, please discuss it with your physician prior to participation.
- Do you have **hemophilia or take high doses of blood thinning medication**? If yes, we are sorry but due to the increased risks posed to you by the tour, we are unable to allow you to join us.
- Are you **pregnant** or think you might be pregnant? If yes, we are sorry, but the tour is not appropriate for women who are with child, regardless of term.

At places on the tour, we will potentially be an hour or more from definitive medical care. Due to the height of the tour and rugged terrain, rescue or early departure from the tour may require special equipment for transport and/or evacuation. Due to the additional time required to receive medical attention, guests with any of the following conditions or other serious medical conditions should consult with their physician and our staff to determine whether participation is appropriate.

- If you have **Asthma** or other respiratory concerns, do you have your inhaler or medication? If yes, please join us. If not, please get it and return for another tour time.
- Have you been diagnosed with an **allergic reaction** which requires you to carry an epinephrine injector? If yes, then please tell us and please do not come unless it is on your person for the tour.
- Do you have **diabetes** that has been managed without a medical emergency in the last year? If yes, please join us. If not, please wait until a year has passed.
- If you are **insulin dependant**, do you have all of your monitoring equipment and needed medications or supplies? If yes, you must have them to go on tour. If not, you may not participate until you have them on your person.
- Are you an **epileptic** who can drive legally and who has not had a seizure event in the last year? If yes, please join us, otherwise your epilepsy is too great a risk factor for you to participate safely.

While we are trained to handle a wide variety of emergency situations, the remote nature of the tour means that an AED may require 8 or more minutes to reach your tour. Furthermore, it can be very difficult to perform CPR on a platform and the steep ground below.

- Anyone with the following **Cardiac Risk Factors*** **may not participate in this activity** unless you have successfully passed a cardiac stress test and EKG examination given by your physician in the last year and you are carrying necessary medication such as nitroglycerin.

**High blood pressure • Current or prior cardiovascular disease • Diabetic over 40 • Long term sedentary Lifestyle • Overweight or obesity • Unexplained chest pain, shortness of breath, palpitations, sweats, or weak*