



Things to know before you go in a Body Zorb

- Guests participate at their own risk
- You must remove everything from your pockets
- The Body Zorb has a minimum age of 6 years
- The Body Zorb has a maximum weight allowance of 14 stone/89kg
- Participants must obey all of the operator's instructions
- You must always hold the handles
- You will fall down many times and you may find it difficult to stand up and move
- You must not bump into people from behind or when they are trying to get up
- Always be alert and ready to fall
- Always be ready to brace for impact
- Players who disregard rules or act in a manner that is dangerous or inappropriate may be asked to leave the Body Zorb
- Body Zorbs may work muscles that are rarely worked so it is advised that you warm-up and stretch prior to participating
- Do not participate with gum or food in your mouth, or if you are under the influence of drugs or alcohol
- Stop participating if you feel faint, dizzy or sick
- The Body Zorb is not suitable for anyone suffering from high blood pressure, any heart or respiratory condition or epilepsy
- You must not ride if you are pregnant, have any back or neck problems or have had an operation within the past twelve months
- You must not ride if you are undergoing any medical treatment or have any other condition that may be affected by participating in such an activity
- If you wish to end your go at any point, please make the instructor aware by walking towards them or laying still on the ground