



Chepstow **Event Pack**

**National Diving & Activity Centre
Tidenham
Chepstow
Gloucestershire
NP16 7LH**



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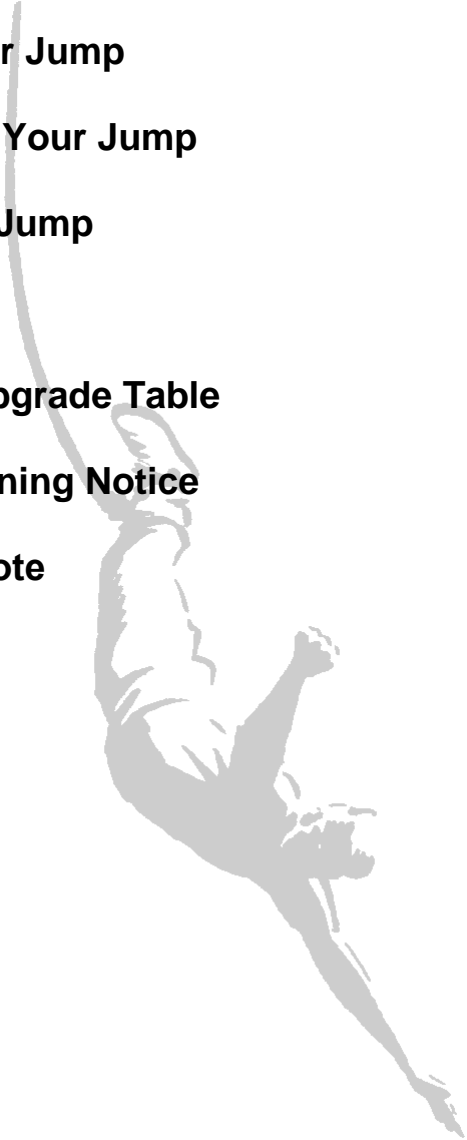
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Introduction

Congratulations on booking your Bungee Jump!

UK Bungee has been providing Bungee Jumps to thousands of people for 20 years, allowing us to build a wealth of knowledge that we use to make sure that you have a fantastic experience.

Our jump at Chepstow is in a superb location taking place just at the quarry edge. As a special event this jump has a great atmosphere as jumpers prepare to bungee jump from this great height.

This event pack contains important information regarding your jump. You will find information and instructions relevant to before, on the day of, and after your jump. This pack should contain all of the information that you will need, however if you have any further questions then take a look at our Frequently Asked Questions page on our website (www.ukbungee.co.uk) or alternatively call our office on 0845 319 5767.



Before Your Jump

We know that once your bungee jump is booked you will be very excited – and rightly so! However below is some information and instructions that you will need to read after you have booked your bungee jump. Once you are satisfied that everything is complete then feel free to tell anyone who will listen about your upcoming bungee jump!

- ✓ **Confirmation Email:** Check that your confirmation email states the correct location, time and date – we wouldn't want you to turn up at the wrong place! Also check we have the correct contact number for you as we may need to contact you before or on the day of your jump
- ✓ **Voucher:** Check that your voucher is valid for this event by using the Voucher Upgrades Table found on page 7. Please note that once you have made a booking using your voucher, no refunds will be given and voucher validity will be lost in the case of you cancelling your event.
- ✓ **Health Warning Notice:** Read the Health Warning Notice which can be found at the bottom of this pack and make sure that you are fit enough to jump. Make sure that you obtain a doctor's note if needed - you will need this if any of the health warning notice applies to you, or you are aged 50 & over.
- ✓ **Accommodation & Transport:** When booking accommodation or transport please check the cancellation policy as UK Bungee cannot be held responsible for any accommodation, transport or other charges that you incur in the case of a cancelled event.
- ✓ **Terms & Conditions:** Make sure that you read our Terms & Conditions found [here](#).
- ✓ **Plan your journey:** We have included directions on page 6, but it is always a good idea to check the time that it will take you to arrive as if you are late we may not be able to accommodate your jump.
- ✓ **Changing Your Jump Date:** You can change your experience date free of charge within 24 hours of booking. However any changes made to your booking after the 24 hours will incur a £25 rebooking fee per person. Where cancellation insurance has been purchased you may change the date of your booking once free of charge and you must notify us of this change before the start time on the day of your event.
- ✓ **Cancelled Events:** Occasionally we sometimes have to cancel our events due to weather, mechanical failure, low participant numbers and unexpected events. In the week leading up to your event make sure that you check the News section of our website for details of any cancelled events. In the rare event that we do have to cancel your event we will endeavour to contact you as soon as possible and re-arrange your booking for the next convenient date free of charge. Please note that refunds will not be issued for cancelled events

- ✓ Refunds: If you need to cancel please note that refunds will only be issued within 24 hours of booking minus a £10 administration fee. No refunds will be issued after 24 hours of booking.

The Day of Your Jump

Here at UK Bungee we want you to have the best day possible so below is some information that will help to make sure that your day runs smoothly.

- ✓ Arrival: It is important that you arrive 30 minutes before your jump time. If you are late and arrive before 3pm then we will try our best to accommodate your jump. If you are late for your scheduled jump time and arrive later than 3pm then you will not be able to jump, no refunds will be given, voucher validity will be lost and you will not be able to reschedule your jump. This does not apply to customers who are booked in after 3pm.
- ✓ Duration: We ask you to allow between 2 and 3 hours on site. This allows us to prepare you for your jump and hopefully covers any unexpected delays that we may be experiencing on the day.
- ✓ Voucher: If you have redeemed a voucher please remember to bring this with you on the day of your jump. Failure to provide your original voucher on the day of your jump will result in a deposit being taken to cover the cost of the jump. This deposit will be refunded if we receive your original voucher via post within 28 days of your jump.
- ✓ Confirmation Email: Please bring your confirmation email on the day as proof of booking. If you have redeemed a voucher you will also need to bring your voucher with you (see above).
- ✓ Spectators: Please feel free to bring as many spectators as you want – the more the merrier!
- ✓ Clothing: Make sure that you dress according to the weather – we wouldn't want you to be too hot or cold! It's advised that you dress in comfortable clothes, skirts are not recommended! As you will be placed in ankle harnesses we recommend that you don't wear boots or anything else that might interfere with the harness. Trainers and securely fastened shoes are perfect for bungee jumping, if boots are worn then please be prepared to remove them for your jump.
- ✓ Loose Articles: Before you are placed in a harness it is important that you empty your pockets of any loose articles and remove absolutely all pieces of jewellery. If for any reason you are unable to remove a piece of jewellery please speak to a member of staff.
- ✓ Cancelled Events: It is possible that we may have to cancel an event on the day of the event due to weather, mechanical failure or unexpected events. In this case we will contact you on the telephone number provided as soon as possible. It is advised that you call our events information line on 0845 319 5767 (option 2) before you set off for the event in order to check that the event is still going ahead as planned.

After Your Jump

After your jump there are a range of factors that you could be feeling – euphoria, excitement and even disbelief! With the adrenaline coursing through your body it is easy to stroll through the next few minutes in a daze so here are a few points to help make the most of your time after the jump.

- ✓ Video footage & Photos: Make sure that you pay a trip to our Sales desk to take a look at your picture. Videos & photos are available to buy on the day of your jump and make the perfect memory of a fantastic experience!
- ✓ Merchandise: Take a piece of your experience with you and let everyone know that you've completed a Bungee Jump by purchasing a UK Bungee hoody! A variety of merchandise is available to pre-order or purchase on the day of your jump including t-shirts, baseball caps and jackets.
- ✓ Leave a Comment: If you have enjoyed your experience why not let us know by leaving a comment on our Facebook or Twitter pages! We love to hear from you about your experiences and if you have any pictures to show us – even better! If you would like to leave a review of your experience head on over to Trip Advisor, here at UK Bungee we welcome all feedback and constantly look to improve your experience.
- ✓ Book Again: If you enjoyed your jump then why not book another! With 300ft jumps, Bridge bungee jumps and Catapults, UK Bungee has a wide range of adrenaline activities for you to experience.



Directions

Map:



Driving Directions:

From the North

Take the M5 South to Junction 15 - Turn west on the M4 towards South Wales - Turn onto the M48 towards Chepstow and Services - Cross the Severn and Wye Bridges and turn off at Junction 2 - Take the second exit A466 towards Chepstow and Tintern - Turn right onto the A48 at the next roundabout and continue into Chepstow. Continue through Chepstow on the A48 towards Gloucester, the National Diving & Activity Centre is 1.2 miles outside Chepstow on the left hand side.

From the South

Take the M5 North to Junction 15 - Turn west on the M4 towards South Wales - Turn onto the M48 towards Chepstow and Services - Cross the Severn and Wye Bridges and turn off at Junction 2 - Take the second exit A466 towards Chepstow and Tintern - Turn right onto the A48 at the next roundabout and continue into Chepstow. Continue through Chepstow on the A48 towards Gloucester, the National Diving and Activity Centre is 1.2 miles outside Chepstow on the left hand side.

From the East

Take the M4 West and continue past Junction 20 - Turn onto the M48 towards Chepstow and Services - Cross the Severn and Wye Bridges and turn off at Junction 2 - Take the second exit A466 towards Chepstow and Tintern - Turn right onto the A48 at the next roundabout and continue into Chepstow. Continue through Chepstow on the A48 towards Gloucester, the National Diving & Activity Centre is 1.2 miles outside Chepstow on the left hand side.

From the West

Take the M4 East and continue past Junction 23 - Take the M48 towards Chepstow - Exit at Junction 2 - Take the first exit A466 towards Chepstow and Tintern - Turn right onto the A48 at the next roundabout and continue into Chepstow. Continue through Chepstow on the A48 towards Gloucester, the National Diving & Activity Centre is 1.2 miles outside Chepstow on the left hand side.

Voucher Upgrade Table

✔ = no upgrades to pay

My Voucher Type	Jump Choice								
	<i>(Please choose your voucher type from the left hand column and work across to see your voucher options)</i>								
	160ft Bungee Jumps <i>Various Locations</i>	Bridge Bungee Jump	London Bungee Jump	300ft Bungee	Indoor bungee Jump	Triple whammy	Awesome Foursome	Double Powerfan	Catapult
Voucher Wording "160ft bungee jump"	✔	£15	£15	£39	✔	✔	£39	✔	✔
Voucher Wording "Bridge Bungee Voucher"	✔	✔	✔	£24	✔	✔	£24	✔	✔
Voucher Wording "London 160ft Bungee Jump"	✔	✔	✔	£24	✔	✔	£24	✔	✔
Voucher Wording "300ft Bungee Jump"	✔	✔	✔	✔	✔	✔	✔	✔	✔
Voucher Wording "Tandem 160ft Bungee Jump"	✔	X <i>* see notes</i>	£30	£78	X <i>* see notes</i>	X <i>* see notes</i>	X <i>* see notes</i>	X <i>* see notes</i>	✔
Voucher Wording "Lovers Leap"	✔	X <i>* see notes</i>	£30	£78	X <i>* see notes</i>	X <i>* see notes</i>	X <i>* see notes</i>	X <i>* see notes</i>	✔
Voucher Wording "FAB Bungee"	✔	£30	£30	£78	✔	X <i>* see notes</i>	X <i>* see notes</i>	X <i>* see notes</i>	✔
Voucher Wording "Indoor Bungee"	✔	£25	£25	£49	✔	✔	£49	£10	✔
Voucher Wording "Triple Whammy"	✔	£15	£15	£39	✔	✔	£39	✔	✔
Voucher Wording "Awesome Foursome"	✔	✔	✔	✔	✔	✔	✔	✔	✔
Voucher Wording "Double Powerfan"	✔	✔	£15	£39	✔	✔	£39	✔	✔
Voucher Wording "Indoor special offer"	£30	£45	£45	£69	✔	£30	£69	£30	✔
Voucher Wording "Catapult"	£21	£36	£36	£60	£11	£21	£60	£21	✔

*Notes – Tandem jumpers / Lovers leaps / FAB voucher holders

Certain locations cannot accommodate your vouchers however you do have the option to do solo jumps and experiences, please contact us for further information

0845 319 5767 info@ukbungee.co.uk

HEALTH WARNING NOTICE

IF IN DOUBT - DON'T JUMP

If you are not in good health you should **NOT** jump.

If you have any of the following conditions you **should seek medical advice before jumping.**

1. High Blood Pressure
2. Heart Condition
3. Suffer from Dizziness or Epilepsy
4. Damage to neck, back, spinal column, legs or eyes
5. Asthma
6. Pregnancy
7. Alcohol – If you appear intoxicated you cannot jump
8. Medication - please inform us if you are taking any form of medication.

**If you suffer from any of the above but have been given a doctors certificate,
You will be requested to sign a non standard waiver.
Please Read it Carefully**

- No under 14's
- 14 and 15 year olds require a parent or guardians permission and signature
- Jumpers aged 50 & over are required to have a doctors certificate to comply with our insurance regulations
- Glasses and hard contact lenses cannot be worn
- If wearing boots please be prepared to remove them
- Maximum weight limit for a solo jumper is 120kg (18.9 stone)
- Waist harnesses fit waist size of 40cm (15.7 inches) to 125cm (49.2 inches)



Doctors Note

If because of any of the conditions mentioned in the health notice you cannot sign a declaration, you will need to use this form.

Notes for guidance of the examining Doctor are given on the next page

At registration you will be required to sign a declaration to say that you not aware of any present or past medical and/or physical conditions which might endanger yourself whilst participating in the activity of bungee jumping,

If because of any of the conditions mentioned in the health notice you cannot sign a declaration, or if you are aged 50 & over, you will need, obtain the signature of a doctor before you are allowed to bungee jump,

As we at the UK Bungee Club are not medical professionals and are unaware of your medical history if you have any concerns we recommend you print this form and take it to your doctor or GP.

You will then be required to bring this form with you on the day.

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DOCTORS CERTIFICATE

I understand that the applicant wishes to Bungee Jump but is unable to sign a declaration due to suffering from one of the above conditions or is aged 50 or over. I have read all the notes overleaf. In my opinion the applicant is physically and mentally capable of Bungee Jumping and it is safe for him/her to do so.

Doctors Stamp (If available)

.....
Participant Name

.....
Doctors Signature

.....
Date

Notes for guidance of the examining Doctor are given on the back of this form



NOTES FOR BUNGEE JUMPERS

Persons involved in Bungee Jumping should have a reasonable standard of physical fitness . In addition to the medical conditions listed overleaf, the following may cause difficulty whilst Bungee Jumping and if you have ever suffered from any of these you are advised to seek medical opinion.

Rheumatic fever. Chronic bone or joint condition. Disorder of the blood, severe anaemia. Chronic ear or sinus disease. Previous major head injury. Any condition which requires the regular use of drugs. Retinal or other chronic eye condition.

NOTES FOR THE GUIDANCE OF EXAMINING DOCTORS

Bungee jumpers may experience decelerative and accelerative forces of up to 29 Newton's in the course of their descents. When jumping head first the load is distributed through the shoulder straps of a chest harness or through both legs and hips when using an ankle harness in conjunction with a lower body harness. After jumping and coming to rest they may be suspended in the inverted position for at most 2-3minutes until retrieval is effected.

Bungee jumping can cause strong tachycardia up to 200 beats per minute through the stress it generates. Therefore, the cardiovascular system must be in good condition.

There are a few conditions which may be incompatible with Bungee Jumping. People who are known EPILEPTICS, DIABETICS, DRUG ADDICTS, ALCOHOLICS, or who have SEVERE AND ACTIVE MENTAL ILLNESS may NOT be allowed to Bungee Jump unless you consider it safe to do so. A history of skull fracture, concussion, or brain damage should be assessed most carefully. In the case doubt it is strongly urged that expert opinion should be sought.

Further contraindications are:

- Pregnancy
- Slipped discs
- Unstabilised severe hypertension of the arteries
- Congenital or acquired endocardiac lesions
- Problems involving myocardial conduction
- Clinical or electrical abnormalities related to coronary insufficiency
- Cardiac functional deficiencies
- Chronic pneumothorax
- Hernia or recent surgical operations of the abdomen
- Problems involving loss of consciousness without etymological explanation

No person above the age of fifty years will normally be accepted for Bungee Jumping. Exceptions to this rule may be allowed if the person is of a high standard of fitness for his/her age.