

London Tower Bridge
160ft Bungee Jump
Event Pack

**Potters Fields Park
Southwark
Central London
SE1 2AA**

Introduction

Congratulations on booking your 160ft 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.

The 160ft jump is located next to Tower Bridge in central London; this iconic landmark provides for an impressive backdrop to your jump. Once in the cage, you will be able to see the striking views of London with the London eye, Westminster and River Thames within sight. This special event runs once a year and this jump provides a bungee experience like no other.

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.



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.

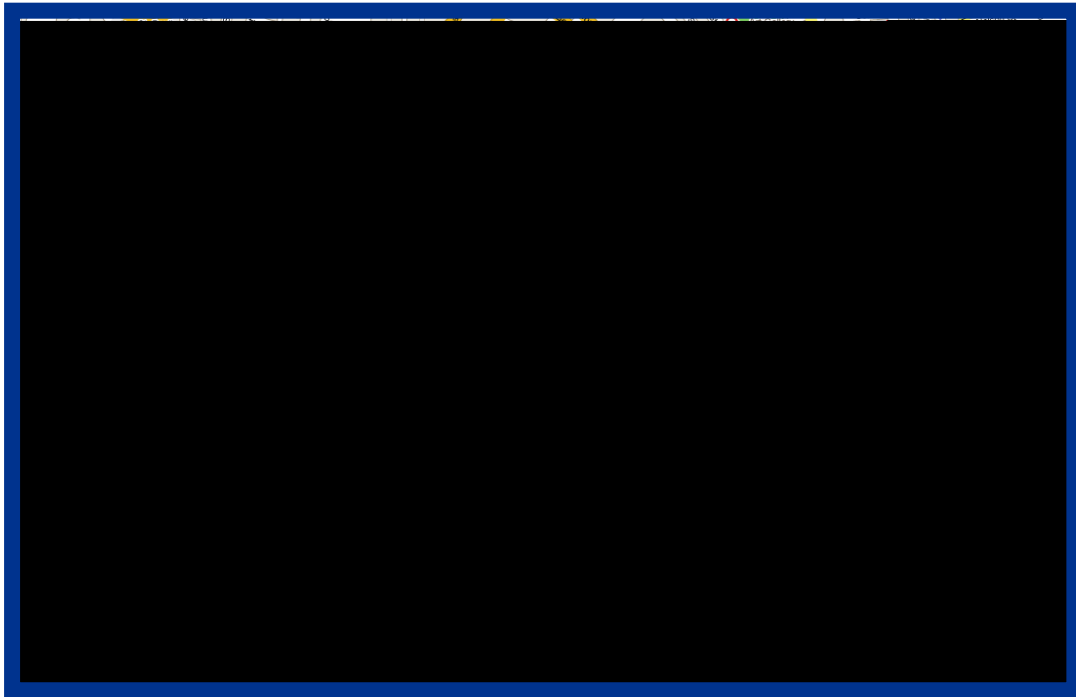
DVD's & Photos: Make sure that you pay a trip to our Sales desk to take a look at your picture. DVD's & photos are available to buy on the day of your jump and make the perfect memory of a fantastic experience!

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



Driving Directions:

- For a personal plan of your journey visit www.google.co.uk/maps using the postcode on the front of this event pack.
- Car parking is available on Mansell Street which is a short walk from Tower Bridge. Car parking is charged at £2 per hour.

Tube:

- The nearest Tube station is London Bridge, this can be reached on the Northern or Jubilee Line.

Bus:

- For bus timetables and routes please visit www.tfl.gov.uk

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 <small>Various Locations</small>	Bridge Bungee Jump	London Bungee Jump	300ft Bungee	Indoor bungee Jump	Triple whammy	Awesome Foursome	Double Powerfan	Catapult
Voucher Wording	✔	£15	£15	£39	✔	✔	£39	✔	✔
Voucher Wording "	✔	✔	✔	£24	✔	✔	£24	✔	✔
Voucher Wording " O	✔	✔	✔	£24	✔	✔	£24	✔	✔
Voucher Wording " K	✔	✔	✔	✔	✔	✔	✔	✔	✔
Voucher Wording " K	✔	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 " O	✔	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 " 7 " " "	✔	£30	£30	£78	✔	X <i>* see notes</i>	X <i>* see notes</i>	X <i>* see notes</i>	✔
Voucher Wording " @	✔	£25	£25	£49	✔	✔	£49	£10	✔
Voucher Wording " U †	✔	£15	£15	£39	✔	✔	£39	✔	✔
Voucher Wording " 7	✔	✔	✔	✔	✔	✔	✔	✔	✔
Voucher Wording ") h	✔	✔	£15	£39	✔	✔	£39	✔	✔
Voucher Wording " @	£30	£45	£45	£69	✔	£30	£69	£30	✔
Voucher Wording " #	£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 & 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.