



Windmill Tour Health and Safety Conditions

Please be aware the tour involves climbing over 300 steps and then returning by the same route!

You are advised not to climb the windmill if:-

You suffer or have been affected in the past by:

- Heart complaints, have a pacemaker or high/low blood pressure that is not medicated.
- Claustrophobia
- Vertigo
- Asthma (you may be permitted to climb provided you are carrying your inhaler)

Or if you are pregnant or have any other conditions that may affect your ability to climb over 300 steps.

All participants on the windmill tour must be:

- At least 7 years old
- At least 120cm tall (4ft)
- Accompanied by a responsible adult (if under 16 years)
- Wearing suitable clothing or footwear (no flip flops or strapless sandals)

Heart conditions:

You must be satisfied that you can safely make the climb. If you have had a heart condition or surgery within the last 5 years, please provide a letter from your doctor stating that you are able to safely climb over 300 steps each way.

Pacemakers:

Due to the electromagnetic field around the windmill we cannot permit entry to people with pacemakers.

Plaster casts:

Legs - people with full or partial casts on their legs are not permitted to climb

Arms - people with full casts on their arms are not permitted to climb. Those with partials casts on their arms who still have full mobility of their elbow and wrist may be permitted to climb, subject to an assessment before the tour.

You will not be permitted to climb if under the influence of drugs or alcohol.

These restrictions are in place for the health, safety and enjoyment of all those on the tour and to ensure we are within the terms of our insurance.

The Green Britain Centre accepts no responsibility for incidents as a result of an individual neglecting to act on the warnings and information provided.

The Green Britain Centre reserves the right to refuse entry.

