



IRATA TRAINING CONTRAINDICATIONS

- prescribed medication that may impair physical and/or mental function;
- alcohol or drug misuse;
- diabetes, high or low blood sugar;
- high or low blood pressure;
- epilepsy, fits or periods of unconsciousness, e.g. blackouts;
- vertigo, giddiness or difficulty with balance;
- heart disease or chest pain;
- impaired limb function;
- musculoskeletal issues, e.g. back pain;
- psychiatric illness;
- fear of heights;
- sensory impairment, e.g. blind, deaf Please note this is not an exhaustive list.

If in doubt whether your condition would affect you, please contact IRATA directly and/or consult a medical professional.