

▶ CONTRAINDICATIONS against flying in the wind tunnel

Freefall simulator is a wind tunnel that creates similar air pressure than during real skydiving. A set of propellers generates a laminar airflow close to 200km/h. The flyer is therefore lifted by the wind and held in a horizontal position with his back slightly arched, arms aside. Shoulders, neck and lumbar region are consequently solicited areas.



▶ For this reason, contraindications are the following:

- **Heart or lungs diseases:**
 - Any disease preventing from doing sport
 - Wearing a pacemaker or defibrillator implanted
- **Skeleton, arms and legs diseases:**
 - Dislocated shoulder not cured with surgery (high risk of re-dislocation)
 - Ligament laxity
 - Unstable spondylolisthesis leading to intensive or chronic pain
 - Painful slipped disk or with sensitivity disorders.
 - Lumbago or recent sciatica
 - Recent cervical or brachial neuralgia / whiplash
 - Important osteoporosis
- **Any recent joint sprain/twist, especially if still painful**
- **Any recent surgery (less than three months)**
- **Neurological Diseases**
 - Epilepsy
- **Ophthalmologic Disease**
 - Recent retinal detachment
- **Medical treatment**
 - Anticoagulants
- **Pregnancy**

In addition, extension constraints on cervical and lumbar region should be taken into account by people suffering from chronic spine inflammatory diseases (example stiffening spondylarthritis). Even if this activity is not totally contraindicated, there is a risk of re-triggering pain.

In doubt, we recommend that you see your doctor to get a medical certificate of no contraindication against freefall. We remind you that this medical certificate is **MANDATORY** anyway for people aged 60 or more.

> Minimum age is 8 years old. For people aged below 18, parental agreement is required.