TANGATOURS MEDICAL GUIDELINES

Whilst Tangatours is committed to delivering adventurous experiences, your safety is our foremost concern.

It is therefore vital that you advise us of any medical condition, injury, illness, or any other factors that may impact your ability to participate safely in our tours and activities.

Our staff are trained to assess any such conditions on a case-by-case basis to determine if it is safe for you to participate. We request that you are honest and forthcoming if asked about any such conditions, as we are ultimately looking to ensure your safety and wellbeing.

For any of the below conditions, you may be asked questions regarding recency, severity, and treatment.

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| **CONDITION** | **AT RISK ACTIVITIES** | **PROHIBITED ACTIVITIES** |
| Pregnancy | All activities except Cruises1 | |
| Epilepsy | All activities except Cruises1 | |
| Asthma | All Activities (Puffer Required) | Diving (As per PADI Standards) |
| Severe Allergy | All Activities, Depending on Allergy |
| Sinus Infections | Snorkelling and Sea Scooter Safari |
| Chest Infections | Snorkelling and Sea Scooter Safari |
| Blackouts | Segway Safari, Snorkelling, Sea Scooter Safari, and Adventure Tours2 |
| Motion Sickness | All Vessel Based Activities |
| Dysentery | All Activities |
| Decompression Sickness | Snorkelling and Sea Scooter Safari |
| Head Injuries | All Activities |
| Back Injuries | All Activities |
| Diabetes | All Activities (Medication Required) |
| High Blood Pressure | All Activities except Cruises1 |
| Heart Disease | All Activities except Cruises1 |
| Angina | All Activities except Cruises1 |
| Heart Attacks | All Activities except Cruises1 | Diving and Adventure Tours2 |
| Ear Injuries | Snorkelling & Sea Scooter Safari | Diving (As per PADI Standards) |
| Hernia | All Water Activities |
| Colostomy | All Water Activities | Diving & Snorkelling |
| Lack of Fitness3 | All Activities | Diving (As per PADI Standards) |

1 Cruises are the Sightseeing & Fish Feeding Tour, Marine Discovery Cruise, Sunset Cruise, and Illuminated Wrecks Cruise.

2 Adventure Tours are the Jet Boat, Parasailing, and Banana Boat Rides.

3 for example, walking 1km in 8 minutes