

# THE ALTITUDE ROOM RULES

For health, safety and hygiene reasons members and guests should:

- a. Alert the instructor and leave the room if you are not feeling well;
- b. Mention to the instructor if it's your first time in the Altitude Room. Be alert at all times. On the first visit participants might experience approximately 30 seconds of dizziness on entry. Alert the instructor and leave the room if you feel dizzy;
- c. You will need to confirm you are at 98% oxygen outside the room and before the start of the class. To confirm the oxygen saturation levels, the instructor will measure your levels with a handheld oximeter. Members or guests below 95% will not be allowed to partake in the class unless medical clearance is obtained;
- d. Leave the room immediately if your oxygen drops below 90%; and
- e. Be aware that access to the Altitude Room is strictly under supervision of Virgin Active staff.

If you have any of the following medical conditions then you will need clearance from a medical practitioner before using the studio:

- a. Sickle cell trait
- b. Heart failure
- c. Heart disease
- d. Stroke
- e. Moderate to severe chronic lung disease
- f. Cystic fibrosis
- g. Cerebral vascular disorders
- h. Pulmonary hypertensions and / or pulmonary vascular abnormalities
- i. Blood clots / aneurysms
- j. Pregnancy
- k. Seizure disorders
- l. Carotid artery surgery
- m. Pneumonia