

Restricciones

Debido a la ALTA complejidad y esfuerzo que esta actividad requiere y con el solo objetivo de preservar la salud, no podrán participar:

- Personas sedentarias con obesidad.
- Embarazadas
- Personas con cualquier grado o tipo de discapacidad física o mental que afecte su atención, marcha y/o coordinación.
- Solo apto para personas de 18 a 55 años. Sin excepción.
- Personas con antecedentes cardíacos, o cuyas capacidades cardíacas o vasculares se encuentren disminuidas, o que utilicen stent, bypass, marcapasos u otras prótesis. Ejemplo: medicamentos anticoagulantes, varices grado III (las que se evidencian gruesas y múltiples).
- Personas que padezcan enfermedades provocadas por discapacidades respiratorias como EPOC, asma, enfisema, entre otras.
- Personas que padezcan epilepsia o convulsiones.
- Si el guía determinara que una persona no está calificada para la actividad debido a condiciones físicas o de vestimenta, no se aceptan reclamos ni solicitudes de reembolsos.

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Due to the significant complexity and effort required for this activity, and with the primary aim of safeguarding health, the following individuals will not be allowed to participate:

- Sedentary individuals with obesity.
- Pregnant women.
- Individuals with any degree or type of physical or mental disability that impacts their attention, mobility, and/or coordination.
- Exclusively intended for individuals aged 18 to 55. No exceptions.
- Individuals with a history of cardiovascular disease, or those with compromised cardiac or vascular function, or who have undergone stent placement, bypass surgery, pacemaker insertion, or other prosthetic interventions. Examples include anticoagulant medications and grade III varicose veins, characterized by their thick and numerous appearance.
- Individuals afflicted by conditions resulting from respiratory impairments, including COPD, asthma, and emphysema, among others.
- Individuals who experience epilepsy or seizures.
- If the guide concludes that an individual is unqualified for the activity due to physical or cloth-related conditions, any claims or requests for refunds will be denied.