



## Bluebell Railway PLC

### Footplate Extra 2019

#### Medical Standards

- Guests are required to complete the enclosed medical self-certification, this is a standard form of declaration which we ask applicants for Personal Track Safety certificates for purposes of photography to complete.
- The Driver may refuse to admit anyone to the engine if he has reasonable doubt about their sobriety or fitness. For that reason, we advise that you refrain from alcohol for at least 12 hours before arriving for the experience.
- When completing the form at questions 4 & 5 consider them in the light of the possible requirement to mount and engine using the footsteps from ground level. For your own safety, you must consider yourself sufficiently fit to climb into and out of the engine unaided and reasonably quickly, in the event of an emergency.
- If you cannot achieve this, we would be unable to pursue the booking further. In addition, the Driver on the day will need be satisfied that you can look after your own safety to this extent, and if you cannot he may decline to take you.
- Similarly, when answering the question about hearing bear in mind that there is lot of ambient noise on steam engines, which aside from the sound of the exhaust consists of metals vibrating and colliding, along with the sound of ancillary equipment, all contributing to a background of sounds in above which verbal instructions must be audible.
- Once more, for your own safety, you will need to draw the driver's attention to any hearing impairments, and he may want to satisfy himself that you can hear anything said to you.
- Conditions such as Diabetes and Epilepsy will not preclude you from taking part, providing we are able to assure us that they are managed. Insulin dependent diabetics should take note that they may require additional food in a hot environment and bring anything required with them. Similarly, with chronic heart conditions such as Angina, the engine environment is potentially very hot and the work strenuous, so you need to be confident that your condition is managed, and any medication required easily accessible.
- If you normally wear spectacles for driving a car you should bring these with you, and if you have colour defective vision please tell us. It is not critical to your experience, but the Driver should be aware of the fact.
- Signature of the Medical Self-Assessment form will indicate that you have read the whole form, and this guidance, and that you understand it.

