

Reasons for temporary deferral

The following conditions should also prevent individuals from taking part even though they may feel well enough to take part:

- ◆ They have given blood in the last 24 hours
- ◆ They have cold or flu symptoms
- ◆ They have had a stomach upset within the last 48 hours

Wherever there are doubts about the effect exercise to music sessions may have on specific conditions medical advice should be sought.