

Batak Health & Safety Advice

There are no specific safety/health warnings for Batak but when asked we do tend to advise the following:

Batak can be played at your own pace though the faster (and smarter) you play the more chance you have of winning of course so as long as you are comfortable doing some walking for 15 minutes, which may involve going up some ramps, then you are probably fit enough to play!

Persons with asthma, heart, circulation, epilepsy or other health conditions are advised that there is a physical element to the game and that lights may appear to flash on and off sometimes.

Of course, as only you can be a judge of whether you are up to the game, the final responsibility rests with you.

In the interest of pregnant mothers and their babies safety we do not allow pregnant women to play.