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ADVANCED PEDIATRIC CARDIOLOGY

Compassionate Care. Advanced Expertise.

Heart Conditions & Amusement Park Rides

Evidence-Based Recommendations for a Safe & Enjoyable Experience



Amusement park rides can involve high speeds, G-forces, sudden stops, vibration and excitement. These may affect the heart differently depending on your condition.



GENERALLY SAFE*

Most rides are usually OK

- ✓ Small, hemodynamically insignificant ASD or VSD
- ✓ Successfully repaired congenital heart disease with normal heart function
- ✓ Innocent heart murmurs
- ✓ Well-controlled hypertension
- ✓ Mild valve disease
- ✓ Well-controlled SVT
- ✓ Stable pacemaker patients (depending on ride restrictions)



If you feel well, have good exercise tolerance, and are cleared by your cardiologist, you can usually enjoy most gentle to moderate rides.



INDIVIDUAL ASSESSMENT

Talk with your cardiologist

- Fontan circulation
- Pacemaker or ICD
- Mild to moderate ventricular dysfunction
- Moderate congenital heart disease
- Moderate valve disease
- POTS or Dysautonomia
- Post-heart transplant
- Other complex heart conditions



Ride safety depends on your specific condition, heart function, symptoms, and the intensity of the ride.



AVOID HIGH-THRILL RIDES

Includes roller coasters & high G-force rides

- ✗ Significant aortic disease (Marfan syndrome, Loeys-Dietz, enlarged aorta, bicuspid aortic valve with dilation, Turner syndrome)
- ✗ Hypertrophic cardiomyopathy (HCM)
- ✗ Significant arrhythmias (VT, uncontrolled atrial arrhythmias, CPVT, Long QT syndrome, Brugada syndrome)
- ✗ Severe pulmonary hypertension
- ✗ Severe heart failure or poor heart function
- ✗ Recent cardiac surgery (heart, valve or congenital heart surgery)
- ✗ Recent myocarditis or pericarditis
- ✗ Severe valve disease
- ✗ History of unexplained or exercise-induced syncope
- ✗ Cyanotic heart disease with low oxygen levels (e.g., Eisenmenger)



These conditions may increase the risk of fainting, arrhythmias, aortic complications or other serious events.

SPECIAL CONSIDERATIONS



PACEMAKERS & ICDs

Devices are usually secure, but avoid rides with strong impacts or shoulder harness pressure. Follow manufacturer and cardiologist recommendations.



FONTAN PATIENTS

High-G rides can reduce venous return, decrease cardiac output and cause dizziness or fatigue.



PULMONARY HYPERTENSION

Rapid acceleration can worsen right heart strain and reduce oxygen delivery.



POTS & DYSAUTONOMIA

May experience dizziness, nausea, palpitations or fainting. Hydration, salt (as advised), compression garments and rest breaks are important.



SAFETY PEARLS

- ✓ Get clearance from your cardiologist if you have moderate, complex or new heart conditions.
- ✓ Read all ride warning signs and follow height/health restrictions.
- ✓ Start with low-intensity rides and see how you feel.
- ✓ Stay well hydrated before, during and after your visit.
- ✓ Avoid rides when you are tired, overheated or sick.
- ✓ Take all medications as prescribed.
- ✓ Avoid excess caffeine, energy drinks and alcohol.
- ✓ Rest between rides and listen to your body.
- ✓ Stop immediately if you develop any symptoms.



WARNING SIGNS: DO NOT RIDE



Chest pain or pressure



Shortness of breath



Palpitations or racing heart



Dizziness or lightheadedness



Fainting or near-fainting



Poor exercise tolerance



Fever or acute illness



Feeling unwell



Seek medical attention if symptoms develop.



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Every heart is unique. Decisions about rides should be individualized based on your diagnosis, heart function, symptoms and the intensity of the ride.

When in doubt, ask your cardiologist.
Your safety comes first.



Our goal is to help you live life to the fullest—safely and confidently.

