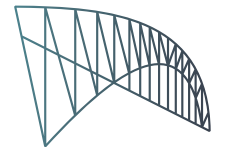


# CERTIFICATE OF FITNESS TO CLIMB



**BRIDGECLIMB  
SYDNEY**

BridgeClimb Sydney ("BridgeClimb") offers its customers ("Climbers") guided climbing tours ("Climbs") on the arches of the Sydney Harbour Bridge ("Bridge"). BridgeClimb is an active, outdoor experience and takes place in varying weather conditions. Disclosing a health or safety consideration does not necessarily prevent a person's participation. In most cases it does not.

## THE NEED FOR MEDICAL CLEARANCE

Medical clearance is required under certain circumstances prior to a customer being allowed to climb the Bridge.

Guests must be able to safely and comfortably undertake the following activities in order to complete any experience:

- Walk approximately 1.75 kilometres including up to 1,439 stairs, ascending to 134 metres above sea level. Depending on the choice of experience, ladder climbing may also be required.
- Remain standing for the duration of the experience, without access to seating or toilet facilities.
- Maintain moderate exertion which requires reasonable levels of fitness and strength.
- Wear a cover-all climb suit, sometimes over a full layer of clothing.

## OUR CLIMBS

### BRIDGECLIMB SUMMIT & BURRAWA CLIMBS

- A 3 hour walking and climbing experience, including approx. 2 hours of walking covering 1.75 kilometres, including 1,439 stairs and eight 5-metre ladder sections.
- The pace of walking is leisurely and includes regular rest stops. It is comparable to an eighteen-hole game of golf whilst carrying clubs, or walking 1 kilometre at moderate pace in approximately ten minutes.

### BRIDGECLIMB INSIDER & MANDARIN CLIMBS

- A 2 hour 30 minute experience, including approx. 1.5 hours of walking covering 1.75 kilometres and including 1,090 stairs.
- No ladder climbing is required which is ideal if nervous about ladders or worried about children on ladders.
- The pace of walking is moderately intense with limited rest stops. It is comparable to very slow jogging, light cycling or walking 1 kilometre at a very brisk pace in approximately eight minutes.

### BRIDGECLIMB ULTIMATE CLIMB

- A 3 hour 30 minute experience including approx. 2.5 hours of walking covering 2.30 kilometres and including 1,621 stairs.
- No ladder climbing is required which is ideal if nervous about ladders or worried about children on ladders
- This route combines the BridgeClimb Insider route, with an additional tour of the upper northern arch which is equivalent to a partial BridgeClimb Summit route. This results in two ascents to the summit.
- The Insider portion of the route has a moderately intense pace with limited rest stops. The upper northern arch portion of the route is leisurely with multiple rest stops.

### UNDERBRIDGE WALK

- A 2 hour guided Bridge experience, including approx. 1 hour of walking and around 308 stairs.
- No ladder climbing is required and the walk is mostly on flat walkways
- This experience does not reach the summit of the Bridge, instead it explores a unique lower vantage, travelling about a quarter way up before returning to Base.
- The walking pace is moderately paced with limited rest stops. Think a relaxed walk with some short stair sections making it ideal for those seeking a lighter Bridge adventure

## ENVIRONMENTAL CONSIDERATIONS

- Routes: Guests experience various weather conditions while navigating stairs, uneven surfaces and ladders.

- Gear: Guests wear a full safety harness with a belt worn at the waist. If a pregnant guest slipped, tripped or fell along the route, the expectant mother may experience a jerk delivered through the belt, which may result in maternal or foetal injury.
- Heat and Dehydration: Air temperatures in Sydney can be high. Drinking fountains are positioned in limited locations.
- Toilet Facilities: Toilet facilities are not available during a guest's time on the Bridge.
- Medical Emergencies: Any medical attention beyond senior first aid is facilitated by Emergency Services (Ambulance, Paramedics or Police Rescue). Response times are dependent on the incident location and nature of our routes.
- Industrial Work Environment: Current air-monitoring and laboratory-test results are well below occupational guidelines and indicate no significant source of lead in the atmosphere. Guests may be exposed to an extremely low to negligible risk of contact with lead in paint particles on their skin or in the air.

## HEALTH AND SAFETY: ESSENTIAL DISCLOSURES

BridgeClimb asks customers to carefully consider their own health and fitness levels, and not participate if it will pose any risk to their health and safety, that of other guests, or any other users of the Sydney Harbour Bridge.

The following conditions may impact a customer's ability to take part in a BridgeClimb experience and therefore require consideration and disclosure:

- Pregnancy
- Limb absence or limb difference
- 75 years of age or older
- Diabetes
- Heart conditions (including high or low blood pressure)
- Vertigo, dizziness or loss of balance
- All respiratory conditions
- Surgery, from which you're still recovering
- Injuries or conditions impacting stair or ladder climbing ability
- Epilepsy
- Chronic illness

## HEALTH AND SAFETY EXCEPTIONS

Certain conditions or circumstances will prevent a person from participating in a BridgeClimb experience, including:

- Being more than 24 weeks pregnant
- Under 8 years of age
- A fit or seizure in the last six months
- Under 1.2 metres tall
- Broken bones
- Being deemed unfit for climbing by a doctor

## INFORMATION FOR CLIMBERS AND DOCTORS

All pregnant guests and guests 75 years of age or older, must ensure this form is completed prior to their arrival at BridgeClimb and present it to our team on the day of their BridgeClimb experience. Other guests may be asked to consult a Doctor to complete this form if deemed necessary by BridgeClimb.

Doctors and BridgeClimb guests must read the front page of this form thoroughly and carefully consider all information therein when discussing participation in a Climb. Doctors must tick any and all appropriate boxes when making a final recommendation.

If you require further information about our Climbs or safe working practices before making your recommendation, please visit our website to view our products or contact our Safety Team:

Tel: +61 2 9240 1152

Email: [cservice@bridgeclimb.com](mailto:cservice@bridgeclimb.com)

**PLEASE COMPLETE THIS FORM IN CAPITAL LETTERS ONLY**

**PREGNANCY**

(Please complete this panel after discussing pregnancy specifically) BridgeClimb experiences are available to expectant mothers who are experiencing normal pregnancies, up to the end of the twenty fourth week. BridgeClimb does not offer experiences to expectant mothers with medical complications that could affect their ability to complete the experience safely and comfortably. Medical complications may include but are not limited to severe morning sickness, high or low blood pressure, abnormal bleeding, and significant medical conditions such as diabetes, epilepsy and previous back injuries.

Patients Name

End date for patient's 24th week of Pregnancy

Date of proposed Climb

From the information provided by the patient and BridgeClimb, I confirm the patient is:

- Not more than 24 weeks pregnant and is experiencing a normal pregnancy
- Fit to participate in a BridgeClimb experience (type of experience must be specified in the final panel)
- Not fit to participate in any BridgeClimb experience

**GENERAL OR SPECIFIC HEALTH CONCERNS** (Completed at BridgeClimb's direction, or guest's discretion)

Patients Name

Health considerations discussed during consultation:

- 75 years of age or older
- Recent surgery, recovery ongoing
- Limb, joint or back injury (specified in the final panel)
- Heart condition, including high or low blood pressure
- Epilepsy (without seizures for the last 6 months)
- Diabetes
- A respiratory condition
- Medically diagnosed vertigo
- Limb absence or limb difference
- Medication needed during the Climb experience
- Another relevant health concern
- None of the above

Comment, if appropriate

**DOCTOR'S RECOMMENDATION**

From the information provided by the patient and BridgeClimb, I confirm the patient is:

*\*If able to complete all BridgeClimb experiences, please tick all, in case of any changes.*

- Fit to complete Insider Climb and Mandarin\* (limited rest stops, moderately intense continuous pace, no ladders)
- Fit to complete Summit Climb and Burrawa Climb\* (ladder climbing required, frequent rest stops, leisurely pace)
- Fit to complete Ultimate Climb\* (moderately intense pace, two summit ascents, no ladders, extended duration)
- Fit to complete UnderBridge Walk (no ladder climbing is required and the walk is mostly on flat walkways)
- Not fit for any Climb

**DOCTOR'S CONFIRMATION**

Valid for climbs within 3 months from the date of Doctor's consultation, conditional on no new injury or illness occurring or being diagnosed during that period.

Doctor's Name

Contact Number

Address

Date of Consultation

Doctor's Signature

**CLIMBER'S CONFIRMATION**

Please sign to confirm that you are aware of the known and potential risks involved in undertaking a Climb. Please bring this certificate with you on the day of your Climb. Be advised that even if a doctor certifies you are fit to climb, BridgeClimb reserves the right to decline participation, in which case you will be reimbursed in full.

Climber's Name

Date

Climber's Signature

**PRIVACY STATEMENT**

BridgeClimb understands that the health-related information supplied in this document is sensitive and confidential. While information you provide when completing a booking or making an enquiry will be used to send you direct marketing material (and shared with our related companies) unless you opt out of receiving such marketing communications, no sensitive information you provide on this form will be used for this purpose. After the Climb, this document will only be recovered for the purposes of confirming your participation or to defend any action. Further information about our privacy practices and procedures is contained in our Privacy Policy, available at <https://www.bridgeclimb.com/privacy-copyright/>. If you would like to seek access to or correct your personal information, or make a privacy complaint, please refer to our Privacy Policy for further details. Queries in connection with this document should be addressed to the Privacy Officer, BridgeClimb, 3 Cumberland Street, The Rocks NSW 2000, Australia. Version 24/09/2019 © Feliz Puente Pty Ltd ABN 79 625 999 877 (trading as BridgeClimb @)