

BridgeClimb Sydney ("BridgeClimb") offers its customers ("Climbers") guided climbing tours ("Climbs") on the arches of the Sydney Harbour Bridge ("Bridge"). Climbing the Bridge is an active, outdoor experience and Climbs take 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.

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

- Walk approximately 1.75 kilometers including up to 1,439 stairs, ascending to 134 meters above sea level. Depending on the choice of Climb, 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

- A 3 hour 30 minute walking and climbing experience covering 1.75 kilometers, 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 kilometer at moderate pace in approximately ten minutes.
- BridgeClimb is considered our second most strenuous Climb.

### BridgeClimb Express

- A 2 hour 15 minute walking experience, covering 1.75 kilometers and including 1,090 stairs. No ladder climbing is required.
- The pace of walking is moderately intense with limited rest stops. It is comparable to very slow jogging, light cycling or walking 1 kilometer at a very brisk pace in approximately eight minutes.
- BridgeClimb Express is considered our most active Climb, requiring a greater level of fitness than the other Climbs.

### BridgeClimb Sampler

- This 1 hour 30 minute walking experience including 556 stairs takes Climbers half-way to the Bridge summit of the inner arch.
- No ladder climbing is required. The pace of walking is moderately intense on a continuous basis, with a rest stop scheduled 25 minutes into the Climb. Climbing suits are always worn over a full layer of clothing when taking part in the BridgeClimb Sampler.
- BridgeClimb Sampler is considered the least strenuous Climb due to its shorter duration and distance, not its walking pace.

## ENVIRONMENTAL CONSIDERATIONS

- Climb Routes: Climbers experience various weather conditions while navigating stairs, uneven surfaces and ladders.
- Climbing Gear: Climbers wear a full safety harness with a belt worn at the waist weighing a total of 2.2kg. If a pregnant Climber slipped, tripped or fell along the Climb 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 Climber'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 Climb 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. Climbers 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 to climb if their participation poses any risk to their health and safety, that of other Climbers, or any other users of the Sydney Harbour Bridge.

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

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

## HEALTH AND SAFETY EXCEPTIONS

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

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

## INFORMATION FOR CLIMBERS AND DOCTORS

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

Doctors and Climbers 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 02 9240 1152 | email: [cservice@bridgeclimb.com](mailto:cservice@bridgeclimb.com)

### PREGNANCY (Please complete this panel after discussing pregnancy specifically)

Climbs are available to expectant mothers who are experiencing normal pregnancies, up to the end of the twenty fourth week. BridgeClimb does not offer Climbs 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.

Patient's 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 Climb (type of Climb experience must be specified in the final panel)
- Not fit to participate in any Climb

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

Patient's Name \_\_\_\_\_

Health considerations discussed during consultation:

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

Comment, if appropriate \_\_\_\_\_

### DOCTORS RECOMMENDATION

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

- Fit to complete BridgeClimb Express (limited rest stops, moderately intense continuous pace, no ladders)
- Fit to complete BridgeClimb (ladder climbing required, frequent rest stops, leisurely pace)
- Fit to complete BridgeClimb Sampler (no ladders, limited rest stops, and a moderately intense, continuous pace)
- Not fit for any Climb

### DOCTOR'S CONFIRMATION

Doctors 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 name \_\_\_\_\_

Date \_\_\_\_\_

Climber's signature \_\_\_\_\_

**PRIVACY STATEMENT** BridgeClimb understands that the information supplied in this document is personal and confidential. It will not be used for any marketing or promotional purposes, and will not be sold or distributed to any third party. After the Climb, this document will only be recovered for the purposes of confirming your participation or to defend any action. Queries in connection with this document should be addressed to the Privacy Officer, BridgeClimb, 3 Cumberland Street, The Rocks NSW 2000, Australia.

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