

# CERTIFICATE OF FITNESS TO CLIMB



PLEASE COMPLETE THIS FORM IN CAPITAL LETTERS ONLY

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:

- 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

For route maps please see [www.bridgeclimb.com/climbs-prices](http://www.bridgeclimb.com/climbs-prices)

### BRIDGECLIMB SUMMIT

- A 1 hour 50 minute walking and climbing experience 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 SUMMIT EXPRESS

- A 1 hour 30 minute walking experience, covering 1.75 kilometres 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 kilometre at a very brisk pace in approximately eight minutes.

### BRIDGECLIMB ULTIMATE

- A 2 hour 30 minute walking and climbing experience including 1,621 stairs and covering 2.30 kilometres. No ladder climbing is required.
- This route combines the BridgeClimb Express 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 Express 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.

## 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. 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
- 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 Climb, 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 Climbers and Climbers 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 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: 1300 90 80 57

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

## PRIVACY STATEMENT

BridgeClimb understands that the health-related information supplied in this document is sensitive and confidential. While information you provide

## 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.

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 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)

Patients 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

## DOCTOR'S RECOMMENDATION

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

*\*If able to complete all Climbs, please tick all, in case of Climb change.*

- Fit to complete BridgeClimb Summit Express\* (limited rest stops, moderately intense continuous pace, no ladders)
- Fit to complete BridgeClimb Summit\* (ladder climbing required, frequent rest stops, leisurely pace)
- Fit to complete BridgeClimb Ultimate\* (moderately intense pace, two summit ascents, no ladders, extended duration)
- 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

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 24092019 © Feliz Puente Pty Ltd ABN 79 625 999 877 (trading as BridgeClimb ©)