CERTIFICATE OF FITNESS TO CLIMB FOR CUSTOMERS

BridgeClimb Sydney ("BridgeClimb") is a tourism operator offering to its customers ("Climbers") guided Climbs over the arches of the Sydney Harbour Bridge (the "Bridge") in all weather conditions.

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

About the Climbs

There are 3 different climbs ("Climbs") – The Bridge Climb, The Discovery Climb and The Express Climb. Climbers must be able to undertake the following to complete any of these Climbs:

- moderate exertion requiring reasonable levels of fitness and strength
- ascend 134 metres above sea level, walking approximately 1.75 kilometres (from Climb preparation at base through the entire route over the Bridge) and
- remain standing for the entire experience, without access to seating

In addition to the above, characteristics for each of the climbs is as follows:

The Bridge Climb

- This is a 3½-hour experience which includes 50 minutes preparation, 2 hours on the Bridge, and 40 minutes return and completion including 1,439 stairs (931 of these are widely spaced on the Bridge's arches)
- The pace of walking is leisurely and includes regular rest stops throughout the duration of the Climb
- Climb 20 metres via four consecutive 5-metre ladder sections with landings, and negotiate four similar ladders during the descent from the Bridge summit

The Discovery Climb

- This is a 3½-hour experience which includes 50 minutes preparation, 2 hours on the Bridge, and 40 minutes return and completion including 1,090 stairs
- The pace of walking is leisurely and includes regular rest stops throughout the duration of the Climb
- No ladder climbing is required

The Express Climb

- This is a 2-hour 15 minute experience which includes 30 minutes preparation, 1.5 hours on the Bridge, and 15 minutes return and completion including 1,090 stairs
- The pace of walking is moderately intense on a continuous basis with limited rest stops throughout the Climb

Pregnancy

Climbs are available to expectant mothers with 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.

Pregnant customers must consult a medical practitioner before climbing, and BridgeClimb recommends that customers speak to their obstetrician or treating doctor. If this is not possible BridgeClimb recommends that customers consult with a medical practitioner who can contact their treating doctor with any specific concerns.

Medical Conditions

Climbs are available to customers with well controlled medical conditions who either:

- do not display symptoms on exertion, or
- only display symptoms on very strenuous exertion

BridgeClimb asks customers not to climb if their health and safety, or that of other Climbers, would be put at risk by them taking part. Customers cannot take part in the Climb if they:

- have broken bones
- have undergone recent surgery
- have experienced a fit or seizure in the past 6 months
- register a blood-alcohol reading of 0.05% or higher during the compulsory breath test.
- have chest pain or shortness of breath

The following conditions may impact a customer's ability to take part in a Climb safely:

- all heart conditions (including high blood pressure)
- all respiratory conditions
- back, limb or joint injuries or conditions impacting stair climbing ability
- diabetes (if there is a risk of hypoglycaemic episodes)
- vertigo, dizziness or loss of balance
- visual impairment (except wearing prescription glasses or contact lenses)
- learning conditions

Customers with significant medical conditions must consult a medical practitioner before climbing, and BridgeClimb recommends that customers speak to their specialist or treating doctor. If this is not possible BridgeClimb recommends that customers consult with a medical practitioner who can contact their treating doctor with any specific concerns.

Considerations

Other considerations for customers with medical conditions or expectant mothers with normal pregnancies are detailed below.

HEAT AND DEHYDRATION: During summer months (December to February), air temperatures in Sydney can be high. Water bubblers are positioned before Climbers access the Bridge and immediately afterwards (the time without water is dependent on the climb chosen – refer below). Pregnant Climbers or Climbers with medical conditions may be rescheduled at BridgeClimb's discretion on days with exceptionally high temperatures.

TOILET FACILITIES: Toilet facilities are not available during a Climbers time on the Bridge.

SLIPS, TRIPS AND FALLS: All Climbers are attached to a continuous static line via a belt, lanyard and attachment device. Climbers also carry equipment on the belt that weighs between 2.5 and 3.5 kilograms. Pregnant Climbers wear additional braces that help support the belt. 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.

MEDICAL EMERGENCIES ON THE BRIDGE: Climb Leaders are trained to senior first-aid certificate level. Any medical attention beyond first aid is facilitated by emergency services (Ambulance Paramedics or Police Rescue).

INDUSTRIAL WORK ENVIRONMENT: Current air-monitoring and laboratory-test results are well below occupational guidelines and the ambient air-quality target, and indicate no significant source of lead in the atmosphere. Pregnant 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.

Doctor's Recommendation (please tick all relevant boxes)

Date of Proposed Climb _____

Patient's Name _____

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

☐ Fit to do The Express Climb (limited rest stops, moderately intense continuous pace)

☐ Fit to do The Discovery Climb (no ladders, frequent rest stops, leisurely pace)

☐ Fit to do The Bridge Climb (ladders required, frequent rest stops, leisurely pace)

☐ Not fit for any Climb

☐ Not more than 24 weeks pregnant and is experiencing a normal pregnancy

Doctors Name _____

Doctors Address _____

Doctors Contact Number _____

Doctors Signature _____

Date _____

End date for patient's 24th week of pregnancy _____

Climber's confirmation

Please complete the form below and sign to confirm that you are aware of the known and potential risks involved in undertaking the 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 for your Climb.

Climbers Name _____

Climbers Address _____

Climbers Signature _____

Date _____

If you have any questions or would like any further information, please contact us on + 61 (0)2 8274 7777.

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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