

BRIDGECLIMB TERMS AND CONDITIONS

Please read the important information on this sheet, to assess your readiness for the Climb.

To complete the Climb you will need:

- reasonable levels of fitness and strength
- full body control and hand-eye-foot coordination
- ability to climb independently (unsupported by walking aids).

Why? Because the Climb experience includes:

- climbing high ladders and catwalks
- prolonged stair climbing
- uneven surfaces and narrow passageways
- exposure to all weather conditions.

The following may impact your ability to climb safely:

- all heart conditions (including high blood pressure)
- all respiratory conditions
- back, limb or joint injuries
- missing limbs or part thereof inclusive of prosthetics
- vertigo, dizziness or loss of balance
- visual impairment (except wearing prescription glasses or contact lenses)
- learning conditions.

You cannot take part in the Climb if you:

- are under 10 years of age
- are under 1.20 metres in height
- have a blood-alcohol reading of 0.05% or higher
- have broken bones
- have undergone surgery in the last 6 months or are experiencing ongoing symptoms
- have experienced a fit or seizure in the past 6 months and do not hold a driver's licence for this reason.

If you take essential medication

- At BridgeClimb's discretion, essential medication may be taken on the Climb (eg asthma inhalers or diabetic medication). Please speak with a Team Member on the day.

If you are pregnant

- Pregnant Climbers less than 24 weeks must consult a medical practitioner before climbing and must ask the medical practitioner to sign a BridgeClimb *Certificate of fitness*. Please contact organisers for this certificate.
- If you are over 24 weeks pregnant you cannot climb.

Still concerned? You should not join the Climb if you believe your health and safety, or that of other Climbers, may be put at risk by you taking part. If you have concerns about your ability to participate safely, please consult your treating doctor.

Please be aware that even if you have made a reservation, BridgeClimb reserves the right to decline participation or modify your Climb experience. The health and safety conditions of climbing are subject to change at BridgeClimb's discretion.