



# Matagarup Zip+Climb

## ~ Health and Fitness Requirements ~

The Matagarup Bridge Climb is no ordinary walk up a bridge – this is a true climb! You will be required to undertake a physically demanding trek up 314 steps on a 45-degree angle and shimmy, slide, and squeeze through tight spaces to reach the SkyView Deck – an open-air viewing platform 72 metres above the Swan River.

**Your health and safety is our priority. To ensure you have a great experience, please ask your GP to assist with the below tests, in addition to your usual health checks.**

First Name:		Surname:	
Emergency Contact			
Date of Birth:		Telephone No:	

Sit to Stand (30 seconds)

GOAL: Complete minimum 20 Sit to Stands in 30 seconds, handsfree



Single Leg Balance (Eyes Open)

GOAL: Balance on one leg for minimum 15 seconds



Lunges (30 seconds)

GOAL: Complete minimum 15 lunges (on each leg) in 30 seconds



Hand and wrist strength is important to complete the Bridge Climb. Climbers need to navigate and support a 1.5kg handheld safety device. A handgrip dynamometer is the best way to test this.

GOAL: Hold the “squeeze” for 5 seconds, reaching a minimum of 25kg kilos. Repeat this 3 times, with 30 seconds rest between each “squeeze”



**Doctors declaration:**

I understand that the individual wishes to participate in the Matagarup Bridge Climb. In my opinion, the applicant is physically and mentally capable of performing these activities.

Doctor's signature:		Official/Practice Stamp:	
Date of signature:			