

MEDICAL REQUIREMENTS FOR MATAGARUP BRIDGE ACTIVITIES

Your health and safety is our priority. Please ask your GP to assist with the below tests, in addition to your usual health checks.

All activities commence with a Bridge Climb of at least 180 steps up an industrial staircase of up to 49^o. Participants either climb back down to ground level or are attached to the Zipline which is a wheeled trolley that travels on a 400m steel cable.

Maximum speed is 72kmh for a 120kg person.

Medical practitioners are to note that:

- Both Zipliners and bridge climbers are placed in a full body harness that provide support over the shoulders, across the waist and thighs (approx. 2 kg)
- Zipliners are required to carry associated tethered safety devices and zipline trolley (approx. 4kg)
- The bridge safety device operated by all participants needs a reasonable degree of hand strength and dexterity
- The primary supporting cable is tethered to the person at the waist and a secondary cable is positioned mid chest. This means that the force of landing is typically taken through the hips, pelvis and upper thighs.
- The braking system reduces the speed of a Zipliner from up to 65kmh to 0kmh in the space of 25m / 2 seconds. This is not dissimilar to the impact on the body when a car brakes from 65kmh to a complete stop.
- This means the Zipliner experiences a G force of between 2-3 G's on landing and their lower body tends to swing forward and up (see photos on next page).



Participants with the following conditions require medical approval before undertaking a Zipline:

- A limb, joint or back injury that currently affects fitness, strength, or ability to climb independently
- Osteoporosis or scoliosis
- Suffer from vertigo, dizziness, or balance issues
- Suffer from a heart or cardiovascular condition, chest pain or shortness of breath
- Suffer from Acrophobia (true fear of heights)

All participants must also be declared physically capable of scaling the bridge and must at a minimum complete the following physical tests:

Task: Sit to Stand (60 seconds)

Goal: Complete minimum 40 Sit to Stands in 60 seconds (x2)

Task: Single Leg Balance (Eyes Open)

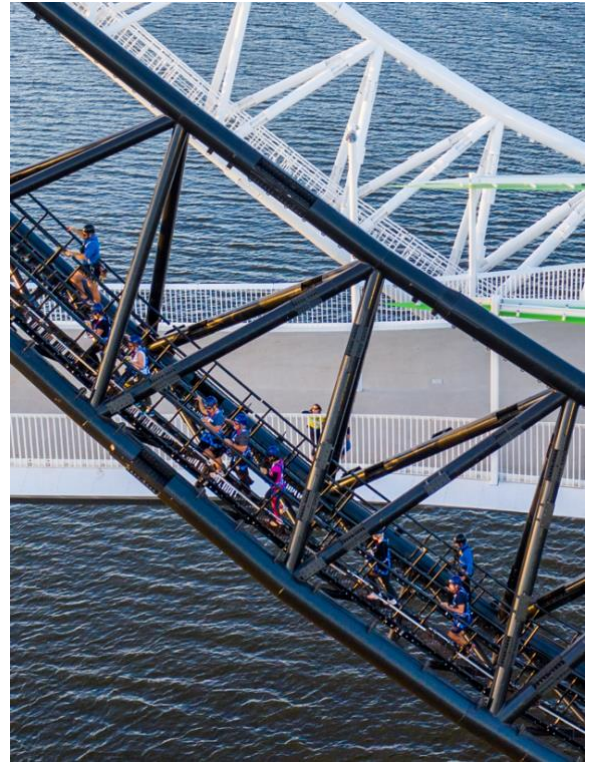
Goal: Balance on one leg for minimum 15 seconds (x2)

Task: Lunges (30 seconds)

Goal: Complete minimum 15 lunges (on each leg) in 30 seconds (x2)

Task: Handgrip dynamometer

Goal: Hold the "squeeze" for 5 seconds, reaching a minimum of 25kg kilos. Repeat this 5 times, with 20 seconds rest between each 'squeeze'



(image of start of climb; 49° maximum)

Zipliner moving right to left; immediately prior to braking:



Zipliner position approx. 1 second later (deceleration from ~60kmh to 0kmh)



Medical Practitioner's Declaration:

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

Applicant's Name:		Official/Practice Stamp:	
Doctor's Name:		Doctor's Signature:	
Date of Signature:			