

# MEDICAL INFORMATION

**Matagarup Zip+Climb** provide guided tours on the arches of the Matagarup Bridge – and ziplines off it. These are moderately challenging outdoor activities that require a reasonable level of fitness and robustness. Activities take place in a range of weather conditions including hot, cold, wet and windy. Participants are asked to confidentially disclose their medical conditions so our team can tailor the activity to your needs. Just because you declare something doesn't preclude you from participation (we have facilitated climbs for people with mobility, visual and hearing impairments).

## OUR TOUR PROCESS

### Kitting / Before Departure

All participants:

- Are placed in a full body harness that provides support over the shoulders, across the waist and thighs (approx. 2 kg).
- Carry a bridge safety device. This needs a reasonable degree of hand strength and dexterity in both hands.
- Commence the activities with a leisurely, flat 800m walk from HQ to the bridge climb start point.

### Zip + Climb – What is it?

- A 2-hour climb and zipline activity that comprises of 314 steps up and 100 steps down the arch at a 49-degree angle. Includes a 5 metre ladder descent with fall protection.
- The pace of climbing is leisurely and we take multiple rest stops on the ascent. It is comparable to slowly walking up 7-8 levels of a regular staircase on a slightly greater angle.
- The 400m zipline requires patrons to adopt a brace position

### Express Zip – What is it?

- A 90-minute climb and zipline activity that comprises of 150 steps up the arch at a 49-degree angle. Includes a 5 metre ladder descent with fall protection.
- The pace of climbing is leisurely, and we take multiple rest stops on the ascent. It is comparable to slowly walking up 4-5 levels of a regular staircase on a slightly greater angle.
- The 400m zipline requires patrons to adopt a brace position

### Bridge Climb only (No Zipline)

- A 90-minute climb activity which comprises of 314 steps up and down at a 49-degree angle. Includes 2 x 5 metre ladder sections with fall protection.
- The pace of climbing is leisurely, and we take multiple rest stops on the ascent. It is comparable to slowly walking up and down 10 levels of a regular staircase on a slightly higher angle.

### Zipliners only

- Participants carry a zipline trolley in a backpack (approx. 4kg)
- The primary supporting cable is tethered to the participant at the waist and a secondary cable is positioned mid chest. This means the force of landing is typically taken through the hips, pelvis, and upper thighs.
- The braking system reduces a participant's speed from up to 65kmh to 0kmh in 25m/2 seconds. This is not dissimilar to the impact on the body when a car brakes from 65kmh to a complete stop.
- A Zipliner needs to adopt a brace position to deal with the 2-3 G's of force experienced on landing. As seen in the photos on page 3, the lower body tends to swing forward and up.

## HEALTH AND SAFETY: ESSENTIAL DISCLOSURE

**Matagarup Zip+Climb's** primary concern is your health and safety. We ask participants to carefully consider their own health and fitness levels and invite you to engage with our team to confirm your ability to participate.

The following conditions **may** impact a participant's ability to take part in an activity and therefore require consideration and disclosure with our team prior to arrival (ph: 6166 0116)

- Pregnancy (20 weeks and under)
- Aged between 70-74 (inclusive). See below
- Limb absence or limb difference or prosthesis
- Heart conditions (including high / low blood pressure)
- Vertigo, dizziness, or loss of balance
- Epilepsy / seizures / fainting
- Injuries or conditions impacting climbing and walking ability
- Injuries or conditions affecting hand, wrist, and arm strength
- All respiratory conditions
- Surgery, from which you are still recovering
- Diabetes
- Allergies (EpiPen required)
- Chronic illness
- Brain, spinal or nervous system disorder
- A neurodevelopmental condition

Based on preliminary responses to the conditions listed above, participants may be asked to consult a doctor prior to engaging in our activities.

## HEALTH PRECLUSIONS

Certain conditions or circumstances **will** prevent a person from participating including:

- Pregnancy (21 weeks and over)
- Under 8 years of age. 75 years of age and over
- Under 120 cm tall; over 210 cm tall (measured in sports shoes)
- Under 30 kgs; over 120kgs (Zipline only) (weighed in activity clothing)
- Broken bones requiring cast, braces or crutches
- Being deemed unfit to participate by a doctor
- Having a Blood Alcohol Concentration of over 0.05% at the time of tour (using calibrated testing devices)
- Being suspected of being under the influence of drugs (based on the assessment of staff)

## INFORMATION FOR DOCTORS AND PARTICIPANTS

Doctors and participants are to read the first two pages of this form thoroughly and to consider if an intending participant is suitably safe and healthy to participate. The checklist on the following page provides guidance about the type of functional fitness required by the participants.





It is mandatory for all Companion Card holders and participants aged 70-74 years to engage with doctor to complete the following Medical Fitness Checklist prior to their arrival at **Matagarup Zip+Climb**. Please present the completed and signed form to our team on the day of your tour.

If you require further information about our tours, please contact the team.



# MEDICAL FITNESS CHECKLIST

All participants must meet **Matagarup Zip+Climb's** physical requirements prior to scaling the bridge and/or ziplining off it. The following physical function tests indicate capability to participate. Please tick each box on completion.

| Task   | Goal   | Pass / Fail              |  |
|--|--|--------------------------|--|
| <b>Sit to Stand</b><br>(60 seconds)              | Complete minimum 5 Sit to Stands in 60 seconds (x2)  | <input type="checkbox"/> |   |
| <b>Single Leg Balance</b><br>(Eyes Open)         | Balance on one leg for minimum 15 seconds (x2)   | <input type="checkbox"/> |   |
| <b>Step Test</b><br>(120 seconds)                | Complete 2 minutes of stepping up and down from a box/platform. Please note that one step is classified as both feet stepping onto the box and both feet stepping off the box onto the ground. | <input type="checkbox"/> |   |
| <b>Grip, Wrist, Arm Strength</b><br>(30 seconds) | Hold a 600ml full water bottle in your hand and extend your arm out straight. Hold position for 30 seconds (Repeat on both arms)   | <input type="checkbox"/> |  |

The photos below show the G forces experienced when engaging our automatic braking system. (Photos 1 & 2 as referenced on Page 1).



## 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.

|                    |  |                             |  |
|--------------------|--|-----------------------------|--|
| PARTICIPANT'S NAME |  | OFFICIAL PRACTICE STAMP     |  |
| DOCTOR'S NAME      |  | DOCTOR'S SIGNATURE AND DATE |  |



Matagarup **Zip+Climb**