

Please read the following information and present all four pages to your medical practitioner for them to assess and complete your certification to climb. This information can also be found online at www.skypoint.com.au/ClimbHealthSafety

<input type="text"/>	
DATE OF CLIMB	
<input type="text"/>	
PATIENT'S NAME	
Based on the personal information provided by the patient, and the description of the Climb provided by SkyPoint Climb, I confirm that the patient is <i>(tick appropriate option)</i> :	
<input type="checkbox"/> Fit to participate in the Climb	
<input type="checkbox"/> Not fit to participate in the Climb	
<input type="checkbox"/> As at the date of the proposed Climb will not be more than 20 weeks pregnant and is experiencing a low-risk pregnancy	
<input type="text"/>	
DOCTOR'S NAME	
<input type="text"/>	
DOCTOR'S ADDRESS	
<input type="text"/>	
DOCTOR'S CONTACT NUMBER	
<input type="text"/>	<input type="text"/>
DOCTOR'S SIGNATURE	DATE
<input type="text"/>	
END DATE FOR PATIENT'S 20TH WEEK OF PREGNANCY (IF RELEVANT)	

CLIMBER'S CONFIRMATION

Please complete the form below and sign to confirm that you have disclosed all relevant information to your doctor and to SkyPoint Climb, are aware of the known and potential risks involved in undertaking the Climb. You must bring this certificate with you on the day of your Climb. Be advised that SkyPoint Climb reserves the right to refuse to allow your participation in the Climb (even if a doctor certifies that you are fit to participate in the Climb), in which case the cost of your Climb will be refunded.

Certificates that are presented more than 21 days after signed by the attending Medical Practitioner will not be accepted.

<input type="text"/>	
CLIMBER'S NAME	
<input type="text"/>	
CLIMBER'S ADDRESS	
<input type="text"/>	<input type="text"/>
CLIMBER'S SIGNATURE	DATE

SkyPoint Climb offers its customers ("Climbers") guided outdoor, all weather Climb experiences on the top of the Q1 Building, Surfers Paradise (the "Climb").

CLIMB DESCRIPTION

Climbers must be aware of, and be able to understand the following details in order to consider their ability to participate in the Climb:

- » Moderate effort is required with fitness and strength levels suitable for traversing inclines of between 30 and 65 degrees for approximately 110 metres at a slow to medium paced walk
- » Total number of stairs to climb is approximately 240
- » Climbers have occasional rest stops during the Climb, but will not have access to seating, water, shade or toilets
- » Climbers ascend to a maximum height of approximately 270 metres above street level
- » Climbers must be able to climb up, and reverse backwards down a step ladder at an angle of approximately 65 degrees
- » The duration of the Climb is broadly 50 minutes preparation, 25 minutes outdoors on the Climb and 20 minutes return and completion
- » At height, Climbers may be subject to mild to moderate adverse weather and elevation conditions associated with climbing at this level and should ensure they are fit enough to withstand such conditions.

MEDICAL CLEARANCE

In the circumstances listed below, SkyPoint Climb requires that Climbers provide evidence of medical clearance before participating in the Climb.

PREGNANCY

Climbs are generally offered to pregnant women up to not greater than their 20th week of pregnancy, provided that the pregnancy is a low-risk pregnancy. Please note that specific harnesses and equipment are not available for expectant mothers, and each Climber should consider the comfort and safety of available equipment based on their pregnancy.

Expectant mothers less than 20 weeks pregnant must consult a medical practitioner before participating in a Climb experience and have that practitioner complete and sign a SkyPoint Climb Medical Clearance Certificate.

It is strongly recommended that customers consult their obstetrician or treating doctor, or a medical practitioner who can contact their treating doctor with any concerns. Any decision to participate in the SkyPoint Climb, regardless of any medical clearance, is at the risk of the participant.

Climbs are not available to pregnant women undergoing a high-risk pregnancy, or with medical conditions that could affect their ability to participate in and complete the Climb safely and comfortably.

Relevant medical conditions may include:

- » High or low blood pressure
- » Abnormal bleeding or cramping
- » Extreme morning sickness
- » Diabetes; and
- » Other medical conditions such as epilepsy and back injuries.

Climbers are attached to a continuous static fall arrest line via a harness, lanyard and attachment equipment. Each Climber is also required to carry equipment on their belt weighing between 2.5 and 3.5 kilograms. If a Climber slipped, tripped or fell along the Climb route, the Climber may experience a jerk delivered through the belt. Pregnant Climbers should note that such jerks can result in a maternal or foetal injury.

OVER THE AGE OF 75 YEARS OLD

Climbers over the age of 75 years must consult a medical practitioner before participating in a Climb experience and have that practitioner complete and sign a SkyPoint Climb Medical Clearance Certificate.

OTHER MEDICAL CONDITIONS

SkyPoint Climb requests that customers do not participate in the Climb experience if their health and safety, or that of other Climbers, would be placed at risk by their participation in the Climb or if it may lead to them not being able to complete the Climb without assistance. If you have any concerns whatsoever please raise these with a SkyPoint Team Member or with a licensed Medical Practitioner.

SkyPoint Climb generally offers Climb experiences to customers who suffer from medical conditions that are well controlled and do not display symptoms during or following moderate exertion.

SkyPoint Climb does not allow customers to participate in the Climb if they:

- » Are greater than 20 weeks Pregnant
- » Suffer from Broken Bones or severely Impaired Limbs
- » Have recently undergone Surgery or have been under the effect of Sedatives or General Anaesthesia within the last 48 hours
- » A limb, joint or back injury that currently affects fitness, strength or ability to climb independently
- » Suffer from Vertigo, Dizziness or Balance problems
- » Suffer from a Heart or Cardiovascular condition that has been diagnosed within the last 6 weeks or for which the customer is not following a medical practitioner's Medical Condition Management Plan
- » Suffer from Chest Pain or Shortness of Breath
- » Suffer from Epilepsy and are within 6 months from having been diagnosed
- » Have suffered a Fit, Seizure or Fainting Episode in the past 6 months
- » Have suffered from Syncope or Blackouts in the last 12 months
- » Suffer from Acrophobia (true fear of heights)
- » Register a blood-alcohol reading of 0.05% or higher during the mandatory breath testing conducted by SkyPoint Climb at its sole discretion
- » Are considered by SkyPoint staff to be under the influence of substances or drugs (whether prescription or not)

SkyPoint Climb advises that the following conditions may also prevent any person from safely participating in the Climb experience. If any of these do, or could possibly apply to you, you should seek advice and clearance from a medical practitioner before climbing:

- » All Heart or Cardiovascular conditions (including high or low blood pressure)
- » All Respiratory Conditions
- » Back, Limb or Joint Injuries
- » Visual impairment (excluding prescription glasses or contact lenses)
- » Learning Conditions
- » Epilepsy
- » Sleep Conditions
- » Kidney or Renal Condition
- » Neurological Conditions
- » Acute Gastrointestinal problem
- » Pregnancy
- » Any other medical condition or health concern which may affect or cause you to doubt your fitness, strength or ability to complete the Climb independently.
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- » Any other medical condition or health concern which may affect or cause you to doubt your fitness, strength or ability to complete the Climb independently.

DIABETES MANAGEMENT PLAN

Climbers with Diabetes must declare it on their Climber Disclosure and Disclaimer Form and will be required to:

- » record a BSL of between 6 and 15 mmol/dl no more than 15 minutes prior to climbing;
- » supply to their Climb Leader a suitable Glucose Supplement in the event it is required by the Climber during the Climb; and
- » Apply all reasonable measures as appropriate for a person suffering from this condition and intending to participate in an activity such as the SkyPoint Climb.

LIFE THREATENING OR DEBILITATING ALLERGY MANAGEMENT PLAN

Climbers suffering from such an Allergy must declare it on their Climber Disclosure and Disclaimer Form and supply to the Climb Leader:

- » details of their particular allergy;
- » details as to how the allergy is managed to ensure their safety and well-being;
- » medication to manage the effects of an allergic reaction (Epipen for example); and
- » Apply all reasonable measures as appropriate for a person suffering from this condition and intending to participate in an activity such as the SkyPoint Climb

If you suffer from a serious medical condition (including but not limited to those listed above) you must consult a medical practitioner before participating the Climb. It is strongly recommended that customers speak to their specialist or treating doctor.

Notwithstanding the above, SkyPoint Climb reserves the right to refuse participation in the Climb to any customer that SkyPoint Climb believes, in its sole discretion, may suffer from a medical condition or be under the influence of alcohol or a substance or drug that may adversely impact upon the customer's ability to safely complete the Climb.

OUTDOOR EXPOSURE AND EFFECTS

Gold Coast air temperatures and sun exposure can be high, particularly during the summer months of December to February. Access to water or shade (other than hats provided) is not available for the duration of the Climb.

TOILETS

Toilet facilities are not available for the duration of the Climb once a Climber has completed preparation at Climb Mission Control. Due to the length of the Climb, SkyPoint recommends that all Climbers use the toilet prior to Climbing.

SLIPS AND FALLS ON THE CLIMB

Safety equipment attached to a Climber weighs between 2.5 and 3.5 kilograms and includes a continuous static fall arrest line via a harness, lanyard and attachment equipment. If a Climber slipped, tripped or fell along the Climb route, the Climber may experience a jerk delivered through the harness. Pregnant Climbers should note that such jerks can result in injury to the expectant mother or foetus.

EMERGENCIES & MEDICAL ATTENTION

Climb Leaders hold senior first aid certificates only. Medical treatment in addition to basic first aid is provided by emergency services (Ambulance Paramedics or Police Rescue). Climb Leaders and SkyPoint Climb staff are trained in emergency evacuations from the Climb, however, based on the nature of the medical emergency staff may be required to wait for emergency services to evacuate or treat a Climber requiring medical treatment.