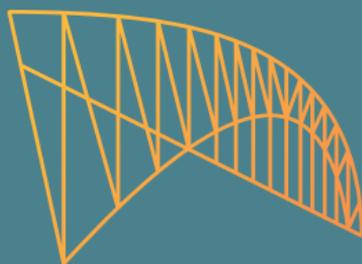


**BRIDGECLIMB  
SYDNEY**



# HEALTH & SAFETY ESSENTIALS

**We care about the Bridge and the safety of everyone who uses it. We equip you with all the outdoor gear you'll need for your Climb based on the day's weather conditions and our health & safety essentials.**

## **ON THE DAY OF YOUR CLIMB**

- You must have a blood-alcohol reading below 0.05 to climb. Everyone is breathalysed by our staff and anyone over this limit cannot continue.
- You must be at least 8 years old and 1.2 metres in height.
- Children aged 8 to 15 must be accompanied by an adult, with a maximum of three children per adult.
- For safety reasons, you can't carry anything with you on the Bridge. We provide secure lockers for you to keep your things in, including phones, cameras and GoPros. Our Climb Leaders will capture photos of you during your Climb.

**[bridgeclimb.com](https://bridgeclimb.com)**

## HEALTH & SAFETY ESSENTIALS: CAN YOU CLIMB?

To participate you need to have a general level of health and fitness, and the ability to climb independently.

The following health considerations may impact your ability to climb safely if you:

- are under 24 weeks pregnant, you can climb with a Certificate of Fitness signed by your GP.
- are 75 years of age or older, you can climb with a Certificate of Fitness signed by your GP.
- have a heart condition
- have a respiratory condition
- have a current or recent physical injury
- have limited limb function, limb loss or limb difference
- have had surgery, from which you are still recovering

Essential medication like inhalers can be taken on the Climb. Please speak to our staff.

## HEALTH & SAFETY EXCEPTIONS

We do our best to help everyone climb, however there are some things that will prevent you from participating in a Climb, including if you:

- have had a fit or seizure in the last six months
- have broken bones
- are more than 24 weeks pregnant, you cannot climb
- are under 8 years of age
- are under 1.2 metres tall

If you have any questions, or are concerned about your ability to climb, please check out the FAQs on our website or speak to our staff for advice before booking.

We care about our climbers; so please be aware that even if you have made a booking we reserve the right to decline participation or modify your Climb to keep you safe. Health & Safety Essentials are subject to change at our discretion.