

## MEDICAL CLEARANCE FORM

Please read the following information and present it to your medical practitioner for them to assess and complete your medical clearance to participate in RoofClimb at Adelaide Oval. This form must be signed no more than 21 days prior to the date of your RoofClimb.

### 1. MEDICAL CLEARANCE

.....  
PATIENT NAME

.....  
DATE OF CLIMB

Based on the personal information provided by the patient, and the description of RoofClimb provided by Adelaide Oval SMA Ltd (AO) within this form, I confirm that the patient (tick appropriate option):

- Is fit to participate in RoofClimb
- Is not fit to participate in RoofClimb
- As at the day of the scheduled RoofClimb, will not be more than 20 weeks pregnant and is experiencing a low risk pregnancy

.....  
MEDICAL PRACTITIONER NAME

.....  
MEDICAL PRACTICE ADDRESS

.....  
MEDICAL PRACTICE CONTACT NUMBER

.....  
SIGNATURE

.....  
DATE

### 2. PATIENT'S DECLARATION

I confirm that I have disclosed all relevant information to my doctor and to RoofClimb, I have read and understood the information in this form and I am aware of the known and potential risks involved in undertaking RoofClimb.

I understand that nothing in this Medical Clearance overrides or limits AO's discretion to refuse to allow an individual to participate in RoofClimb in accordance with the RoofClimb T&Cs.

.....  
CONTACT NUMBER

.....  
NAME

.....  
SIGNATURE

.....  
DATE

### 3. ROOFCLIMB DESCRIPTION

In conducting an assessment of their physical and psychological condition and subsequent ability to safely complete RoofClimb unassisted, medical practitioners should be aware that RoofClimb involves the following:

- a total duration of approximately 90 to 110 minutes;
- moderate physical exertion, at heights of up to 50 metres, for periods of up to 60 minutes;
- outdoor walking and climbing unaided for approximately 1.25 km along industrial style walkways, ladders and stairs;
- wearing for the duration of the RoofClimb a range of supplied equipment, including an ankle to wrist Climb Suit and Personnel Fall Prevention Equipment that weighs approximately 9kg kilograms (specifically, there is no specialised equipment for use by pregnant participants);
- for the duration of RoofClimb being harnessed and physically tethered to a continuous rail structure;
- negotiating approximately 2 ladders, up to approximately 4 metres in height at an approximate incline of 55 degrees that individuals will be required to traverse unassisted, up and down, in both a forwards and backwards direction;
- the entire RoofClimb is outdoors, and therefore individuals will be exposed to the prevailing weather conditions and must consider their ability to withstand exposure to sun, wind, rain, heat and cold;
- there will be periodic rest stops during RoofClimb, however individuals will need to be physically capable of remaining standing for the duration of RoofClimb and will **not** have access to: **toilets, shade, water or seating**

## 4. MEDICAL CONDITIONS

### What medical conditions will preclude an individual from participating in the RoofClimb experience?

An individual will **not** be permitted to participate in RoofClimb if he or she:

- is more than 20 weeks pregnant;
- has from broken bones or severely impaired limbs;
- has recently undergone surgery or have been under the effect of sedatives or general anaesthesia within the last 48 hours;
- has a limb, joint or back injury that currently affects fitness, strength or ability to climb independently;
- suffers from vertigo, dizziness or balance problems;
- has experienced 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;
- suffers from chest pain or shortness of breath;
- suffers from epilepsy and are within 6 months from having been diagnosed;
- has suffered a fit, seizure or fainting episode in the past 6 months;
- has suffered from syncope or blackouts in the last 12 months; or
- suffers from medically diagnosed Acrophobia.

### What medical conditions require medical clearance to allow an individual to participate in the RoofClimb experience?

An individual is required to provide medical clearance from a suitably qualified medical practitioner if they:

- are less than 20 weeks pregnant;
- are over the age of 75 years;
- suffer from any heart condition (including low or high blood pressure);
- suffer from any respiratory condition;
- are missing or partly missing any limb (prosthetics cannot be permitted on RoofClimb, except in AO's sole discretion);
- suffer from vertigo, dizziness or loss of balance;
- suffer from epilepsy;
- suffer from any neurological condition;
- suffer from a learning or other condition that causes them to be unable to follow safety instructions for the duration of the RoofClimb experience;
- suffer from visual impairment (except those wearing prescription glasses or contact lenses);
- suffer from hearing impairment;
- suffer from an acute gastrointestinal condition;
- suffer from a sleep condition; or
- suffer from any other condition or impairment that may inhibit their ability to complete RoofClimb unassisted and without endangering or risking their own health and safety, or that of other participants or our RoofClimb staff.

Individuals must also disclose if they suffer from diabetes or a debilitating or potentially fatal allergy, in accordance with the RoofClimb FAQs.

## 6. PRIVACY COLLECTION STATEMENT

### By signing this form, I declare that:

AO will collect, disclose and otherwise handle your personal information in this form in accordance with AO's privacy policy and the Australian Privacy Principles under the Privacy Act 1988 (Cth).

We may disclose your personal information to our agents, contractors and other third parties who provide services to AOSMA as necessary for these purposes, and as otherwise permitted or authorised by law. Generally, we do not transfer personal information outside of Australia. We may do so, however, if you have given your permission for this to occur or if we are otherwise legally entitled or required to do so.

If you believe we have breached our obligations under the Privacy Act 1988 (Cth), or if you have queries or concerns regarding the way in which AO's handles your personal information, please refer to AO's privacy policy at <http://www.adelaideoval.com.au/79/privacy.aspx> or contact our Privacy Officer, by email at [enquiries@adelaideoval.com.au](mailto:enquiries@adelaideoval.com.au) or phone on (08) 8211 1100. Our privacy policy sets out how you may lodge a complaint with AO and how we will handle your complaint. You may request access to the personal information which AO holds about you by contacting our Privacy Officer. Generally we will provide you with such access except in limited circumstances where refusal is permitted by law.

## MORE INFORMATION

If you have any questions or would like any further information, please contact the RoofClimb Centre.

 [roofclimb.com.au](http://roofclimb.com.au)

 (08) 8331 5222

 [enquiries@roofclimb.com.au](mailto:enquiries@roofclimb.com.au)