

# CLIFFHANGER Climbing Gym

## Medical Conditions Affecting Participation



The following medical conditions **restrict customers from participating** in a standard session/visit of indoor rock climbing at Cliffhanger Climbing Gym:

- Broken Bones
- Experienced a fit/seizure/pass-out or fainting episode in the past 6 months (and do not hold a drivers licence for this reason)
- A blood-alcohol reading above 0.00%

The following medical conditions may impact **your ability to participate** or could be exacerbated by participation. Customers are advised to check with their physician/doctor before participating:

- Pregnancy (up to the first trimester/3 months)
- Having undergone recent surgery
- All heart conditions (including high blood pressure)
- Previous back/limb or joint injuries
- Visual impairment\*
- Hearing impairment\*
- Learning difficulties\*

*\*some of these conditions may require a tailored pre-booked group session to facilitate safe participation.*

The following medical conditions require a '**Medical Clearance Certificate**' from the customer's physician/doctor to allow them to participate

- Pregnancy (after the first trimester/3 months)
- All heart conditions (including high blood pressure)
- Previous, climbing related, serious back or limb injuries
- After previously sustaining any sort of injury at Cliffhanger Climbing Gym

Information for expectant mothers with normal pregnancies:

Pregnant women [after seeking specific medical advice]...

- are NOT permitted to lead climb or lead belay at Cliffhanger Climbing Gym;
- may top rope climb or boulder, giving consideration to possible falls. This should be minimised by a tight belay when top roping or traversing when Bouldering;
- usually experience a loosening of cartilage and tendons and this does make you susceptible to these types of injuries when climbing;
- should avoid big falls, as your harness does apply pressure around your waist and above your hips and may result in maternal injury;
- should have previously climbed and preferably been a regular climber before undertaking climbing while pregnant;
- should use a full-body harness or sit and chest harness combination to minimise force placed on the sit harness;
- should not climb after the second trimester/~6-7 months.