

# OPTUS STADIUM

## HALO – MEDICAL 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 HALO.

This form must be signed no more than 7 days prior to your participation in HALO.

### 1. MEDICAL CLEARANCE

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**PATIENT NAME**

**OVER 75 YEARS OF AGE**

**PREGNANT** *(Participation is open to expectant mothers who are experiencing a normal pregnancy, up to the end of the 24th week. It is not open to expectant mothers with medical complications that could affect their ability to complete the experience safely and comfortably)*

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**DATE OF HALO**

Based on the personal information provided by the patient, and the description of HALO provided within this form, I confirm that the patient (tick appropriate option):

Is fit to participate in HALO

Is not fit to participate in HALO

As at the proposed Date of HALO will not be more than 24 weeks pregnant and is experiencing a low risk pregnancy and is therefore fit to participate in HALO.

**COMMENTS (IF ANY):**

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**MEDICAL PRACTITIONER NAME**

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**MEDICAL PRACTICE ADDRESS**

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**SIGNATURE**

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**MEDICAL PRACTICE PHONE NUMBER**

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**DATE**

## 2. PATIENT DECLARATION

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

I understand that nothing in this Medical Form overrides or limits Optus Stadium's discretion to refuse to allow an individual to participate in HALO in accordance with the HALO – Terms and Conditions.

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**Name**

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**Address**

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**SIGNATURE**

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**CONTACT PHONE / EMAIL**

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**DATE**

## 3. HALO - DESCRIPTION

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

- duration of approximately 90 minutes;
- the pace of the walk is leisurely, however it does involve moderate physical exertion, at heights of up to approximately 52 metres, for periods of up to 60 minutes;
- outdoor walking and climbing unassisted for approximately 1.25 km along industrial style walkways and stairs;
- wearing a range of supplied equipment, including a jumpsuit and security harness that weighs approximately 3kg kilograms;
- being harnessed and physically tethered to a continuous rail structure;
- negotiating approximately 2 ladders, 4 metres in height at an approximate incline of 55 degrees, with 78 steps, that individuals will be required to traverse unassisted, up and down, in both a forwards and backwards direction, to access the roof top of Optus Stadium;
- HALO is primarily outdoors, and therefore individuals will be exposed to the prevailing weather conditions and must consider their ability to withstand exposure to sun, wind, heat and cold, save that HALO will not take place during inclement weather (rain, high winds, lightning, extreme temperatures); and
- there will be periodic rest stops during HALO, however individuals will need to be physically capable of remaining standing for the duration of HALO and will not have access to toilets, shade, water or seating at all times during HALO.