

Health and Fitness Self-Declaration

Rope access at altitude or depth is an intrinsic component of training and assessment. Therefore, candidates should be physically fit and unaffected by any medical condition that may prevent them from undertaking their training requirements or performing manoeuvres required during assessment.

Candidates are required to declare that they do not have any medical conditions or contra-indications that may prevent them from working safely. Principal contra-indications to working at height include (but are not limited to):

- prescribed medication;
- alcohol or drug dependence;
- diabetes, high or low blood sugar;
- high or low blood pressure;
- epilepsy, fits or periods of unconsciousness, e.g. blackouts;
- vertigo, giddiness or difficulty with balance;
- heart disease or chest pain;
- impaired limb function;
- musculoskeletal issues, e.g. back pain;
- psychiatric illness;
- fear of heights;
- sensory impairment, e.g. blind, deaf.

If a candidate has a contra-indicated condition (listed above or otherwise), he/she shall obtain a medical certificate from a medical doctor to provide to the member company providing the training to confirm that the condition does not prevent that person from performing a rope access assessment or rope access work activities.

The medical certificate should clearly identify the individual's (name, date of birth, address), provide confirmation of their fitness to undertake rope access and related activities, and the name and contact details of the doctor providing the confirmation.

By signing this declaration, you warrant and acknowledge that:

- a) the information given by you in entering this agreement is correct and will be relied upon by us;
- b) IRATA staff, member company representatives, training instructors, assessors and subcontractors are not medically qualified and should you have any concerns regarding your health and/or fitness you should seek independent medical advice before engaging in any physical activity;
- c) a member company or assessor has the right to exclude any candidate from training or assessment if they have concerns over the candidate's health, fitness or attitude to safety;
- d) to the best of your knowledge and belief, you are in good health and not knowingly incapable of engaging in rope access activities, and that such activities would not be detrimental to your health, wellbeing or physical condition or to others who may be affected by your acts or omissions;
- e) you will advise IRATA should your health or vulnerability to injury change and immediately cease rope access activities unless approved to do so by a medical doctor;
- f) should there be any contra-indication or doubt regarding health or fitness to perform rope access activities, a medical certificate has been provided as confirmation.

Please tick here if a medical certificate has been provided

Before signing this document, please verify that the content you are signing is correct.

Name:			
Signature:		Date:	