



Possible stress factors when participating in underground tours at Central Deborah Gold Mine

Mine Experience Tour	Underground Adventure Tour	Nine Levels of Darkness
Able to follow instructions	Able to follow instructions	Able to follow instructions
Able to keep helmet on head at all times	Able to keep helmet on head at all times	Able to keep helmet on head at all times
Able to stay with group and not wander away	Able to stay with group and not wander away	Able to stay with group and not wander away
Claustrophobia/semi-confined spaces (You can stand in the middle of the underground tunnels with arms stretched and not touch the edges)	Claustrophobia/semi-confined spaces	Claustrophobia/confined spaces (This includes traveling underground in a small cage in close contact with three other people)
Pitch darkness, except for head lamps	Pitch darkness, except for head lamps	Pitch darkness, except for head lamps
Occasional loud noises (eg: Alimak Lift, Rock Drills, Explosives Display, Bogger)	Occasional loud noises (eg: Alimak Lift, Rock Drills, Explosives Display, Bogger)	Occasional loud noises (eg: Rock Drills)
Occasional bright flashing lights (eg: lights on helmets and explosives display)	Occasional bright flashing lights (eg: lights on helmets and explosives display)	Occasional bright flashing lights (eg: lights on helmets and explosives display)
Able to wait patiently for assistance, if required.	Able to wait patiently for assistance, if required.	Able to wait patiently for assistance, if required.
No toilets available underground	No toilets available underground	No toilets available underground
	Able to climb 6 sets of 4 metre ladders, up and down in a confined space with at least 3 points of contact on the ladder at all times. (Ie: Participants need to have 2 arms and 2 legs, this can include prosthetics)	Able to climb ladders (whilst hooked up to a harnessing system), up and down for at least 60m in a confined space with at least 3 points of contact on the ladder at all times. (Ie: Participants need to have 2 arms and 2 legs, this can include prosthetics)
	Able to walk up a rough sloping surface for 100m.	In an emergency, able to climb up the mine ladderway, for a distance of approx. 150m. Extremely physically demanding.



Possible stress factors when participating in tours at Bendigo Tramways or the Bendigo Joss House Temple

Vintage Talking Tram Tour	Depot and Workshop Tour	Bendigo Joss House Temple
Ability to follow instructions	Ability to follow instructions	Ability to follow instructions
There aren't any seatbelts, must stay seated whilst aboard the tram	Must keep away from moving trams	Smell of burning incense
Occasional loud noises (eg: Trucks, cars, horns, onboard commentary)	Stay within public areas and not wander into workshop areas	Not touching the artefacts on the altars
Limbs must be kept within the tram at all times	Occasional loud noises (eg: restoration equipment, tram compressors)	
Cannot enter the driver's cabin	Ability to keep hard hat on if entering the maintenance pit	
No toilets on board the trams	Follow signage which indicates which trams are too fragile to step aboard and which trams are okay to explore	
There may be other passengers aboard the tram		
Dogs are allowed aboard the trams with their owners if they are on a lead		