

**MEDICAL FORM-  
EXAMPLE**

**Name:** .....

**Emergency Contact:** .....

**DOB:** .....

**Relationship:** .....

**Tel Home:** .....

**Tel:** .....

**Tel Work:**.....

**Mobile:** .....

**Doctor:**

**Tel:**

It is your responsibility to make known any potential medical conditions that may affect you during the activities associated with the program you will be taking part in. Please therefore provide as many details as possible.

Have you ever suffered from any of the following conditions?

- |                                   |     |    |
|-----------------------------------|-----|----|
| • Asthma/bronchitis               | Yes | No |
| • Heart conditions                | Yes | No |
| • Fits, fainting or blackouts     | Yes | No |
| • Severe headaches                | Yes | No |
| • Diabetes                        | Yes | No |
| • Travel sickness                 | Yes | No |
| • Allergies to medication         | Yes | No |
| • Any other allergies             | Yes | No |
| • Anxiety or depression           | Yes | No |
| • Other illnesses or disabilities | Yes | No |

If you have answered yes to any of the above, please provide details in the box below.

Are you currently taking any medication at the moment? If so please specify.

Are you suffering/recovering from any injuries which may affect your involvement?

Do you have any food or other allergies?

Signed: .....Name: .....Date: .....