



# Medical Form

Please note the attached notes for medical advice. All participants are asked to sign that they have noted these and return to ECO-Adventures before 7<sup>th</sup> October 2006. If any participant is in any doubt as to their physical condition to participate in this event, they should advise race management prior to taking part.

Please indicate if you are affected by any of the conditions below and advise ECO-Adventures.

- Diabetes mellitus \_\_\_\_\_
- Ischaemic heart disease (myocardial infarction) \_\_\_\_\_
- Epilepsy \_\_\_\_\_
- Major psychiatric disease (agoraphobia, psychosis, depressive or manic disease, schizophrenia) \_\_\_\_\_
- Asthma/severe allergic reactions. Please list... \_\_\_\_\_
- Obstructive airways disease \_\_\_\_\_
- Lower limb joint replacement or arthritis \_\_\_\_\_
- Vertigo \_\_\_\_\_
- Hypertension \_\_\_\_\_
- Allergies to medication? (please list) \_\_\_\_\_
- Current Medications (please list) \_\_\_\_\_
- Please list any major surgeries within the last 5 years \_\_\_\_\_
- Other. Please list any other medical conditions not noted above: \_\_\_\_\_

I have noted the medical advice given and confirm that I do not suffer from any of the conditions listed above. I understand that I may be asked to be removed from the event at any time, if in the opinion of event management staff, I am incapable of continuing for any reason.

Participants in this event do so entirely at their own risk and are expected to take the necessary precautions appropriate to the conditions. ECO Adventures or event staff shall not be liable for death or bodily injury sustained by participants.

**(PLEASE PRINT CLEARLY – Block Letters)**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Sex: M \_\_\_\_\_ F \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

**Emergency Contact Name** \_\_\_\_\_

Relationship \_\_\_\_\_

Phone Number \_\_\_\_\_ Alt Phone number \_\_\_\_\_

**This form must be completed and signed by all participants and returned to ECO-Adventures before the event**