



## MEDICAL & EMERGENCY FORM

PLEASE FILL IN ONE FORM PER PERSON, EVEN IF A COUPLE OR IN SAME FAMILY

NAME OF PARTICIPANT: \_\_\_\_\_

HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ SWIMMING ABILITY: YES \_\_\_ NO \_\_\_

PREGNANT: YES \_\_\_ NO \_\_\_ IF YES, EXPECTED DUE DATE \_\_\_\_\_

MEDICAL CONDITIONS WE SHOULD BE AWARE OF (PAST AND PRESENT): YES \_\_\_ NO \_\_\_

IF YES, PLEASE SPECIFY: DIABETES / HEART DISEASE / EPILEPSY / ASTHMA / HIGH BLOOD PRESSURE / BACK PROBLEMS / DISLOCATIONS / OTHER, PLEASE DESCRIBE:

---

---

---

---

ARE THERE LIMITATIONS ON ANY OF THE ACTIVITIES INCLUDED IN OUR TOURS? YES \_\_\_ NO \_\_\_

IF YES, PLEASE SPECIFY:

---

---

MEDICATIONS YOU ARE TAKING WITH DOSAGE:

---

---

---

ALLERGIES / DIETARY RESTRICTIONS (PLEASE DESCRIBE IN DETAIL. FOR INSTANCE, IF YOU ARE VEGETARIAN, VEGAN, LACTOSE INTOLERANT, ALLERGIC TO FISH, NUTS, ETC.):

---

---

---

MEDICAL INSURANCE COVERAGE:

COMPANY \_\_\_\_\_

POLICY NUMBER \_\_\_\_\_

CONTACT PERSON IN CASE OF EMERGENCY: \_\_\_\_\_

RELATIONSHIP \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE NUMBERS Home \_\_\_\_\_ Work \_\_\_\_\_