

# MEDICAL QUESTIONNAIRE

The purpose of this Medical Questionnaire is to find out if you should be examined by your doctor before participating in freediving activities. A positive (i.e. "YES") response to a question does not necessarily disqualify you from freediving. A positive response means that there is a pre-existing condition that may affect your safety while freediving and you MUST seek the advice of a physician prior to engaging in freediving activities. The physician needs to sign at the bottom of the form to say that he/she finds no medical conditions incompatible with freediving if any "YES" box is ticked.

Please answer the following questions on your past or present medical history by ticking the box marked **YES** or **NO**. If you are not sure, answer **YES**.

YES NO

	YES	NO
<b>Neurological Conditions:</b> Especially any history of seizure disorder, stroke, brain surgery, repeated black outs or fainting fits, severe migraine headaches, or aneurysm of the brain's blood vessels		
<b>Cardiovascular Conditions:</b> Especially heart attack, heart surgery, irregular heartbeat, uncontrolled elevated blood pressure		
<b>Pulmonary Conditions:</b> Especially a history of spontaneous collapsed lung, collapsed lung due to injury, cysts or air pockets of the lungs, severe damage to lung tissue, emphysema, or any lung problem which interferes with your ability to breathe		
<b>Ear Conditions:</b> Permanent holes of the eardrums, history of ruptured eardrum, permanent tubes in eardrums, severely impaired hearing or hearing loss in one or both ears, or major ear surgery		
<b>Sinus Conditions:</b> Tumor, polyps, or cyst of the sinus cavities or nasal passages, major sinus surgery, or persistent sinus infection		
<b>Asthma:</b> History of asthma or asthma attacks. Any history of wheezing caused by exercise, anxiety, cold, fatigue, etc. Any condition requiring medication and/or use of an inhaler for control of wheezing		
<b>Diabetes Mellitus:</b> Especially Type I Diabetes (Insulin dependent) or Type II Diabetes, which requires insulin or oral medication for control. Any form of Diabetes that is unstable, "brittle" or produces episodes of hypoglycemia (low blood sugar reactions), hyperglycemia (extremely high blood sugar with ketosis) or if there is related kidney disease, eye disease, heart disease or blood vessel disease		
<b>Pregnancy:</b> If you are presently pregnant or planning to be pregnant		
<b>Freediving/ Scuba Diving Conditions:</b> Previous history of a diving accident, decompression sickness, decompression of the inner ear of air		

YES NO

<b>Medication:</b> Any medication taken on a regular basis either over-the-counter or prescribed by a physician. Please list below.		
<b>Allergies:</b> Please list in the space below anything that you are allergic to.		
<b>Do you use an EpiPen (epinephrine autoinjector)?</b> *If yes, please bring this with you and tell your instructor where it is kept.		
<b>General Medical Problems:</b> Any physical and/or emotional condition not mentioned that might affect your safety in an underwater environment or affect your judgment under times of physical or emotional stress		

I, \_\_\_\_\_ (name) certify that I have answered the above questions accurately and honestly. I also declare that I will freedive within the levels of my experience, competence and training with a competent buddy at all times.

SIGNATURE:	DATE:
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PHYSICIAN TO COMPLETE (If any "YES" box was ticked in the Medical Questionnaire)

- ( ) I find no medical conditions that I consider incompatible with freediving
- ( ) I am unable to recommend this individual for freediving

PHYSICIAN SIGNATURE:	PHYSICIAN STAMP OR CONTACT DETAILS:
NAME:	
DATE:	