



DOCUMENTED METHOD OF PROVIDING ADVICE ABOUT MEDICAL CONDITIONS TO PROSPECTIVE RECREATIONAL SNORKELLERS

Reference the Workplace Health and Safety Regulation 1997 Section 86I and the Compressed Air Recreational Diving and Recreational Snorkelling Code of Practice 2005 Section 2.2.2

Medical Declaration - recreational snorkellers

I (*print name*) _____
declare that I have been advised snorkelling can be a strenuous physical activity and may increase the health and safety risks to me if I am suffering from:

A. Any medical conditions that may be made worse by physical exertion.

For example heart disease, asthma, some lung complaints

B. Any medical condition that can result in loss of consciousness.

For example some forms of epilepsy and some diabetic conditions

C. Asthma that can be brought on by cold water or salt water mist

I have been advised that snorkelling can be a strenuous physical activity even in calm water and that older persons are at an increased risk of death and injury due to a higher incidence of medical conditions made worse by physical exertion, such as heart disease and stroke.

I have been advised to tell the lookout, snorkelling supervisor or snorkelling guide if I have any concerns about a medical condition.

Signature _____ Date _____

Parent's or guardian's signature for minors _____

Note: It is recommended persons with a medical condition and older persons intending to snorkel should:

A. Snorkel in an area which allows the lookout or snorkelling supervisor to offer closer supervision.

B. Wear a flotation device that will support the wearer in a relaxed state.

C. Snorkel in a buddy pair