

# MEDICAL FORM

## IMPORTANT INFORMATION

Doctor and participant must read the following before completing the medical form:

### About Outward Bound

Courses vary in duration from 5-21 days. Designed to be both physically and mentally challenging, activities can include running, swimming, rock climbing, solo, kayaking, sailing and tramping in all weather conditions.

### Acceptance

This medical form must be completed by a medical doctor. It will then be reviewed by an Outward Bound Medical Screener/Nurse for final acceptance and confirmation of enrolment. Full disclosure of medical history is necessary to ensure the participant's and others' safety. Medical conditions may not necessarily exclude a participant, unless indicated, as long as the condition can be appropriately managed.

### Medical form validity

This medical form is valid for 90 days\* from the date it is completed by a doctor and must be valid until the course start date.

\*Mind Body Soul, Classic, and Leaps & Bounds course participants' forms are valid for 180 days, unless told otherwise.

## PLEASE ENSURE YOU

- 1) Complete ALL sections of this medical form
- 2) Have a copy of your COVID-19 Vaccine Pass and send BOTH of these to Outward Bound at least **8 weeks** before your course starts.

Email: enrol@outwardbound.co.nz

Fax: +64 4 472 8059

Both doctor AND participant MUST complete the signature section of the final page of this form to be considered.

For more information, contact us on 0800 688 927

## SECTION 1: PARTICIPANT DETAILS

Completed by PARTICIPANT

FULL NAME

GENDER

DATE OF BIRTH (DD/MM/YY)      AGE

      

MOBILE PH

HOME PH

WORK PH

EMAIL

FITNESS

*Excludes some adapted and custom design programmes that have their own fitness requirements.*

Can you comfortably run 3km in under 25 minutes and complete a full day's activity?

N/A       Yes       No

WATER CONFIDENCE

Are you confident in water and comfortable putting your head underwater?

Yes       No

Can you swim 20 metres?

Yes       No

SMOKING

Do you smoke?      Yes       No

If yes, how many per day?

Are you prepared to go smokefree at Outward Bound?      Yes       No

## SECTION 2: MEDICAL HISTORY

Completed by DOCTOR

HEIGHT (CM)

WEIGHT (KG)

RESTING  
HEART RATE

BLOOD  
PRESSURE

OFFICE USE ONLY  
COURSE CODE



**PARTICIPANT NAME**

[Redacted Name Box]

**SECTION 2 (CONT.)**

**Completed by doctor**

**Does the participant have, or have they ever had, any of the following:**

1. Mental health (anxiety, depression, bi-polar, schizophrenia, eating disorder, alcohol/drug treatment or counselling, suicidal thoughts/ attempts, self-harming behaviours) No  Yes   
*If yes, complete section 6*

2. Behavioural issues (ADHD) No  Yes   
*If yes, complete section 6*

3. Asthma No  Yes   
*If yes, complete section 5*

4. Epilepsy - must be seizure free for past 5 years (12 months for some adapted courses) No  Yes

5. Diabetes - control of HbA1c (53-64 mmol is required) No  Yes   
*Include HbA1c from past 3 months*

6. Allergies (food, stings, medicine) No  Yes   
*If yes include severity and last reaction*

7. Traumatic experiences or death of family/friend in past year No  Yes

8. High blood pressure No  Yes

9. Fainting attacks, blackouts No  Yes

10. Migraine No  Yes

11. Hepatitis, HIV or AIDS related condition No  Yes

12. Learning difficulties No  Yes

13. Disability (intellectual, physical) No  Yes

14. Head injury, concussion, unconsciousness No  Yes

15. Current medication No  Yes

16. Heart condition No  Yes

17. Backache, spinal injury, disc trouble No  Yes

18. Knee, ankle or joint injury No  Yes

19. Other serious illness, injury, operation or condition No  Yes

20. Currently pregnant - if YES participant cannot attend No  Yes  N/A

If you answered 'yes' to questions 4-20, provide details in the space below. Please also attach any specialist letters.

[Large empty box for providing details and attaching specialist letters]

*If extra space is required please attach extra sheet of paper to the back of form*

CURRENT MEDICATION	DOSAGE	DATE COMMENCED
[Redacted]	[Redacted]	[Redacted]
[Redacted]	[Redacted]	[Redacted]
[Redacted]	[Redacted]	[Redacted]
[Redacted]	[Redacted]	[Redacted]
[Redacted]	[Redacted]	[Redacted]

## PARTICIPANT NAME

## SECTION 3: MEDICAL EXAMINATION

Completed by doctor

Outward Bound does not require advanced screening tests (e.g. spirometry, audiometry, ECGs) unless clinically indicated

Cardiovascular system	Normal	<input type="checkbox"/>	Abnormal	<input type="checkbox"/>
Current mental status	Normal	<input type="checkbox"/>	Abnormal	<input type="checkbox"/>
Central nervous system	Normal	<input type="checkbox"/>	Abnormal	<input type="checkbox"/>
Hearing	Normal	<input type="checkbox"/>	Abnormal	<input type="checkbox"/>
Ears	Normal	<input type="checkbox"/>	Abnormal	<input type="checkbox"/>
Abdomen	Normal	<input type="checkbox"/>	Abnormal	<input type="checkbox"/>
Locomotor system	Normal	<input type="checkbox"/>	Abnormal	<input type="checkbox"/>
Respiratory system	Normal	<input type="checkbox"/>	Abnormal	<input type="checkbox"/>
Vision	Normal	<input type="checkbox"/>	Abnormal	<input type="checkbox"/>

DESCRIBE ANY ABNORMAL FINDINGS:

## SECTION 4: IMMUNISATION

Completed by doctor

Has the participant had Measles?

No  Yes  Unsure

How many doses of the MMR vaccine has the participant had?

0  1  2  Unsure

Vaccination is recommended by public health services due to the 2019 Measles outbreak and the risks associated with bringing people from all over NZ to Outward Bound.

## COVID-19 VACCINATION

Has the participant been fully vaccinated against COVID-19? Yes  No

*Please note: to attend Outward Bound you must be fully vaccinated against COVID-19 and must send us a copy of your Vaccine Pass alongside this medical form.*

## SECTION 5: ASTHMA INFORMATION

Completed by doctor if answered YES to question 3

Outward Bound participants will be exposed to a wide range of asthma triggers including vigorous exercise, cold weather, damp weather and allergens. The participant's asthma must be well-controlled, with a current asthma action plan, to ensure their safety and full participation.

YEAR ASTHMA  
DIAGNOSED

FREQUENCY OF  
EXACERBATIONS

EMERGENCY TREATMENT REQUIRED IN  
LAST 2 YEARS?

No  Yes  If yes, state how many times

DATE OF LAST HOSPITALISATION OR  
EMERGENCY TREATMENT

TRIGGERS

PEAK FLOW READINGS

Best peak  
flow

Expected  
peak flow

Current  
peak flow

ASTHMA MEDICATION

Medication Dosage Date commenced Date last used

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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**PARTICIPANT NAME**

**SECTION 6: MENTAL HEALTH / BEHAVIOURAL INFORMATION**

Completed if answered YES to questions 1 or 2  
This section must be completed by the health professional who has worked with the participant e.g. counsellor, psychiatrist, doctor.

Outward Bound is mentally demanding - participants will get outside their comfort zone and push their limits. We require full disclosure of any mental health or behavioural issues to ensure the participant's and others' safety. Our aim is to ensure participants are mentally fit so they are able to complete their Outward Bound course in full. Note that Outward Bound is unable to provide any counselling, treatment or support for mental health or behavioural issues.

**WHAT IS/WAS THE CONDITION/ DIAGNOSIS?**

**WHAT TRIGGERED THE CONDITION?**

**WHAT WERE THE SYMPTOMS?**

**WHEN WERE THE LAST SYMPTOMS (INCLUDING DATES)?**

**HAS THE PARTICIPANT EVER BEEN SUICIDAL, ATTEMPTED SUICIDE OR SELF-HARMED?**

No  Yes  If yes, provide details including dates at the top of the next column

**DETAILS OF SELF-HARM OR SUICIDE ATTEMPT**

**HAS THE PARTICIPANT DISPLAYED AGGRESSIVE OR VIOLENT BEHAVIOUR?**

No  Yes  If yes, provide details, including dates

**HOW WAS THE CONDITION TREATED?**

Medication	Dosage	Date commenced	Date last used
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**WHAT IS THE CURRENT STATE?**

**DETAILS OF THE HEALTH PROFESSIONAL COMPLETING SECTION 5**

Tick here if same as the doctor who is completing the rest of this form

**FULL NAME**

**OCCUPATION**

**TELEPHONE**

**EMAIL**

**PARTICIPANT NAME**

## SECTION 7: DOCTOR'S DETAILS

Completed and signed by doctor

**ARE YOU THE PARTICIPANT'S REGULAR DOCTOR?**

No  Yes

**DOCTOR'S NAME**

**MEDICAL CENTRE**

**TOWN/CITY**

**EMAIL**

**TELEPHONE**

**DOCTOR'S STAMP**

## APPROVAL

Signed by doctor

As a Registered Medical Practitioner: I have read the important information on the front of this medical form. I confirm that all required sections of this medical form are completed in full. I certify that the health and fitness of the participant is:

Please select one and sign below

**SATISFACTORY:  
PARTICIPANT SHOULD BE ACCEPTED**

**DOCTOR'S SIGNATURE**

**TODAY'S DATE**

**UNSATISFACTORY:  
PARTICIPANT SHOULD NOT BE ACCEPTED**

**DOCTOR'S SIGNATURE**

**TODAY'S DATE**

## PARTICIPANT DECLARATION

- I declare that the information given in this form is true and complete to the best of my knowledge.
- I understand that if:
  - a) I have not disclosed all previous medical conditions or injuries, or
  - b) My medical condition changes or I receive an injury after signing this form and do not disclose this to Outward Bound before the course, and these conditions or injuries limit or exclude me from the course, I will not be entitled to a refund.
- The safety and wellbeing of participants on an Outward Bound course is the first concern of Outward Bound. However, I understand that all participants take part at their own risk and must accept personal liability for any injury.
- I authorise Outward Bound to contact the Doctor who signed this form to obtain further information that may be required.
- I acknowledge that, in accordance with the provisions of the Privacy Act 2020, the following information has been brought to my attention:
  - a) This form collects personal information about me.
  - b) The information is collected to evaluate my suitability to attend an Outward Bound course.
  - c) The intended recipients of this information are those staff directly involved with my attendance. Outward Bound staff may share relevant information with other health professionals who may be required to be involved in my health care.
  - d) The Health Information Privacy Code 2020 under Rules 6 and 7, and the Privacy Act 2020, entitles me to have access to, and request a correction of, the information. Where correction is not made, a statement of request for correction will be attached to my records.
  - e) The information is being collected and held by Outward Bound.

## SIGNATURE

Signed by participant

**PARTICIPANT NAME**

**PARTICIPANT SIGNATURE**

**TODAY'S DATE**

Please ensure both the doctor AND participant signatures have been completed before submitting this form