Medical declaration for snorkelling

I (print name)

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

• any medical condition/s that may be made worse by physical exertion (e.g. heart disease, asthma and some lung complaints)
• any medical condition/s that can result in loss of consciousness (e.g. some forms of epilepsy and some diabetic conditions)
• asthma that can be brought on by cold water or salt water mist.

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

I have been advised that snorkelling can be a strenuous physical activity even in calm water and that older people 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.

Signature Date

Parent’s or guardian’s signature for minors Date

People with a medical condition and older people intending to snorkel should:

• snorkel in a closely supervised area for the lookout or snorkelling supervisor to better observe any issues
• wear a flotation device for support
• snorkel with a buddy.