



Aquaterra Adventure's Medical / Health Questionnaire

Kayaking is a physically demanding activity that comes with risk. In the event of an emergency, having the correct information and history on hand and being able to get it into the hands of health care providers quickly could be the difference between life and death. This information will be kept confidential.

Name: _____ Age: _____ Gender: _____ Height: _____ Weight: _____

Emergency Contact Person: _____ Doctor's Name : _____

Emergency Contact Phone: _____ Doctor's Phone: _____

Health Insurance Carrier (for overnight trips only): _____ Policy Number: _____

MEDICAL INFORMATION: (Check all that apply)

Diabetes ____ High Blood Pressure ____ Asthma ____ Epilepsy ____ Stroke ____

Have heart disease ____ Have you ever had a heart attack or stroke? ____ Chest pain w/ physical exertion ____

Have you had an allergic reaction? ____ To what? _____ Do you carry an EPI Pen? ____

Lung disease or breathing disorder? ____ What? _____ Do you carry an inhaler? ____

Back problems _____ Wrist / Elbow / Shoulder / Hip / Knees / Ankle Problems _____

Are you currently under a doctor's care? ____ If so, what? _____ Are you pregnant? ____

Are you currently taking any prescription medication? ____ If so, what? _____

Have you undergone surgery within the last 12 months? ____ If so, what? _____

Have you been advised by a healthcare provider not to engage in vigorous physical activity? _____

Dietary Restrictions or Food Allergies: _____

HEALTH QUESTIONNAIRE:

Do you exercise for at least 20 minutes, 3 or more times a week? _____ Do you smoke? _____

Please give a brief but accurate description of your general health and weekly activity level: _____

Please describe anything else about your physical or emotional condition that could impact on your ability to engage in a strenuous physical activity or that we should know to make your time in class or in this sea kayaking adventure a better experience?

I affirm that my health is good and that the above information is accurate and complete.
I affirm that I have been informed of Aquaterra Adventures cancellation policies.

Signature: _____ Printed: _____