MEDICAL AND CONSENT FORM

Name: Preferred name:	Date of Birth (DD/MM/YYYY)	Age:	Gender:
Address:			
Phone:	Email:		

IN CASE OF EMERGENCY, PLEASE CONTACT:

Name:	Relationship:	Phone:
Last Tetanus Injection (Year)	Confident in water? Yes ☐ No ☐	Can you swim? Yes ☐ No ☐ A Bit ☐
Height _____cm / Weight _____kg	Pregnant? Yes ☐ No ☐	Caving has confined spaces, are you comfortable with that? Yes ☐ No ☐

Please indicate if you suffer/have suffered from: (If ticked, please briefly describe below, including previous treatment and how this may affect your participation at BMAC)

☐ Allergies ☐ Heart Complaints ☐ Mental Illness Description
☐ Poor Balance ☐ Diabetes ☐ Asthma
☐ Epilepsy ☐ Other

Any medications you currently take?

Please indicate any injuries that may affect your participation at BMAC: (If ticked, please briefly describe below, including previous treatment)

☐ Head ☐ Neck/Back ☐ Shoulders Description
☐ Arms/Wrists/Hands ☐ Chest ☐ Abdomen
☐ Hips/Pelvis ☐ Legs/Ankles/Feet ☐ Other

Any other information that would be relevant for us to know? Eg Concussions, previous traumatic incidents, prosthetic limbs

Dietary requirements Gluten Free ☐ Dairy Free ☐ Vegetarian ☐ Vegan ☐ Nut Allergy ☐

☐ I give permission for Blue Mountain Adventure Centre to give non prescription medication as required (eg Panadol, Ibuprofen)

At BMAC we use picture in our marketing through Facebook, Instagram and other media. **If you do not want your pictures used to promote BMAC please tick here** ☐

Adventure activities contain a degree of risk. The Salvation Army Blue Mountain Adventure Centre will make every effort to ensure your safety, however, adventure activities contain risks that cannot be completely eliminated. Possible risks include injury or death from drowning, falling, volcanic eruption, avalanche, motor vehicle accidents, burns, heat stress, hypothermia or medical complications.

In the event of an accident or illness, I authorise the obtaining of such medical assistance as may be thought necessary by the staff of The Salvation Army Blue Mountain Adventure Centre. I also agree to abide by all rules set down by The Salvation Army Blue Mountain Adventure Centre. I accept responsibility for my own actions.

Pregnancy or weighing more than 120kgs may impact our ability to take you on certain activities. Please speak to us prior to arriving if you have any concerns about this.

I have been informed of, and understand the potential risks, and will comply willingly with the instructor's guidance in the interests of my personal safety, and of others on programme.

Signed (Participant):	Date:
Signature of Parent/Guardian: (If participant under 18 years)	Date: