



Gabriola Sea Kayaking Medical Form

In order to best accommodate your needs in the case of an emergency, please provide us with the following information. It will remain confidential, and will not exclude you from our adventures.

Name:

Trip Dates & Destination:

Address, City, Postal Code:

E-mail:

Phone:

Medical Insurance Plan #:

Date of Birth:

Citizenship *:

In case of emergency, we should contact:

Name:

Phone:

Relationship:

Please list any medication you must take:

Please investigate with your doctor whether your medication (A) requires special protection from sunlight or moisture, and (B) may create side effects specific to the wilderness (e.g. susceptibility to sunburn), and if your medication is life-sustaining (C).

Please bring a second set of your medication for our guides to carry. Thanks. Your medication - any pills of any type - should be clearly labeled, including the dosage, and each type of pill carried in its own container. Thanks.

IF YOU HAVE BEEN UNDER A DOCTOR'S CARE IN THE PAST 3 MONTHS, PLEASE DESCRIBE:

PLEASE SPECIFY THE FOLLOWING:

PSYCHOLOGICAL LIMITATIONS (eg fear of water, heights):

PHYSICAL LIMITATIONS (eg swimming ability):

CHRONIC ILLNESS (eg DIABETES, ANGINA):

PRIOR HISTORY OF JOINT INJURY (eg tendonitis, shoulder separation, carpal tunnel):

ALLERGIES TO FOOD OR MEDICATION:

(if your allergy is anaphylactic, or life threatening, please specify, and bring an AnaKit)

WHAT FOOD ITEMS WILL YOU NOT EAT?

DATE OF LAST TETANUS IMMUNIZATION: If you have not had a tetanus booster in the past 10 years, even a small cut may force your evacuation, at your own cost.

DO YOU WEAR CONTACTS?

I understand that withholding information may contribute to injury or illness complications, and possibly compromise the care provided in the event of an emergency. If any of the above changes prior to, or during, the trip I will notify the leader.

(signature of parent or guardian if participant is under 19 years) Date:

Please mail a completed and signed copy of this form at least 30 days before trip start to:

**Gabriola Sea Kayaking, 363 Hemlock Ave, Gabriola BC, V0R 1X1
Or fax to (604) 648-8330**

Thanks