

MEDICAL STATEMENT

Leve-Leve Freediving · leve-leve 慢慢來自由潛水

Please read first. Breath-hold diving places unusual demands on the body. Some medical conditions that are harmless in everyday life, or even in other sports, can become dangerous underwater. This questionnaire exists to find out whether you should speak to a doctor before taking part.

A **YES** answer does not automatically stop you from participating. It means a doctor needs to look at it first. **If you are unsure about a question, answer YES.**

Full name (as on passport / ID): _____

Date of birth: _____ Date of activity: _____

Emergency contact & phone: _____

Please answer every question

#	Question	YES	NO
1	Medication. Do you take any medication regularly, prescribed or over the counter? <i>If yes, list it:</i>		
2	Mental health. Do you have, or have you had, a mental health or mood condition, including panic attacks or severe anxiety?		
3	Neurological. Have you ever had seizures or epilepsy, a stroke, brain surgery, fainting spells or repeated blackouts, severe migraines, or a brain aneurysm?		
4	Heart and circulation. Do you have, or have you had, heart disease, a heart attack, heart surgery, an irregular heartbeat, a pacemaker, or high blood pressure that is not well controlled?		
5	Lungs and breathing. Do you have, or have you had, asthma, a collapsed lung, lung cysts or air pockets, emphysema, or any condition that affects your breathing?		
6	Ears, nose and throat. Have you had ear or sinus surgery, a perforated eardrum, grommets or tubes in your ears, persistent sinus infections, or significant hearing loss? Do you have difficulty clearing your ears on a plane?		
7	Eyes. Have you had eye surgery (including laser correction) in the last six months, a detached retina, or severe short-sightedness?		
8	Diabetes. Do you have diabetes of any type, particularly if it is treated with insulin or is difficult to keep stable?		
9	Previous diving problems. Have you ever had a blackout or loss of motor control while diving, a lung squeeze, coughing blood after a dive, decompression sickness, or any other diving accident?		
10	Recent illness or surgery. Have you had surgery, a serious illness, or an injury in the last six months? Do you currently have a cold, flu, chest infection or blocked sinuses?		
11	Pregnancy. Are you pregnant, or might you be?		

12	Anything else. Is there any other physical or emotional condition that could affect your safety in the water, or your judgement under physical or emotional stress?		
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If you answered YES to anything, please give details here:

Declaration

I have answered these questions accurately and honestly. I understand that failing to disclose a condition may put my own safety and the safety of the people diving with me at risk, and that the Instructor is relying on what I have written here.

Signature _____

Printed name _____

Date _____

To be completed by a physician — required if any question above was answered YES.

- ☐ I find no medical condition that I consider incompatible with breath-hold diving.
- ☐ I do not recommend this person for breath-hold diving.

Participant's name: _____

Physician's name: _____ Phone: _____

Clinic name and address: _____

Signature / stamp: _____ Date: _____

My signature confirms that I have reviewed this person's medical statement and the answers given above.