



SAA Head Office
 Space Solutions Business Centre
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Declaration of Medical Fitness for Snorkelling

Snorkel diving, whether in a swimming pool or in open water, is an activity which requires general physical fitness and good health. It can also do much to generate these conditions, and improve swimming ability and watermanship.

However, anyone with a history of diabetes, black-outs (epilepsy, etc.) perforated eardrums, grommets, high blood pressure (Greater than 140/90) or heart disease, any lung or respiratory disorder, dependence on drugs should not contemplate taking up this sport without first discussing their suitability to do so with a UKDMC medical referee (<https://www.ukdmc.org/medical-referees/>).

Persons wishing to take up snorkelling, with a SAA Club must complete the following medical declaration. Those with learning difficulties sufficient to produce problems in understanding and remembering the theory and techniques of snorkelling may be disqualified. If the applicant is under 18 years of age, the declaration must be completed and signed by a parent/guardian, who is aware of the person's health history. *Remember: the applicant is the one at risk if a false declaration is made.*

The SAA Club reserves the right to insist that the applicant undertakes a full medical examination by a medical practitioner. If anything about the applicant's medical history declared on this form gives them cause for concern. They do this with your safety in mind.

Declaration

1] To the best of my knowledge, I certify that I/the applicant (*if under 18 years of age*) has not in the past suffered from any of the conditions mentioned in the indented paragraph above.

or

2] That you/the applicant has one of these or any other medical problems and after consulting with a UKDMC medical referee have been given clearance to undertake snorkelling activities.

Name of applicant _____ Date of Birth _____

Signature of applicant _____ Date _____

Signature of Parent / Guardian _____ if applicant is under 18 years.

This completed declaration should be given to the SAA Club before training begins and will be held by them.

Seen by SAA Club DO _____

Result: FIT (Update club and members records).

Refer to applicant to UKDMC medical referee.