



MEDICAL CHECKLIST

Player's Name:

Date of Birth: / /

CIRCLE YOUR ANSWER

1. Have you had any cardiovascular or blood disease?.....Yes/No
(Heart, blood pressure, bleeding tendencies)
2. Have you had any lung disorders?.....Yes/No
(asthma, wheezing, pneumothorax or tuberculosis)
3. Have you had any fits, epilepsy, convulsions or blackouts?.....Yes/No
4. Do you have diabetes or any other serious disease?.....Yes/No
5. Have you had any serious ear, sinus or eye disease?.....Yes/No
6. Have you had any neurological or psychiatric disease?.....Yes/No
7. Over the past month, have you been treated for any illness by a medical practitioner, taken any drugs or medication that may impair your responses?Yes/No
8. (Females) Are you pregnant?Yes/No
9. Do you have difficulty equalizing (popping) your ears?.....Yes/No

If the participant answers yes to any of the above questions they should seek medical advice that they are fit to play before commencing underwater activities.

SA Underwater Hockey Club provides a Medical Authorisation Form Addendum A which is to be signed by a medical practitioner and returned before the player commences training.



Medical Authorisation Form - Addendum A

- ASTHMA:** Swimming is very good exercise for asthmatics, however underwater activities can restrict breathing due to increased dead air space of a snorkel. Underwater activities can be physically demanding and are performed while holding your breath at depths of 2-5m. Approved Asthmatics should always carry medication and ensure club officials are familiar with the location of this medication prior to commencing training.
- DIABETES:** Underwater Activities are played at depths of 2-5m while the participant is holding their breath. Participants wear masks, snorkels and fins and some parts of the games involve strenuous activity underwater. Approved Diabetics should always carry medication and ensure club members have a management plan available prior to commencing games/training.
- EPILEPSY:** Due to the unpredictable nature of seizures, epileptics should be discouraged from diving.
- EARS:** Players must be able to successfully clear their ears prior to entering the water. ENT infections which may restrict lungs, sinuses or airways must be treated and healed before a return to underwater training is permitted. "Swimmer's Ear" can be prevented by using Aquaear, Vosol or similar preparations.

If the player has marked any of the Medical Checklist Questions "Yes" the medical practitioner should ascertain that the person presenting can safely dive to depths up to 5m while holding their breath. That any pre-existing conditions will not risk loss of ability to surface while engaging in physically strenuous activities.

This 3-page form incorporating the medical checklist should be taken by the player to their medical practitioner for the endorsement below and returned to the club organiser prior to commencing in-water activities.

"I certify that is FIT/UNFIT to participate in underwater training and/or games".

Additional comments:.....
.....
.....
.....

Signed (Doctor): Date:

Name (Doctor):

Participant's Signature(or Parent or Guardian if under 15 years)