



HEALTH QUESTIONNAIRE

All questions contained in this questionnaire are strictly confidential
if you have a medical condition please be as honest as possible for your own safety.

Name:		Female <input type="checkbox"/>	Male <input type="checkbox"/>	Non Binary <input type="checkbox"/>	Date of Birth
Address:					
Mobile Phone Number:			Email:		
Next of Kin:		Relationship to you:		Tel:	
Swimming ability	Non-Swimmer <input type="checkbox"/>	Inexperienced <input type="checkbox"/>	Average <input type="checkbox"/>	Competent <input type="checkbox"/>	Advanced <input type="checkbox"/>
Have you ever swum in open water? E.g. Sea/Lake/River Yes <input type="checkbox"/> No <input type="checkbox"/>					
Please enter the date you last swam in the sea:					
Doctor and Surgery:					
Do you have any existing health conditions, i.e. Asthma, Epilepsy, Reynards etc.? Yes <input type="checkbox"/> No <input type="checkbox"/> If yes then please explain briefly:					
Are you taking any Medications: prescribed drugs and over-the-counter drugs, such as vitamins and inhalers?					
Yes <input type="checkbox"/> No <input type="checkbox"/>					
Please list and explain what they are for:					

HEALTH HABITS AND PERSONAL SAFETY	
Exercise	<input type="checkbox"/> Sedentary (No exercise)
	<input type="checkbox"/> Mild exercise (i.e., climb stairs, walk for 15 mins, golf)
	<input type="checkbox"/> Occasional vigorous exercise (i.e., work or recreation, less than 4x/week for 30 min.)
	<input type="checkbox"/> Regular vigorous exercise (i.e., work or recreation 4x/week for 30 minutes)

MENTAL HEALTH & WELLBEING		
Is stress a major problem for you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you feel depressed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you panic when stressed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you ever had any trauma related to water? If yes please briefly explain:	<input type="checkbox"/> Yes	<input type="checkbox"/> No

PLEASE NOW SIGN AND DATE THE FORM		
Print Name:	Signature:	Date:

By signing this document, I am certifying that all information provided is correct and that I agree to the terms stated above. I confirm that I understand the dangers associated with open water swimming, including the potential for personal injury, death and loss or damage of property, and agree to swim at my own risk and waive liability and all rights of action against Angela Collins and any Salty Swims Coach. Nor will the aforementioned parties be liable for any actions of any spectators or other third parties.

Outdoor Swimming

Please respect the body of water in which you swim. Open water swimming is, by nature, a risky activity. Please be aware of those risks, and aware of your own ability and physical state. Follow the rules and instructions from your coach. I get the final say about whether or not you are fit and able to swim.

I am a qualified open water coach and swim frequently in open water myself. However, if you disregard my advice and instructions or fail to disclose anything that affects your health, wellbeing and swimming capability, I cannot be responsible for your wellbeing or safety. Please double check the medical questionnaire and be as honest as possible.

By signing this form, you accept these terms.

Photos: Please tick if you are not happy for me to take photos, use them for marketing, website and social media

Data protection: I take your personal data very seriously and will always keep it secure. It will be destroyed 2 months after I finish coaching you. I will never share your data. Please confirm you have read and understood my privacy policy

Statement: I have answered all questions to the best of my knowledge without misleading or omitting any information that I think might be relevant or affect my ability to swim in open and cold water

At Salty Swims we take your health and safety seriously. We wish to highlight that any of the activities available can be potentially hazardous physical activities and that participation can lead to a risk of injury and even death.

I the Participant or Parent/Guardian of Participant(s), confirm as follows:

1. I understand and accept that in participating in open water swimming there is an element of danger and risk of physical or emotional injury to both the participant(s) and others. I understand while being coached by Salty Swims Coach I will behave in a sensible and responsible manner and in compliance with all, instructions and directions given.
2. That the participant(s) is/are in a good state of health and free from any injury, medical condition, disease or illness which may be aggravated by participating in activities. Additionally, the participant(s) does/do not have any medical condition that may make the activities more dangerous or may increase any risk of injury to the participant(s) or others or make more likely that the participant(s) will be involved in an accident which could result in any form injury during the activity.
3. I acknowledge and agree that the participant(s) is/are responsible for their own safety and the safety of others whilst participating in activities. I further acknowledge and agree that the participant(s) will wear (a) buoyancy aid(s), swim caps & goggles when required and will not remove this at any point whilst in the water.
4. I agree that the participant(s) shall not participate in any activities provided by Salty Swims Coach Leisure unless the participant(s) has/have undertaken the safety and induction procedures and processes in relation to the activities and confirm that the participant(s) will comply with these at all times.
5. I agree and promise to ensure the participant(s) accept(s) to be responsible for any and all risks existing and subsisting in the activities. I acknowledge that participation in the activities is voluntary and that the participant(s) elect(s) to participate despite of the risks and agrees to accept the consequences of so doing.
6. That the participant(s) will not partake in activities with Salty Swims Coach whilst under the influence of any drugs or alcohol.

7. That I will fully indemnify Salty Swims Coach, its agents and employees against any claim brought by a third party for loss, damage, injury or death which has been caused by any action or omission of mine or any act or omission of any participant(s) of which I am the lawful parent or guardian or any participant(s) whose supervision is wholly or partly my responsibility at the time of the relevant act or omission that would, if they had agreed to the same with full capacity to do so, amount to a breach of these Terms and Conditions or which amounts to negligence or a wilful act or omission.
8. That when accompanying a child or children under the age of 12 years, I will comply and ensure that the child or children are safe and looked after. I will be present on site at all times and will not leave them unattended.
9. I confirm and agree that the participant(s) will comply with all age restrictions specified by Salty Swims Coach. The participant(s) acknowledge(s) that if they do not comply with any age restrictions or any other requirements put in place by Salty Swims Coach from time to time, they will not be able to participate in the activities and agree that they will promptly withdraw upon request by Salty Swims Coach.
10. I acknowledge that nothing in these Terms and Conditions is intended to avoid liability, on the part of Salty Swims Coach, for personal injury or death caused by the negligence of wilful act of its authorised person or agents.
11. I as parent or legal guardian of any accompanying children give consent and agree to Salty Swims Coach photographing and/or recording(s) myself and any accompanying children and to use any such photographs and/or recording solely and only for Salty Swims Coach advertising and promotional purposes. Any accompanying minors and I hereby waives any right to inspect or approve the use of any such material and acknowledge and agree that the rights to use such material shall not require payment or compensation of any kind to be made by Salty Swims Coach to myself and/or any accompanying children. I am fully aware that I must contact Salty Swims Coach if I do not wish to be a part.
12. Salty Swims Coach consents to the participant(s) and accompanying members of their group undertaking photography for their own non-commercial purposes only and for no other purpose whatsoever.
13. The participant(s) acknowledge(s) that Salty Swims Coach is not and shall not be liable for any damage or loss to themselves, any third parties or property incurred whilst the participant(s) is/are undertaking the activities or are on the premises of any Salty Swims Coach.
14. I confirm that I have read the above and adhere to the guidance set by Salty Swims Coach.
15. I confirm I am over the age of 18 years, signing for myself as a participant or as the Parent/Guardian of (a) participant(s) under the age of 18 years old

Print name: _____ **Signature:** _____ **Date signed:** _____

If under 18 years old: Parent or guardian (print name of child) _____

Parent or guardians signature _____ **Date signed:** _____