

7. Are you allergic to any of the following?
(Please list all allergies and describe nature and severity of reaction.)
- a. Medications No Yes – Describe
- b. Foods No Yes – Describe
- c. Insect bites No Yes – Describe
- d. Other No Yes – Describe
8. Do you carry an Epi-pen? No Yes – Why?
9. Do you have asthma? No Yes
- If yes, what triggers your asthma?
- Has it been stable for the past year? No Yes
- Do you take medication for your asthma? No Yes
10. Do you have any phobias such as claustrophobia, agoraphobia, acrophobia? (strong fear of confined spaces, open areas, heights, snakes) No Yes - Describe
11. Do you have problems with your neck, back, arms, ankles or knees that limit your activities? No Yes - Describe
12. Do you have diabetes, hypoglycaemia, thyroid trouble or other endocrine problems? No Yes - Describe
13. Do you have any other medical conditions (other than those listed those listed)? No Yes
- As a result, are there any special precautions or procedures that may be required.? No Yes - Describe

Participant Name: _____ Date: _____
Please Print

Participant Signature: _____

I have read this completed form:

Instructor Name: _____ Date: _____
Please Print

Instructor Signature: _____