

Example of a medical and responsibility declaration

Risk awareness statement — Recreational snorkellers

I (*print name*)

declare that I have been advised that snorkelling can be a strenuous physical activity and may increase the health and safety risks to me if I am suffering from any of the following:

a) any medical conditions that may be made worse by physical exertion

(e.g. heart disease, asthma, some lung complaints)

b) any medical condition that can result in loss of consciousness

(e.g. some forms of epilepsy and some diabetic conditions)

c) asthma that can be brought on by cold water or salt water mist

I have been advised that snorkelling can be a strenuous physical activity, even in calm water, and that older or unfit persons are at an increased risk due to a higher incidence of medical conditions made worse by physical exertion, such as heart disease and stroke. I have been advised to tell the service provider or snorkelling guide if I have any concerns about my medical condition.

I have also been advised of the importance of the following

- informing the service provider or snorkelling guide of any adverse medical conditions;
- wearing flotation devices;
- snorkelling with a fit buddy;
- remaining within the immediate vicinity of the snorkelling guide;
- ending or limiting the activity before becoming tired, cold or unduly stressed.

Signature Date

Parent's or guardian's signature for minors

It is recommended persons with a medical condition and older persons intending to snorkel should:

- a) Snorkel in an area which allows the lookout or snorkelling supervisor to offer closer supervision.
- b) Wear a flotation device that will support the wearer in a relaxed state.
- c) Snorkel in a buddy pair.