



NQUEC TRIP SHEET

PARTICIPANT INFORMATION

Name: Mobile phone:

Dive certification level: Certification date: Number of dives:

Date of last dive: Do you have personal dive injury/evacuation insurance (e.g. DAN)?

If yes, please list contact number and policy number:

Do you have any medical conditions which may influence an emergency response to a diving incident (e.g. heart condition, severe allergy, epilepsy, asthma, etc)? If yes, please elaborate:

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Do you have any qualifications which may be helpful in the event of a diving incident (e.g. first aid, oxygen provider, bronze medallion, marine licence, marine radio, etc)? If yes, please list:

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QUESTIONNAIRE

Since completing your last dive medical assessment, have you suffered any illness or injury that may affect your ability to dive safely? If yes, please elaborate:

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Are you currently experiencing any of the following conditions, illnesses, or injuries?	Y/N
A cold, a flu, or unexplained fatigue?	
Breathlessness (beyond what you would consider normal) or coughing/wheezing with exercise?	
A sinus condition (e.g. retention of fluid, pressure head-aches, sinusitis, etc)?	
An ear blockage or infection, or a perforated ear drum?	
Dehydration (beyond what you would consider normal)?	
High blood pressure?	
Any other illness or operation within the last 30 days? If yes, please list:	

Note: Concealment of a condition incompatible with safe diving may jeopardise your own safety

Have you ingested any alcohol within the 8 hours prior to your first anticipated dive on this trip?	
Are you taking any prescribed medicines (excluding oral contraceptives and anti-malarial drugs)?	
For females; are you pregnant?	
Do you agree to take responsibility for your own health and safety on this Club trip?	
Do you agree to dive within the limitations of your skills, knowledge, and training on this Club trip?	

Rate your current physical condition and diving fitness? (*Select one*) Poor Fair Good Excellent

If a participant displays or acknowledges these risk factors or rates their own current physical condition and diving fitness as poor; then the NQUEC DO or an Activity Organiser may refuse participation in diving activities during a trip.
If doubt exists, professional medical advice must be sought.