

Health Questionnaire

These questions are designed to understand and protect your health which is part of the EcoQuest commitment to all participants. Please answer each question completely and include this form with your registration.

All personal information is private and confidential to the EcoQuest director or practitioner

- Do you wear a Medic-Alert tag? If yes, please specify.
Yes No
- Do you have high blood pressure, heart murmur? If yes, please specify.
Yes No
- Do you experience allergic reactions? e.g. to bee/wasp stings, peanuts, etc. If yes, please specify.
Yes No
- Do you have any disabilities or problems with back, hips, knees or ankles? If yes, please specify.
Yes No
- Are you taking any medication that would hinder your ability to take part in this EcoQuest activity?
Yes No
- If you walked on level ground for half an hour at an average pace, would you get out of breath, have pains in your chest or legs, or develop muscle fatigue?
Yes No
- Do you have any medical issues, disabilities or health concerns that could result in your doctor not approving your participation in this outdoor programme?
Hypoglycaemia Diabetes Epilepsy Hearing Intellectual Physical
Vision Other
- Is there any other medical information we should know about?
Yes No Please Specify if Yes:
- Are you receiving treatment or counselling for any of the following?
Anxiety Depression Bi-Polar Schizophrenia Eating or other disorder
Other If 'Other', please specify:

Other Concerns

If you have concerns about any of these or other health issues, please provide details below.