

# APNEA SURVIVAL MEDICAL QUESTIONNAIRE AND LIABILITY WAIVER

Please read each question carefully and check YES or NO. If you answer YES to any of the questions please discuss the condition with Apnea Survival prior to attending the course.

Failure to address Answering 'YES' to any of the below conditions prior to engaging in breathing, breath holding or cold water immersion activities, may endanger your health as well as the safety of other course participants.

Note: A positive answer will not necessarily exclude you from participating in a Apnea Survival course but may require you to seek a medical clearance.

Please contact us via email, [info@apneasurvival.com.au](mailto:info@apneasurvival.com.au) if you have any queries regarding the completion of this form.

## NEUROLOGICAL:

EG Stroke, brain surgery, severe migraine, significant head injury.

YES NO

## PSYCHOLOGICAL:

EG Anxiety, Panic, depression, ADHD.

YES NO

## CARDIOVASCULAR:

EG Heart attack, heart surgery, arrhythmias, hypertension.

YES NO

## PULMONARY:

EG Pneumothorax, lung disease, emphysema, pulmonary oedema.

YES NO

## EARS:

EG Perforated eardrums, permanent tubes in ear-drums, hearing loss in one or both ears, ear infections, ear surgery.

YES NO

## SINUS:

EG Polyps in the sinus cavities, sinus surgery, sinus infection.

YES NO

## ASTHMA:

EG History of asthma attacks, current use of asthma medication.

YES NO

## EPILEPSY:

History of epilepsy.

YES NO

**PREGNANCY:**

Currently pregnant or suspected to be pregnant.

YES NO

**MEDICATION:**

Current medication taken on a regular basis.

YES NO

**ADDITIONAL COLD WATER CONTRA-INDICATORS: This question is specific to cold water immersion (ice bath) activities:**

Do you or have you ever suffered from any of the following conditions.

- Any heart condition
- Stroke
- Epilepsy
- Raynaud's syndrome
- Cold Urticaria
- Anxiety or panic disorder
- Histamine allergy
- Chill Blains

YES NO

I certify that I have answered the above questionnaire honestly.

**Release of Liability**

I.....declare that I understand that my participation, direct or indirect, in this Apnea Survival course / workshop / training program does not entitle me to any legal rights or action as a result of any accident or incident that should happen during such event.

Furthermore, I understand that breathing, breath holding and cold water immersion exercises in and out of the water or any type or form of immersion in the water is an inherently dangerous activity.

I also understand that my participation in this event does not entitle me to any kind of compensation or remuneration and that by signing this document I testify that I will not under any circumstance, proceed legally against any of the members of Apnea Survival as an organisation and /or my instructor/s.

Signed ..... Date .....