

# Additional Form for Polar Snorkelers

Please write clearly in capitals.

**This information is essential for official ship's documents.**

**Name snorkeler :** \_\_\_\_\_

**Expedition date :** \_\_\_\_\_

## General Medical Information

This expedition travels to remote areas without sophisticated medical facilities. Although the ship has a qualified physician and basic supplies, the nearest medical treatment is many hours, or even days away. We ask that you complete this confidential medical report so our shipboard physician is fully aware of your medical condition and needs. As stated in our terms and conditions, this expedition is intended for persons in reasonably good health. Passengers who are not fit for such an expedition for any reason, including disability, heart or other health conditions, are advised not to join the tour, which would entail an unreasonable risk to your health and to the enjoyment of all passengers aboard. Should any such condition become apparent, we reserve the right to decline to accept or retain you or any passenger at any time during the trip.

You are advised to carry your own regular medications for the voyage in sufficient quantities to last – even if your arrival home is delayed for several days for whatever reason. **You are further advised that medical evacuation, if available, is expensive and may be delayed. It is mandatory to carry medical insurance that will reimburse you for these costs.**

## Medical Information

Evaluate your health:

- Fair
- Good
- Excellent

Evaluate your physical condition / stamina:

- Fair
- Good
- Excellent

**1. Do you have any current medical illnesses, disabilities or infirmities that have required regular care of a doctor?**

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**2. List all medications that you are taking at this time and the dosages.**

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**3. Have you been hospitalized or had surgery in the last five years? If so, when, and for what?**

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**4. Do you have any heart or respiratory problems? Are you a diabetic? Please elaborate.**

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**5. Do you have any dietary restrictions, food or drug allergies? If so, what are they?**

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**6. Do you have any physical or mental limitations, handicaps or a prosthesis?**

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**7. Do you have difficulty in walking or use crutches, a cane or wheelchair?**

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### **Health Statement**

I attest that I am in good health, and capable of performing normal activities on this expedition. I further attest that I am capable of caring for myself during the expedition, and that I will not impede the progress of the expedition or the enjoyment of others aboard. I understand that this expedition will take me far from the nearest medical facility and that all expedition members must be self-sufficient. I am further aware that an emergency evacuation may be unavailable, expensive and delayed. I understand that the medical facilities and attention available on board the ship are limited to basic care.

I certify that I have not been recently treated for, nor am I aware of, any physical or other condition or disability that would create an unreasonable risk to myself or pose a hazard to the other members of the expedition.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Bring a copy with you while traveling and handover to your purser on board the vessel.**

### Snorkeling information

Name as in passport	
Are you a scuba diver ?	<input type="checkbox"/> Yes, level: <input type="checkbox"/> No
Level of snorkeling	<input type="checkbox"/> This is my first snorkel experience <input type="checkbox"/> Novice <input type="checkbox"/> Advanced
Experience of <i>cold water</i> snorkeling?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Experience with dry suits?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Size of shoes (European size)	<input type="checkbox"/> 36/37 <input type="checkbox"/> 38/39 <input type="checkbox"/> 40/41 <input type="checkbox"/> 42/43 <input type="checkbox"/> 44/45
Size of gloves	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL
Length	CM
Weight	KG
Will you bring your own mask and snorkel ?	<input type="checkbox"/> Yes <input type="checkbox"/> No, this needs to be provided
Remarks	

#### Snorkeling package includes

Waterproof© Snorkel Dry suit  
 Hood & gloves  
 Boots & Fins  
 Instructions and guidance by our Polar Snorkel Guides

We advise you to bring your own mask & snorkel.

Also bring with you: Warm undergarment clothing i.e. fleece/wool sweater, pants and socks.

#### **Disclaimer:**

*We will do our utmost to have your size in stock, but if not, we will look for the best possible alternative. All snorkelling trips are undertaken on the responsibility of its participants. Waterproof Expeditions does not assume any responsibility for accidents which are caused out of their control. Participants have to sign a waiver before undertaking all trips stating that they realize that all outdoor activities carry an inherit risk.*