



Medical Questionnaire / Certificate

For your **safety** and that of your fellow travelers, general good health and physical fitness are prerequisites for participating in any Southwind Adventures program. Travelers who are not in good health or who have serious, chronic medical conditions can create potentially dangerous situations by their presence on a trip. Participants should review our **Trip Ratings** indicated below and **Trip Categories** as described on SWA website (www.southwindadventures.com/ratings.htm) and answer the questions below, listing any notable conditions in your health and medical history. Bear in mind that some trips may encounter conditions listed for more than one rating, in which case the trip is rated according to the difficulty of the majority of activities.

A *physician's signature*, is required for travelers answering "yes" to any question(s) 1-3, participating on a Grade IV or IV+ programs, and/or is over 65 years of age.

Traveler's Name: _____

Trip: _____ Rating: _____

Trip Rating Descriptions:

Grade I — Easy/Moderate: Could involve travel over rough roads and visits to regions where modern medical facilities may not be readily available. Easy, slow-paced activities such as walking tours of 1-4 hours duration or motorized boat or canoe excursions are optional. Elevations are generally below 11,000'. Good health is necessary.

Grade II — Moderate: Might include extensive overland travel on dirt roads, boat or motorized canoe excursions, moderate day hikes, river rafting (class II-III rapids) or other outdoor pursuits of 3-6 hours duration. Occasional trips may include 1-3 nights camping. Elevations up to 13,000' can be reached. Average fitness is required.

Grade III — Moderate/Strenuous: Indicates an activity-oriented program involving up to 6 nights camping. Treks average 6-8 miles per day over diverse terrain; rafting is class III-IV rapids; biking averages 20-30 miles per day. Altitudes near 13,000' are common while elevations as high as 15,000' may be reached. Good fitness is required.

Grade IV — Strenuous: Signifies a challenging adventure with activities including up to 14 nights camping. Treks average up to 10 miles per day; whitewater rafting through class IV-V rapids; biking averages 30-40 miles per day. Altitudes up to 17,000' are frequent in trekking programs. Requires very good fitness and stamina. Some prior experience is recommended. **Very Strenuous Trips** (Grade IV+) are typically technical climbing expeditions or remote backcountry trips that require excellent fitness and a degree of experience.

Questions

MUST be completed by all travelers. Please explain all "yes" answers (use a separate page if necessary).

1). YES NO Do you have or have you ever been told by a doctor that you have diabetes, epilepsy, high blood pressure, heart disease, asthma or lung disease, colitis or intestinal trouble, ulcers or stomach trouble, any significant back, foot or leg problems, or any other diseases or conditions?

2). YES NO Do you have any significant illnesses which require regular care of a doctor?

3). YES NO Have you been hospitalized in the past 5 years? What for?

4). YES NO Do you have any emotional or behavioral disorders (include phobias)?

5). YES NO Do you take medication regularly? Which ones and what for?

6). YES NO Do you have any allergies including allergic reactions to any drugs? Which ones and what effect?

Southwind Adventures would like to have your regular physician's address and telephone number (or the examining physician if signature is required) as a contact in the event of a medical emergency and/or to discuss any health related problems or participation in this program.

Name of physician: _____

Address: _____

Telephone: _____

To the best of my knowledge, the above statements are true and accurate.

Traveler's Signature: _____ **Date:** _____
Parent or legal guardian must sign for travelers under 18 years of age

Physician's Signature

- Required if traveler:**
- answered "yes" to any question(s) 1 through 3
 - is participating on a Grade IV or IV+ program
 - is over 65 years of age

Physician,

Please read the Trip Rating Description corresponding to the program the traveler is participating in and complete below. Please contact Southwind Adventures if you have any questions.

I have read and understand the conditions which the traveler may encounter by participating in the program mentioned above. The traveler was examined by me on (date) _____, and was found to be physically qualified and in sufficient good health to participate in the SOUTHWIND ADVENTURES, INC. program of the difficulty indicated on this form.

Please indicate any comments or qualifying statements regarding the overall health of the applicant:

Signature of examining physician: _____