



The Sir Edmund Hillary Outdoor Pursuits Centre of New Zealand

Medical Information

Participant Name: _____

School/Company/Course Name: _____

Course Dates: _____

Age: _____ Date of Birth: _____ Female Male

Phone: Cell: _____ Home: _____

Address: _____

Next of kin/emergency contact:

Name: _____ Relationship: _____

Phone (Home): _____ Phone (Work): _____

Phone (Cell): _____ Email: _____

Your Doctor's name: _____

Your Doctor's contact details: _____

The following health information is required in order for OPC staff to design programmes appropriately. OPC does not preclude any person from attending our courses due to medical conditions. It is essential that the information you give us is complete and accurate.

Do you have any particular dietary needs? Yes No

Details: _____

Do you have any medical, physical, or mental conditions that OPC should know about?

E.g. epilepsy, diabetes, asthma, obesity, sight or hearing impediments, depression, injury or illness, high blood pressure?

Yes No

Details: _____

Is there anything else we should know about that could affect either your participation or others on the program? E.g. poor fitness, fears, bad back?

Yes No

Details: _____

Are you taking any medication? Yes No

Details: _____

(Please bring spares of any medication for the instructor to carry)

Have you been in contact with any contagious disease recently that we should be aware of? Yes No

Details: _____

Do you need to renew your tetanus vaccination? Yes No

Do you have any allergies? Yes No

Details: _____

What action should be taken?

Are you a poor swimmer (can't swim 50m) or nervous in water? Yes No

Details: _____



DISCLOSURE OF RISK

OPC is a not-for-profit making organisation that uses adventure activities to develop people's potential and instil concepts of environmental leadership. We run from two residential centres, Tongariro and Great Barrier Island, but also offer journey and off-site programmes.

The activities offered at Great Barrier Island include activities such as sea kayaking, sailing, coasteering, snorkelling, boogie boarding, rock climbing, tramping, gorge walking, fixed structure activities, confidence course and camping. Our groups use the coasts, estuaries, harbours and the bush of Great Barrier Island for their programme.

Depending on the season, the activities offered at the Tongariro OPC Centre include kayaking, canoeing, tubing, rock climbing, snow and ice climbing, caving, tramping, skiing, snowboarding, river walking, gorge walking, camping and ropes course. Our groups use the mountains, caves, bush, lakes and rivers of the Tongariro National Park and surrounding areas.

Participation in all activities at OPC is voluntary. The activities listed above contain some elements of risk. The risk is countered by carefully structured and sequenced activities and by supervision of activities with trained instructors. Most activities operate with a single instructor supervising. It should also be realised that because of the changeable and unpredictable nature of the outdoors, that the risk can never be reduced to zero. Hazards exist in these activities that may result in serious injury or even death. These hazards include:

- Slippery conditions
- Heights
- Snow and ice conditions
- Avalanches
- Instructor judgement
- Cold and changeable weather
- High winds
- Sunstroke/ sunburn
- Dehydration
- Water, including moving water
- Moving at speed, such as snowsports, cycling, vehicle and plane travel
(NB: fractures and soft tissue injuries are very common in snowsports)

ACKNOWLEDGEMENT OF RISK

I understand that there are certain risks associated with outdoor activities that cannot be reduced to zero. I know that I am able to ask any questions of OPC or the individual instructor to gain a better understanding of the activity before deciding whether to take part, and that the final decision about whether to take part or not is mine. If I decide to take part, I understand that the OPC instructor will identify any hazards that are liable to arise and correct procedures to deal with these, and that it is necessary for me to follow these. If the instructor has taken all reasonable precautions to ensure my safety, and I act outside of this advice, then I acknowledge that I do so at my own risk and I release my OPC instructor and all other members and officers of OPC from liability for the consequences of my actions.

I understand that if at any time during the programme I am under the influence of alcohol or drugs, OPC has the right to stop my further participation on the programme and I have no right for refund of my course fee.

I authorise OPC to instigate any medical assistance and treatment required in an emergency.

I understand I may be charged for items I lose or damage.

I understand that while I am at OPC I will be covered by the normal public liability insurance but my personal effects are not covered by OPC's insurance policy.

If under 18; I have read the information sent to me and agree to act within OPC's behaviour guidelines and policies summarised.

Signed: _____

Date: _____

Parent or Guardian signature: _____

(Required if participant is under 18)

Note: Any information provided will be treated as confidential, to be used only by OPC staff for awareness of existing medical or physical conditions and for possible emergency contact. As with all such records, OPC store these for 7 years.

Application to be returned to:

The Sir Edmund Hillary Outdoor Pursuits Centre of New Zealand
Private Bag 37
Turangi, 3353



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