





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.



## Consent form

### To be completed by the student.

- I have read all of the attached information about the OPC course which I have applied to attend, including 'What to Expect'. I understand that I can get further information on the course should I require it, to let me know the types of activities I am likely to take part in during my time at OPC. I am aware that participation in the OPC programme in which I have enrolled could involve certain risks due to the unpredictable forces of nature. I recognise that my instructor has the responsibility of managing the safety of any activities I take part in and while I understand that all activities are voluntary, I accept that for my own safety I will need to follow all instructions given to me. If I choose to act outside the directions given to me by my instructor, I accept personal responsibility for my own actions and safety.
- I understand that my personal effects are not covered by OPC insurance policies and that I should arrange personal cover for the unlikely event of theft or loss.
- 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.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please sign and return the following documents to the Sir Edmund Hillary Outdoor Pursuit Centre of New Zealand (OPC).**

- ❖ Health Form
- ❖ Application
- ❖ Signed Consent Form



## What we expect

You are about to take part in an exciting and adventurous program here at OPC and as part of this you will be visiting some beautiful and often fragile environments. You may find yourself out of your comfort zone at times and you may need to rely on your group to achieve your goals.

You and your group will decide how you will operate with each other during the week in terms of acceptable behaviours. However there are three non-negotiables that we do expect from you for the duration of this course.

- ❖ Care and respect for yourself. You will do your utmost to look after your own safety and well being. This includes eating properly, dressing appropriately and asking questions when unsure.
  - ❖ Care and respect for others. You will look after others you come into contact with, and offer support where needed.
  - ❖ Care and respect for the environment. You will take care to do as little damage as possible to the environment - leaving all living and non-living things in a state to be enjoyed by others in the future.
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### General Rules

- ❖ No smoking
- ❖ No drugs
- ❖ No alcohol
- ❖ No cellphones\*

### For those under 18

- ❖ No sexual relationships
- ❖ If you have brought your own transport to OPC, you are required to leave your car keys at the OPC office for the duration of your programme

### For School Groups

- ❖ Your school rules apply

### Disciplinary Procedures:

If you show a lack of respect for the above rules you may be asked to leave the course.

### Welfare and Learner Support Services:

If these are required please ask your instructor, or an OPC staff member for assistance.

### Complaint Procedures:

If you have any issues with the quality of the programme you are attending at OPC these can be addressed to the Operations Manager, either in person or in writing.

*\* Students are not permitted to carry or use cellphones during their time at OPC. This includes during activities, traveling to and from activities, and in down-time outside these times. If cellphones are brought to OPC, they will be collected on arrival night and placed in a securely locked facility where they will remain until the leaving day of the programme.*

## Application to be returned to:

The Sir Edmund Hillary Outdoor Pursuits Centre of New Zealand  
Private Bag 37, Turangi  
Ph: 07 386 5511 Fax: 07 386 0204  
0800 OUT THERE (0800 688 843)  
Email: [opc@opc.org.nz](mailto:opc@opc.org.nz)  
Website: [www.opc.org.nz](http://www.opc.org.nz)