

BUP SAIL course HEALTH STATEMENT

Our teachers and students are expected to assume responsibility for their own safety.

This Health statement is the first step for your responsible participation in the SAIL course/sailing. We have been sailing with teachers and students every year since 1996 and this questionnaire is a result of our experience.

Please take time for this inquiry and for your own sake, safety, and wellbeing answer every question honestly.

- Are you afraid of heights? yes no
- Are you by experience very prone to motion sickness? yes no
- Do you have diabetes? yes no
- If yes, do you need injections? yes no
- Do you have any respiratory problems? yes no
- Do you have any heart or vascular problems? yes no
- Do you have epilepsy? yes no
- Do you have hearings problem? yes no
- Do you have any neurological problems? yes no
- Do you have or have you had an increased risk for infections? yes no
- Did you have radio or chemotherapy in the past two years? yes no
- Have you been denied a driver’s licence on medical reasons? yes no
- Do you use anticoagulants? yes no
- Do you take any medicines? yes no

If yes please specify below
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Is there another medical condition of which we should be notified? yes no

If yes please specify below
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Known allergies.....

By signing this Health Statement I declare to have answered all questions truthfully and that I am familiarized with sailing conditions on board Fryderyk Chopin.

Place and date Name and signature.....

Please notice that in case your application will be accepted, you will be asked to have your doctor signature under your Health Statement