

Confidential

IV RELEVANT EXPERIENCE REGARDING ACTIVITY (E.G. TREKKING, OBS, SEASPORTS COURSES ETC)

V RELEVANT SKILLS REGARDING ACTIVITY (E.G. FIRST AID COURSE, OLSP COURSES ETC)

DATE OF EXPIRY (IF APPLICABLE):

VI MEMBERSHIP INFORMATION: MEMBER OF NUS ODAC YES NO

OTHERS (E.G. PA, WA): _____

VII MEDICAL DECLARATION

Many sign up for our activities in spite of medical constraints. It is however important that we know of any problem area(s) as it is in your interest and ours. Please complete the following questionnaire fully and honestly. All information provided on this form will be treated as CONFIDENTIAL.

		YES	NO	If yes, give details
1 HAVE YOU EVER HAD				
(a)	Chest pain, high blood pressure, heart problems such as heart murmur, extra heart beat or other heart abnormality			
(b)	Asthma, bronchitis, tuberculosis, sinusitis, other lung problems			
(c)	Fits, epilepsy, fainting attacks, migraine, sever head injury			
(d)	Eye problems/poor vision			
(e)	Ear problems/deafness			
(f)	Nervous illness			
(g)	Diabetes			
(h)	Bone or joint injury			
(i)	A carrier status for any infectious diseases			
(j)	Medical treatment within the last two years			
2 DO YOU REQUIRE				
(a)	Routine medication			
(b)	Special diet			
3 DO YOU HAVE				
(a)	Any disability			
(b)	Any other medical information to note e.g. food, drug allergy			
4 TETANUS IMMUNIZATION		Date of last immunization		
5 BLOOD GROUP:				

Medical Declaration by Participant

I declare that all the information provided above is true. I am currently not suffering from any acute ailments or diseases.

Date: _____ Signature: _____ Checked by : _____
(Official Use Only)

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Important Note for Participant

If you contract any illness or disease between submission of this Medical Declaration and the commencement of the activity, it is important that you consult a doctor and keep NUS ODAC informed.

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Activity: _____

From _____ To _____

Organizer: _____(Name) _____(Contact no.)

Please fill in the spaces above as a reminder for yourself.

Dear Participant

We are pleased that you have enrolled in one of our activities. To make your time with us more enjoyable, please read this information sheet. This would help you prepare for an enriching experience. **Please retain this page for your own reference.**

National University of Singapore OUT-DOOR ACTIVITIES CLUB's mission is *"To promote and provide a safe, challenging and educational experience in an enjoyable manner"*.

Though some of our activities are not easy and are not meant to be, NUS ODAC is not a physical training center or a survival school. There will be times when you will be hot and thirsty, cold and wet and frustrated with yourself and those in your group. What NUS ODAC's activity is to you depends on what you make of it. You will benefit more if you come prepared with an open mind, an enthusiasm to try and try again and a keenness to learn and to help others learn.

Often, our activities are away from civilization and professional medical assistance. The outdoor settings present some inherent dangers which may result in accidents. You should be aware of the risks involved and minimize them.