



Acadia Park Kayak Tours' Medical Questionnaire

Kayaking is an activity that comes with risk. In the event of an emergency, having the correct information and history on hand and being able to get it into the hands of health care providers quickly is extremely important. This information will be kept confidential.

Name:(Required)_____Age: _____Gender: ___Height: _____Weight: _____

Emergency Contact Person:(Required)_____ Doctor's Name:_____

Emergency Contact Phone:(Required)_____ Doctor's Phone:_____

MEDICAL INFORMATION: (Check all that apply)

Diabetes __ High Blood Pressure __ Asthma __ Epilepsy __ Heart disease __ Fear of Pirates_____

Have you ever had a heart attack or stroke? _____ Chest pain w/ physical exertion? _____

Have you had an allergic reaction? ___ To what?_____ Do you carry an EPI Pen? _____

Lung disease or breathing disorder? ___ What?_____ Do you carry an inhaler? _____

Back/Wrist/Elbow/Shoulder/Hip/Knees/Ankle Problems_____

Are you currently under a doctor's care? _____ If so for what?_____ Are you pregnant? _____

Are you currently taking any prescription medication?_____ If so, what? _____

Have you undergone surgery within the last 12 months? ___ If so, what?_____

Have you been advised by a healthcare provider not to engage in vigorous physical activity? _____

Dietary Restrictions or Food Allergies: _____

If you carry an epi-pen, inhaler, insulin, or ever carry or require any other medications necessary to treat a condition that may be life threatening or disabling do you have those medications with you?_____

Please describe anything else about your physical or emotional condition that could impact on your ability to engage in a strenuous physical activity, effectively follow instructions, or that we should know to make your time in this sea kayaking adventure a better experience?

I affirm that my health is good and that the above information is accurate and complete.

Signature:(Required)_____Printed:_____ Date:_____

Signature of Legal Guardian:(Required)_____Printed:_____