Declaration of Medical Fitness for Water Activities

Please read the following declaration carefully.

Global Action needs to know the ability and confidence of participants in/on water, as there are some activities that involve water.

Participants wishing to take part in any water activities with Global Action must complete the following declaration. If the applicant is under 18 years of age, the declaration must be completed and signed by a parent/guardian, who is aware of the participant's water capability and personal health history.

Please remember: the applicant is the one at risk if a false declaration is made.

Please read the following statement and circle the number most relevant to you.

1 being strongly agree and **5** strongly disagree.

I am confident in water	1	2	3	4	5
I can tread water for 30 seconds	1	2	3	4	5
I can swim 25-meters unaided	1	2	3	4	5
I can swim 10 lengths of a 25-meter pool comfortably	1	2	3	4	5

Declaration

To the best of my knowledge, I certify that I/the applicant *(if under 18 years of age)* has ticked the correct boxes.

Name of applicant…… Date of birth……

Address……..

Postcode…….. Signature of applicant…….. Date……

Name of Parent / Guardian if applicant is under 18 years……..

Signature of Parent / Guardian …….. Date……