

UK SPORT DIVER MEDICAL FORM

Any fee in respect of the medical examination is the responsibility of the person being examined.

Diving training must not be undertaken until the candidate has completed a Medical Declaration or had a Medical Examination confirming fitness to dive.



www.uksdmc.co.uk

NOTES TO DIVER

It is necessary for members of the above organisations to complete this form annually on renewal of membership. Exceptional fitness is not essential; both men and women can dive safely providing they are reasonably fit. Sport diving can at times involve heavy physical exertion. Moreover, recreational diving in the UK is carried out in what can occasionally be a cold, dark and hostile environment and it entails responsibility for the safety of other divers. If you have any queries then please contact a medical referee (listed overleaf).

Please read carefully before completing this Self –Declaration Form

Divers answering “No” to all questions below should complete this declaration, deleting answer b), hand the original copy to your DO and retain a copy with your Qualification Record Logbook for reference purposes.

Divers answering “Yes” to any question below or are unsure on any area should delete answer a) and sign. They then must seek advice from a Medical Referee

- From a telephone call enquiry, the Referee may only need to endorse this form on your behalf. You will need to send the form to the Referee with a written confirmation of your statements to the Referee, the fee of £5.00 and a stamped self-addressed envelope for endorsement by them and return to you. Hand the original of this form to your Diving Officer and retain a copy with your Qualification Record Logbook for reference purposes.
- The Medical Referee may require a statement from your GP and/or to see you for examination (when a fee may be payable) and if you are found fit to dive, they will give you a completed **Certificate of Fitness to Dive** with an expiry date or a statement that further medical assessment is not required. You should attach a copy of the Certificate of Fitness to Dive to this form and hand to your Diving Officer. Ensure you retain the original of the Certificate of Fitness to Dive (you may need to provide copies for future annual declarations) with a copy of this form with your Qualification Record Logbook for reference purposes.

Diver Medical Health Questionnaire

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| 1. Have you suffered at any time from diseases of the heart and circulation including high blood pressure, angina, chest pains and palpitations? | 11. Have you ever had any other disease of the brain or nervous system (including strokes or multiple sclerosis)? |
| 2. Have you at any time had chest or heart surgery? | 12. Have you ever had any back or spinal surgery? |
| 3. Have you suffered from or had to take medication for asthma? | 13. Have you any history of mental or psychological illness of any kind, fear of small spaces, crowds or panic attacks? |
| 4. Have you ever had collapsed lung or pneumothorax? | 14. Have you any history of alcohol or drug abuse in the past five years? |
| 5. Have you ever had any other chest or lung disease? | 15. Do you have diabetes? |
| 6. Have you suffered at any time from blackouts, fainting or recurrent dizziness? | 16. Are you currently taking any prescribed medication (except the contraceptive pill)? |
| 7. Have you had regular ear problems in the past ten years? | 17. Are you currently receiving medical care or have you consulted the doctor in the last year other than for trivial infection or minor injury? |
| 8. Do you have an ileostomy, colostomy or ever had repair of a hiatus hernia? | 18. Have you ever been refused a diving medical certificate or life insurance or been offered special terms? |
| 9. Have you ever had epilepsy or fits? | 19. Have you ever had, or been treated for, decompression illness? |
| 10. Have you had recurrent migraines? | |

Name.....

Telephone.....E-mail.....

Address.....

Occupation.....

.....

Dive Organisation.....Branch.....

.....Postcode.....

Date of birth..... Membership No.....

I authorise any doctor who has attended me to disclose my medical history if requested to a Medical Referee.

Delete a) or b) following as appropriate.

- a) I hereby declare that my response to all the above questions is “No” and that to the best of my knowledge, I am in good general health and declare that I have not omitted any information which might be relevant to my fitness for diving
- b) The answer to one or more of the above questions is “yes”. I have notified the Medical Referee whom I have asked to endorse this form

Signed.....

Date.....

(Signature of Parent or Guardian if under the age of 18)

For completion by Medical Referee if required by applicant

Please delete where applicable

- a) In light of verbal statements made to me I hereby endorse this self-declaration form on behalf of the applicant
- b) Unless there is a change in the applicant’s medical condition, they need not submit their self declaration form to a medical referee
1) indefinitely 2) for years. (Applicant should save a photocopy of this form for future years.)
- c) Having examined the applicant, I have issued a Certificate of Fitness to Dive

Signature of Medical Referee Date

Certificate of Fitness to Dive issued/not issued Dated Expiry Date

VALIDITY & STORAGE

This Form is valid for **one year only unless certified for a longer period by the medical referee**. Any changes in health must be declared as this may affect your fitness to dive. Completed forms must be kept by the diver’s Branch / Club during their period of validity.

The new "fitness to dive" system for the BSAC / RSAC

The UK sports diving medical committee has introduced a simple and cheaper self-declaration "fitness to dive" system. This new system will mean that many examinations will no longer be necessary resulting in a huge in medical fees. In the old system a medical examination was required every 5 years until the age of 40, subsequently every three years and after the age of 50 every year.

A possible disadvantage of the new procedure is that some diving bases around the world may not accept the self-declaration system.

The RSAC still recommends that a diving medical examination should be carried periodically. The doctor can fill out the medical examination form and certificate expiry date as he judges fit for each particular case. (form and more informations are on the RSAC-Website)

<http://www.euroweb.roche.com/rsac>.



BSAC forms

Self declaration: (to be filled out each year)	UKSDMC SELF DECLARATION MEDICAL FORM
For fitness to dive examination	Medical Examination Form and Certificate

Self declaration of dive fitness:

The self-declaration of dive fitness (UKSDMC SELF DECLARATION MEDICAL FORM) must be filled in every year with the membership renewal. The form is a legal and binding document once signed by the member.

If all questions can be answered with "NO" the document should be sent to the RSAC, and will be valid for one year.

The member should keep a copy of the form in his or her blue qualification logbook.

If any question is answered with "YES" or is unclear the form should be left unsigned and a medical examiner contacted. (form and more informations are on the RSAC-Website:
<http://www.euroweb.roche.com/rsac>.)

If you have any further question, please do not hesitate to contact me.
October 2001, DO Matthias Hauser

Please send the completed form to:
F. Hoffmann La Roche AG
4070 Basel
Attn: Annabelle Frutos-Hoener, bldg. 64/206

Das NEUE „Fitness to Dive“-System bei BSAC / RSAC

Das „UK SPORT DIVING MEDICAL COMMITTEE“ hat ein vereinfachtes und kostengünstigeres „Fitness to Dive“-System eingeführt und zwar die Selbstdeklaration. Mit diesem System werden Arzttermine und deren Kosten massiv verringert. (Das alte System: obligatorische medizinische Untersuchung alle 5 Jahre bis zum 40. Lebensjahr; danach alle 3 Jahre bis zum 50-ten und ab 50 jedes Jahr.)

Nachteil des Neuen Systems:

Einige Tauchbasen akzeptieren die Selbstdeklaration NICHT!

Der Roche Sub Aqua Club (RSAC) empfiehlt weiterhin in periodischen Abständen eine Tauchtauglichkeits-Untersuchung durchzuführen. Der med. Sachverständige kann auf dem Formular Medical Examination Form and Certificate ein Ablaufdatum (Expired Date) nach seinem Ermessen eintragen. (Formular und weiteres vorgehen sind auf der RSAC-Website beschrieben)

<http://www.euroweb.roche.com/rsac>



BSAC-Formulare:

Selbstdeklaration : (welches IMMER jedes Jahr ausgefüllt wird)	UKSDMC SELF DECLARATION MEDICAL FORM
Für die med. Tauchtauglichkeitsuntersuchung:	Medical Examination Form and Certificate

Selbstdeklaration der Tauchtauglichkeit

Die Selbstdeklaration der Tauchtauglichkeit (Formular: UKSDMC SELF DECLARATION MEDICAL FORM) muss jährlich bei Erneuerung der Mitgliedschaft ausgefüllt werden. Das Formular ist ein rechtsgültiges Dokument, und die unterschriebene Erklärung bestätigt, dass die Angaben wahrheitsgemäss sind.

Können alle Fragen in der Erklärung mit „Nein“ beantwortet werden, wird das Formular unterschrieben und vom Roche Sub Aqua Club (RSAC) bis zum nächsten Jahr aufbewahrt.

Das Mitglied behält **eine Kopie** des Formulars in seinem blauen Qualifikation Book (Qualifikationsbuch).

Wird eine der Fragen mit „Ja“ beantwortet, oder wenn es Unklarheiten bei einer Frage gibt, wird das Formular nicht unterschrieben, sondern man kontaktiert einen med. Sachverständigen (Formular und weiteres vorgehen sind auf der RSAC-Website beschrieben <http://www.euroweb.roche.com/rsac>.)

Für weitere Informationen, stehe ich gerne zur Verfügung.
October 2001, DO Matthias Hauser

Bitte sende das unterschriebene Formular an:
F. Hoffmann La Roche AG
4070 Basel
z.H. Annabelle Frutos-Hoener, bldg. 64/206

UKSDMC SELF DECLARATION MEDICAL FORM:

↵ **on the back side / auf der Rückseite** ↵