

## Helping sailors make the most of their Mirror Dinghy

### Medical consent and emergency contact form

THIS FORM IS DOUBLE SIDED – PLEASE ENSURE YOU TURN OVER

Please complete all sections in Block Capitals.



**MIRROR CLASS  
ASSOCIATION**

#### **SAILOR DETAILS:**

Sailor Name:	
Home Address:	
Date of birth:	
Age:	

#### **EMERGENCY CONTACTS:**

##### **Emergency Contact**

Name:	
Relationship:	
Home Number	
Work Number	
Mobile Number:	

##### **Alternative Emergency Contact:**

Name:	
Relationship:	
Home Number	
Work Number	
Mobile Number:	

#### **IF DIFFERENT FROM ABOVE:**

<b>Mother's</b> Name:		Mobile Number:	
Home Number		Work Number:	
<b>Father's</b> Name:		Mobile Number:	
Home Number		Work Number:	

#### **DOCTOR DETAILS:**

Doctor's Name:		Work Number:	
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It is your responsibility to make known any potential medical conditions that may affect you during the activities associated with the programme you will be taking part in. Please therefore provide as many details as possible. This information will be shared with the organisers and coaches at events and training.

Have you ever suffered from any of the following conditions:

- |                                   |     |    |
|-----------------------------------|-----|----|
| • Asthma/bronchitis               | Yes | No |
| • Heart conditions                | Yes | No |
| • Fits, fainting or blackouts     | Yes | No |
| • Severe headaches                | Yes | No |
| • Diabetes                        | Yes | No |
| • Travel sickness                 | Yes | No |
| • Allergies to medication         | Yes | No |
| • Any other allergies             | Yes | No |
| • Other illnesses or disabilities | Yes | No |

If you have answered yes to any of the above, please provide details in the box below.

When did you last have a tetanus vaccination? Year .....

Are you currently taking any medication? If so please specify:

Are you suffering/recovering from any injuries which may affect your sailing?

Are you vegetarian? Yes No Do you have any food allergies? If so, please specify:

### Consent

I the parent/guardian of ..... give permission to the organisers of activities during the period ..... (dates of event) to administer any relevant treatment or medication to the above-named participant when or if necessary.

In an emergency situation I authorise the organisers to take my son/daughter to hospital and give my full permission for any treatment required to be carried out in accordance with the hospital's diagnosis. I understand that I shall be notified, as soon as possible, of the hospital visit and any treatment given by the hospital.

Signed: ..... (parent/guardian)

Name: (please print) ..... Date: .....