

SNORKELING HEALTH CHECK

Please review the health questions below for every participant before booking. If the answer to any question is YES, please tell us before completing the booking so that we can confirm with the captain.

#	Health question	YES	NO
1	Are you pregnant, or is there any possibility that you may be pregnant?	☐	☐
2	Do you have heart or cardiovascular disease, angina, a previous heart attack, heart surgery, or a significant heart rhythm problem?	☐	☐
3	Do you have high blood pressure that requires regular medication or medical monitoring?	☐	☐
4	Do you have asthma or another significant respiratory or lung condition?	☐	☐
5	Do you have epilepsy, seizures, recurrent dizziness, fainting, or unexplained loss of consciousness?	☐	☐
6	Do you have diabetes that requires medication or regular medical management?	☐	☐
7	Have you recently had surgery, been hospitalized, suffered a significant injury, or are you currently recovering from an illness?	☐	☐
8	Do you currently have a cold, fever, significant congestion, an ear infection, vomiting, diarrhea, or otherwise feel unwell?	☐	☐
9	Do you regularly take prescription medication, or any medication/substance that may affect alertness, balance, breathing, judgment, or physical ability?	☐	☐
10	Do you have a significant mobility limitation, panic/anxiety in the water, or any other condition that may affect safe snorkeling?	☐	☐
11	Is there any other health or physical condition that the captain should know about before deciding whether you can safely participate?	☐	☐

If all answers are NO: please reply to our email confirming: "I have reviewed the health check for all participants and all answers are NO."

If any answer is YES: please tell us which participant and which item before booking. We will pass the information to the captain for confirmation.