

# Ole Miss Outdoors

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## HEALTH HISTORY

Participants in outdoor activities should be free of medical, mental or physical conditions, which might create undue risk to themselves or others who depend upon them. Good condition will increase your enjoyment of the outing activities. Medical insurance is strongly encouraged to participate. Please review your personal insurance for adequate coverage. Some companies may specifically exclude high-risk activities, therefore, in case of injury all expenses will be borne by you.

Medical Insurance Co.: \_\_\_\_\_ Policy# \_\_\_\_\_

**Yes**, I have adequate medical insurance

\_\_\_\_\_  
Signature Date

**No**, I do not have medical insurance. I willingly participate in this activity with the understanding that *I am responsible for all expenses incurred* if it is necessary for the activity leaders to seek medical, rescue or evacuation services for me.

\_\_\_\_\_  
Signature Date

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Shoe Size: \_\_\_\_\_

Do you have allergies to the following?

Insects (bees, ants, etc.) \_\_\_\_\_ Foods \_\_\_\_\_ Plants \_\_\_\_\_ Other \_\_\_\_\_  
Medications \_\_\_\_\_ Iodine \_\_\_\_\_ Sun \_\_\_\_\_

If so, please elaborate: \_\_\_\_\_

Have you experienced any of the following?

Heart Problems \_\_\_\_\_ Altitude Sickness \_\_\_\_\_ Stroke \_\_\_\_\_  
Asthma \_\_\_\_\_ Migraine Headaches \_\_\_\_\_ Epilepsy \_\_\_\_\_  
Hayfever \_\_\_\_\_ Heat Illness \_\_\_\_\_ Other \_\_\_\_\_  
Diabetes \_\_\_\_\_ Cold Illness \_\_\_\_\_

If so, please elaborate: \_\_\_\_\_

Are you taking any medications-please indicate type and dosage:

Blood Pressure \_\_\_\_\_ Heart Medications \_\_\_\_\_  
Epilepsy \_\_\_\_\_ Antibiotics \_\_\_\_\_  
Antidepressants \_\_\_\_\_ Other \_\_\_\_\_

Any additional medical history or physical conditions? \_\_\_\_\_

List any special food considerations: \_\_\_\_\_

Do you wear: glasses \_\_\_\_\_ contact lenses \_\_\_\_\_  
Swimming level: beginner \_\_\_\_\_ intermediate \_\_\_\_\_ advanced \_\_\_\_\_

Canoeing/Kayaking Level:

- \_\_\_ Class 0: No previous canoeing or kayaking experience.
- \_\_\_ Class I: A beginner. Knows all basic strokes and can handle the boat competently in smooth water.
- \_\_\_ Class II: A novice. Can use effectively all basic whitewater strokes in the kayak or in both bow and stern of the canoe. Can read water and negotiate easy rapids with assurance.
- \_\_\_ Class III: An intermediate. Can negotiate rapids requiring complex sequential maneuvering. Can use eddy turns and basic bow upstream techniques. Is skillful in both bow and stern of double canoe or kayak intermediate rapids.
- \_\_\_ Class IV: An expert. Has proven to run difficult rapids in both bow and stern of double canoe and single canoe or kayak in intermediate rapids.