



## Medical and fitness to dive acknowledgement

### Doctor's portion

Before we can accept any person on a ReefDoctor expedition we need to confirm that they meet the requirements in terms of physical health and fitness for recreational SCUBA diving.

The form below needs to be filled out and signed by a doctor, after they have seen the Participant's portion of this form and a standard PADI medical statement, both completed and signed by the participant.

**All information contained herein will be treated as confidential**

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### To be completed by the doctor

With this form is the standard PADI medical statement. Please use these for reference, ensuring your patient has answered the questions in compliance with his/her medical status and history.

If the patient has answered 'yes' to any questions in this form and/or in the PADI medical statement, please can you indicate why this does not preclude your patient from undertaking recreational SCUBA diving activities (provide additional information on separate paper if necessary and sign each page).

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## Medical and fitness to dive acknowledgement

### 1) Standard medical information

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Height: .....

Weight: .....

Blood type:    A    B    AB    O / o-   o+

BMI: .....

Resting pulse: .....

Resting BP: .....

### 2) GP contact details

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Full name .....

Address .....

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Telephone .....

Email .....

Fax .....



## Medical and fitness to dive acknowledgement

### 3) Statement

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On review of the Reef Doctor.Org and PADI medical guidelines for recreational SCUBA diver's physical examination,

I..... find the participant.....  
medically fit to recreationally SCUBA dive and participate in all aspects of a Reef Doctor.Org expedition.

I.....have also reviewed the PADI medical statement and Participant portion of this medical statement and where a 'Yes' was marked in the medical history I have explained above (or attached a signed letter to this effect) why this should not preclude the above stated participant from SCUBA diving.

Doctor's signature..... Date...../...../.....



## Guidance notes for doctors

### Explanation of our work and what the participant will be doing

Reef Doctor.Org is an organisation working in Madagascar conducting marine conservation work in a tropical environment. We would appreciate your assistance in assessing the medical suitability of your patient to participate in an expedition of this nature.

The participant has applied to join an expedition with Reef Doctor.Org either as staff or as a volunteer Research Assistant. Staff members stay with us for up to 12 months, while research assistants usually stay between 6-12 weeks.

Reef Doctor.Org is based next to two small fishing villages in the south west of Madagascar, 27km north of the main provincial town of Toliara. Hospital facilities can be up to two hours travelling time away via land or sea.

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Participants will experience the following in the field:

- Tropical humid climate with temperatures from 20 – 40°C
- SCUBA diving up to twice a day 6 days a week
- Occasional strenuous physical work on land
- Occasional strenuous physical work underwater
- Mosquitoes, jigger fleas and a number of other biting insects
- Showering in slightly saline water
- Basic daily diet of rice, beans, vegetables, fish and some meat
- Basic toilet facilities (drop toilet)
- Shared living quarters
- Treated drinking water (chlorinated)



## Guidance notes for doctors

In the field participants will have access to the following medical facilities:

- Dive officer – a trained PADI Instructor with first aid and CPR training
- Staff – all staff members have been trained and certified to perform first aid and CPR
- Medical cabinet – a comprehensive medical kit including antibiotics, oxygen, saline drips, sterile syringes, needles and catheters and re-hydration medicines etc.
- Casualty Evacuation Plan – a full casualty evacuation plan is in force to take any casualty to the nearest medical facility
- Evacuation transport – access to hospital via land and sea

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Malaria is present in Madagascar and all personnel must bring their own anti-malarial prophylaxis. However, because your patient will be undertaking regular diving activities it is advised they not to be prescribed Lariam because of the side effects associated with diving.

Instead we suggest Doxycycline or Malarone (Proguanil+Atavaquone) as these have less side effects.

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Please could you review the medical forms for Reef Doctor.Org and the PADI Medical statement, which includes guidelines for recreational scuba diving from PADI International.

If, in your opinion, your patient is medically fit to participate in the expedition, please sign both forms. If your patient has responded 'yes' to any of the questions in any of the medical history forms, please provide explanations (including history, treatments and conditions) as to why this should not preclude your patient from undertaking SCUBA diving activities (i.e. suffering from asthma, ear or lung problems)

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Thank You

Reef Doctor.Org