

MEDICAL EXAMINATION CERTIFICATE

Sea Survival and Helicopter Underwater Escape Training

This certificate must be completed by either a Medical Practitioner or a Registered Nurse.

General Description of Training

The training involves both classroom lectures and practical application of underwater escape training where the participant undertakes underwater inversion simulations and sea survival practical training. Course participants are submerged to a depth of approximately 2 metres inside a helicopter simulator in an outdoor saltwater swimming pool. This also involves being inverted in the simulator underwater and pushing out exit windows and doors.

Participants will also need to complete up to 60 minutes of water based sea survival training including climbing up a cargo scramble net. Participants are also required to jump into the water from a 3 meter platform and be winched by a helicopter rescue strop under armpits and legs from the water back to the platform.

Medical Examination of:			
Name:			
Address:			
Employer:			
Photo ID Drivers License or Passport No.		Sighted by:	

N.B. Photo ID will be required to be sighted by both the Medical Practitioner and Accrete staff

Photo ID:	Sighted by Accrete:
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Medical History			
Blood Pressure:	Heart condition:	Normal	Abnormal
Pulse:	Spinal condition:	Normal	Abnormal
Weight:	Skin condition:	Normal	Abnormal
Height:	Ears:	Normal	Abnormal
Whiplash:	Previous ear damage:	Yes	No
Hernia:	Sinuses	Normal	Abnormal

Any other condition that may prevent successful completion of this course ? (e.g head cold)

In view of your understanding of the stresses associated with the course, and your examination of the person wishing to attend, is the person fit to undertake the training (please circle)

YES **NO**

Practitioner's Signature:	Practitioner's Name: Doctors Surgery:
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Date of Examination: