



AUSTRALIAN UNDERWATER FEDERATION - QLD INC.



HAVE A GO DAY

Please Circle or print all information on this form. **To be completed by the player; or the parent/guardian of the player if the player is 15years of age or under.**

Underwater sports involve depths and pressures that may affect a person's sinus's and ears – persons should be feeling fit and well when undertaking these sports and certain conditions may preclude a person from participating.

Players Name: (insert here)

- Have you previously participated in Underwater activities that involve diving to depths of 3m or beyond.... Yes / No
- Have you read a copy of the Medical Checklist and How to Prevent Injuries (below) Yes / No
- Can you successfully swim 25m and tread water for 1 minute unaided Yes / No

Potential Injuries from Under Water Hockey & How to Prevent Them

Risk	Description	Prevention
Burst Ear Drums	Can happen if a player receives a kick to the ear.	The risk will be reduced by wearing a cap with ear protection.
Broken Teeth	Can happen if a player gets hit by a puck to the mouth.	Although the snorkel offers some protection, an internal or external mouth guard must be worn during all training
Cuts to the Hand –	A player can receive cuts from sharp tile edges on the pool bottom.	Wear an UWH glove on the playing hand
Bruises to the Hand –	Bruises can result from impact by the puck and/or another player's stick.	Wear an UWH glove on the playing hand
Sore neck /Collision injuries	Can result from swimming into walls, other players or surfacing underneath another player.	Use your free hand to fend off other players and to lead when surfacing. Look up and around when you are swimming.
Cuts to the Face	If a player gets a kick or a puck to the face, the mask may break and cause cut/s to the face.	Wear a tempered mask, preferably with two separate eye pieces as the mask's bridge offers protection.
Cuts to the knees and/or elbows.	If the pool bottom has broken or sharp tiles, then players may get minor cuts.	Generally, not common, but if a concern, the player can put tape on those commonly affected areas.
Slip and fall on the pool deck	Pool surrounds may be slippery and wet	Do not walk with fins around the pool or run on the pool deck

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64 Collins Cres Benowa QLD 4217 (ABN 96 159 949 476)

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MEDICAL CHECK - CIRCLE YOUR ANSWER

1. Have you had any cardiovascular or blood disease?..... Yes/No
(Heart, blood pressure, bleeding tendencies)
2. Have you had any lung disorders? Yes/No
(asthma, wheezing, pneumothorax or tuberculosis)
3. Have you had any fits, epilepsy, convulsions or blackouts?..... Yes/No
4. Do you have diabetes or any other serious disease? Yes/No
5. Have you had any serious ear, sinus or eye disease? Yes/No
6. Have you had any neurological or psychiatric disease?..... Yes/No
7. Over the past month, have you been treated for any illness by a medical practitioner, taken any drugs
8. or medication that may impair your responses? Yes/No
8. (Females) Are you pregnant?..... Yes/No
9. Do you have difficulty equalizing (popping) your ears? Yes/No

If the participant answers yes to any of the above questions they should seek medical advice that they are fit to play before commencing underwater activities. Club to provide Medical Authorisation Form Addendum A which is to be signed by a medical practitioner and returned before the player commences training.

INSURANCE COVER & Australian Underwater Federation Membership

Please be aware that you are required to pay membership fees to the Australian Underwater Federation within one month of continuing playing for insurance purposes. Go to www.auf.com.au and pay online.

PLAYER DETAILS

Name:	Date of Birth:
Address:	Phone Number/s:
	Email:
Signature: Parent/Guardian if 15 years of age or under	Date: AUF fee to be paid within 1 month from this date
Emergency Contact Name	Emergency Contact Phone
Do you give Permission for photos of you /your child to be used for Web/Promotional material	Yes / No

The information on this form will be kept by the AUFQ and will not be passed on without your consent.

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Medical Authorisation Form - Addendum A

- ASTHMA:** Swimming is very good exercise for asthmatics, however underwater activities can restrict breathing due to increased dead air space of a snorkel. Underwater activities can be physically demanding and are performed while holding your breath at depths of 2-5m. Approved Asthmatics should always carry medication and ensure club officials are familiar with the location of this medication prior to commencing training.
- DIBETES:** Underwater Activities are played at depths of 2-5m while the participant is holding their breath. Participants wear masks, snorkels and fins and some parts of the games involve strenuous activity underwater. Approved Diabetics should always carry medication and ensure club members have a management plan available prior to commencing games/training.
- EPILEPSY:** Due to the unpredictable nature of seizures, epileptics should be discouraged from diving.
- EARS:** Players must be able to successfully clear their ears prior to entering the water. ENT infections which may restrict lungs, sinuses or airways must be treated and healed before a return to underwater training is permitted. "Swimmer's Ear" can be prevented by using Aquaear, Vosol or similar preparations.

If the player has marked any of the Medical Checklist Questions "Yes" the medical practitioner should ascertain that the person presenting can safely dive to depths up to 5m while holding their breath. That any pre-existing conditions will not risk loss of ability to surface while engaging in physically strenuous activities.

This 3-page form incorporating the medical checklist should be taken by the player to their medical practitioner for the endorsement below and returned to the club organiser prior to commencing in-water activities.

"I certify that..... is FIT/UNFIT to participate in underwater training and/or games".

Additional comments:

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Signed (Doctor): Date:.....

Participants Signature