



AIDA Medical Screening & Self-Declaration of Fitness Form

Freediving is a strenuous activity carried out in the underwater environment, which may, under certain physical conditions, increase your risk of injury. These same physical conditions would not necessarily be a safety factor in other strenuous activities or sports. AIDA therefore uses the following list to make you aware of these conditions. Failure to address these conditions prior to engaging in breath-hold diving activity may endanger your health, your safety and the safety of any person you may dive with in the future. The purpose of this Form is to find out if you should be examined by your doctor before participating in freedive training.

I, _____ (Participant's Name), declare that I have reviewed the following list of medical conditions (contraindications in freediving), _____ (Date).

List of medical conditions (contraindications) that require medical certification before beginning freediving:

Medications

Relative Contraindications

- ▶ Diuretics
- ▶ Opioids
- ▶ Benzodiazepines
- ▶ Antiepileptics (AED)

Absolute Contraindications

- ▶ Intrathecal-Baclofen/morphine pump
- ▶ Chemotherapy
- ▶ Antipsychotics

Mental and Mood Conditions

Relative Contraindications

- ▶ Panic Disorder
- ▶ Severe Post-traumatic stress disorder (PTSD)
- ▶ Tourette's syndrome

Absolute Contraindications

- ▶ Dementia
- ▶ Active schizophrenia with auditory/visual hallucinations
- ▶ Severe Bipolar disorder (BPD)

Neurological Conditions

Relative Contraindications

- ▶ Seizures
- ▶ Aphasia Receptive/Expressive
- ▶ Cervical or thoracic spondylotic myelopathy

Absolute Contraindications

- ▶ Unsecured brain aneurysm over 5 mm in size
- ▶ Brain aneurysm with prior rupture
- ▶ Brain Arterio-venous malformation
- ▶ Quadriplegia

- ▶ Untreated seizures
- ▶ Severe vertigo
- ▶ Recent head trauma
- ▶ Skull fractures

Cardiovascular

Relative Contraindications

- ▶ Heart murmur
- ▶ Severe hypertension
- ▶ Uncontrolled tachycardia
- ▶ Uncontrolled arrhythmia
- ▶ Brugada syndrome

Absolute Contraindications

- ▶ Heart failure
- ▶ Atrial fibrillation
- ▶ Severe bradycardia
- ▶ Severe pulmonary hypertension
- ▶ Severe right to left shunt

Pulmonary

Relative Contraindications

- ▶ Chronic obstructive pulmonary disease (COPD)
- ▶ Cystic fibrosis

Absolute Contraindications

- ▶ Severe COPD
- ▶ Pneumothorax
- ▶ History of spontaneous pneumothorax
- ▶ Pleural effusion
- ▶ Tuberculosis
- ▶ Severe asthma
- ▶ Conditions that cause airway obstruction
- ▶ Recent Severe immersion pulmonary oedema
- ▶ Recent Severe airway obstruction

Ear, Nose, Throat

Relative Contraindications

- ▶ Sinusitis
- ▶ Recent Severe sinus bleeding
- ▶ Recent sinus or ear or throat surgery
- ▶ Recent nasal surgery

Absolute Contraindications

- ▶ Perforated tympanic membrane
- ▶ Active cerebral-spine fluid leak
- ▶ Severe vertigo

Eye

Relative Contraindications

- ▶ Retinal detachment
- ▶ Recent corneal abrasion
- ▶ Glaucoma

Absolute Contraindications

- ▶ Eye globe injury
- ▶ Severe cornea abrasion/ulcer
- ▶ Active scleral bleeding/recent mask squeeze

Diabetes Mellitus (DM)

Relative Contraindications

- ▶ Uncontrolled diabetes
- ▶ Insulin pump

Absolute Contraindications

- ▶ Uncontrolled hypoglycemia
- ▶ Recent diabetic ketoacidosis
- ▶ Recent malfunctioning insulin pump
- ▶ Recent DM coma
- ▶ DM-related non-healing ulcer/open ulcer



If you do have any of the mentioned medical conditions, or are not clearly aware if you have one or not, and still wish to pursue freediving, you are advised to:

- » Inform your AIDA instructor that you have a medical condition(s) mentioned above or you have some concerns about whether you do or not,
- » Apply to a physician for a medical examination and provide the physician with both the list of training requirements and the above list of contraindications,
- » Consult with your physician to determine if you are fit to safely complete the training,
- » Provide the instructor with your medical certificate concerning non-contraindications to freediving.

I have read the above and declare that all information provided on this form is accurate and that I have not withheld any information regarding the status of my health.

I am aware that the occurrence of any accident or illness in training must be immediately reported.

☐ **I do not have any condition mentioned above that would make me unfit for freediving.**

OR

☐ **I have a medical condition(s) mentioned above or have some concerns about if I have one or not; I am aware that I must apply to a physician for a medical examination and provide the physician with both the list of training requirements and the list of contraindications.***

*** Copy of the medical certificate about non-contraindications to freediving must be attached to this form.**

_____ (Date) _____ (Signature)

*Applicant/student may be required to declare that he/she is fit to attend the course at the start of each training session.
Please sign and date, if requested by your instructor.*

_____ (Date) _____ (Signature)

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