

MEDICAL CERTIFICATE FOR SPORTS DIVERS (To be filled by Medical Practitioner)

Height _____	Weight _____	General Build _____
Normal?		
	Yes	No
Ears: R. Drum	<input type="checkbox"/>	<input type="checkbox"/>
R. Eustachian tube	<input type="checkbox"/>	<input type="checkbox"/>
L. Drum	<input type="checkbox"/>	<input type="checkbox"/>
L. Eustachian tube	<input type="checkbox"/>	<input type="checkbox"/>
Eyes R & L	<input type="checkbox"/>	<input type="checkbox"/>
Nose and sinuses	<input type="checkbox"/>	<input type="checkbox"/>
Mouth and throat	<input type="checkbox"/>	<input type="checkbox"/>
Lungs and chest	<input type="checkbox"/>	<input type="checkbox"/>
Cardiovascular System	<input type="checkbox"/>	<input type="checkbox"/>
Blood pressure	/	Pulse /minute
Abdomen	<input type="checkbox"/>	<input type="checkbox"/>
Central nervous system	<input type="checkbox"/>	<input type="checkbox"/>
Joints and limbs	<input type="checkbox"/>	<input type="checkbox"/>
Personality/mental status	<input type="checkbox"/>	<input type="checkbox"/>
Urinalysis	<input type="checkbox"/>	<input type="checkbox"/>
C.X.R/Pulmonary function	<input type="checkbox"/>	<input type="checkbox"/>

In my opinion applicant is fit to take part in underwater swimming activities including the use of compressed air breathing apparatus.

Signature of Medical Practitioner

Date

Name and address (in BLOCK LETTERS).

GUIDELINES FOR MEDICAL FITNESS CERTIFICATION FOR SPORTS DIVERS

Diving is a sporting activity demanding an exceptional level of fitness of the participant. This is because the marine environment demands that the diver must be physically self reliant if he is to practice this sport with safety. The following is a list of relative and absolute contraindications to diving. Doctors are advised not to certify as fit for diving any person suffering from any absolute contraindication. In the case of any relative contraindications, they should in the interest of the applicant give full details of the underlying medical condition when issuing a certificate.

ABSOLUTE (DISQUALIFYING) CONTRAINDICATIONS

- ▲ History of:
 - Head injury with more than 10 minutes unconsciousness or more than 1 hour amnesia
 - Depressed skull fractures, brain lacerations or intracranial haemorrhage
 - Epileptic seizures (excluded: febrile childhood convulsions)
 - Unexplained loss of consciousness
 - Asthma (even if inactive)
 - Thoracotomy
 - Spontaneous or traumatic pneumothorax
 - Inner ear surgery
- ▲ CNS disease including tumours demyelinating disease, severe migraine and persistent neurological or EEG abnormalities
- ▲ All acute or chronic psychiatric disorders
- ▲ Chronic pulmonary disease (obstructive, restrictive, neoplastic or suppurative)
- ▲ Blood Pressure over 150/95
- ▲ Chronic heart disease limiting cardiac output
- ▲ Any atrial or ventricular septal defects
- ▲ Drug or alcohol abuse
- ▲ Haemoglobinopathies, coagulopathies and chronic anaemias
- ▲ Inability to perform the Valsalva manoeuvre
- ▲ Meniere's disease
- ▲ Active eye disease
- ▲ Active Gastrointestinal Tract disease
- ▲ Diabetes Mellitus
- ▲ Decompression illness with permanent neurological damage
- ▲ T.I.A or C.V.A.

RELATIVE CONTRAINDICATIONS (TO BE FULLY INVESTIGATED)

- ▲ History of:
 - Previous Decompression sickness
 - Recurrent headaches
 - Childhood asthma
 - Pulmonary Barotrauma
 - Old Tuberculosis
- ▲ Mild Hypertension
- ▲ Abnormal heart rate or ECG
- ▲ Ischaemic heart disease
- ▲ Severe hay fever and sinusitis
- ▲ Chronic perforation of the ear drum
- ▲ Cleft Palate
- ▲ Severe deafness
- ▲ Severe visual disturbance
- ▲ Chronic Gastrointestinal Tract disease
- ▲ Neuromuscular, muscular or skeletal disease
- ▲ Gross obesity
- ▲ Impaired exercise tolerance
- ▲ Person aged over 50 years
- ▲ Persons on regular medication
- ▲ Uncorrected Inguinal Hernia
- ▲ Post eye surgery within 1st year
- ▲ Middle ear surgery

IN ADDITION TO THE ABOVE RESTRICTIONS ASSESSMENT SHOULD BE MADE OF THE PHYSICAL QUALITIES OF STRENGTH AND ENDURANCE AS WELL AS EMOTIONAL QUALITIES MOTIVATION AND STABILITY