

PADI Discover Scuba Diving Medical Enquiry

To be able to complete the PADI Discover Scuba Diving programme safely, you must answer each of these questions with a 'NO'. If you answer any question with a 'YES' a doctor's note will be required stating that you are 'fit to dive', before you can commence any training. A form can be obtained from Andark to take to your doctor.

Could you be pregnant or are you attempting to become pregnant?	Dysentery or dehydration requiring medical intervention?
Are you presently taking prescription medications? (with the exception of birth control or anti-malarial)	Inability to perform moderate exercise (example: walk 1.6km/ one mile within 12 minutes)?
Are you over 45 years of age <i>and</i> can answer YES to one or more of the following?	Head injury with loss of consciousness in the past five years?
<ul style="list-style-type: none"> • Currently smoke a pipe, cigars or cigarettes? 	Recurrent back problems?
<ul style="list-style-type: none"> • Have a high cholesterol level? 	Back or spinal surgery?
<ul style="list-style-type: none"> • Have a family history of heart attack or stroke? 	Diabetes?
<ul style="list-style-type: none"> • Are currently receiving medical care? 	Back, arm or leg problems following surgery, injury or fracture?
<ul style="list-style-type: none"> • High blood pressure? 	High blood pressure or take medicine to control blood pressure?
<ul style="list-style-type: none"> • Diabetes mellitus, even if controlled by diet alone? 	Heart disease?
Have you ever had or do you currently have....	Heart attack?
Asthma, or wheezing with breathing, or wheezing with exercise?	Angina, heart surgery or blood vessel surgery?
Frequent or severe attacks of hayfever or allergy?	Sinus surgery?
Frequent colds, sinusitis or bronchitis?	Ear disease or surgery, hearing loss or problems with balance?
Any form of lung disease?	Recurrent ear problems?
Pneumothorax (collapsed lung)?	Bleeding or other blood disorders?
Other chest disease or chest surgery?	Hernia?
Behavioural health, mental or psychological problems (panic attack, fear of closed or open spaces)?	Ulcers or ulcer surgery?
Epilepsy, seizures, convulsions or take medications to prevent them?	A colostomy or ileostomy?
Recurring complicated migraine headaches or take medications to prevent them?	Recreational drug use or treatment for, or alcoholism in the past five years?
Blackouts or fainting (full/partial loss of consciousness)?	

IF YOU HAVE ANSWERED YES TO ANY OF THE ABOVE YOU MUST GAIN A DOCTORS NOTE OR HAVE OUR PADI MEDICAL FORM COMPLETED, STATING THAT YOU ARE 'FIT TO DIVE'.

THIS FORM CAN BE OBTAINED FROM THE ANDARK SHOP OR BY EMAILING claire@andark.co.uk