

Name of Participant _____

Confidential Medical History

Baja Kayak Festival, April 13-18, 2018

The following information is requested in order to help staff and participants prevent medical emergencies, as well as to provide the most appropriate first aid or emergency care if it is needed. All information is confidential and will only be shared with relevant coaches, or medical providers as needed. Please circle Yes or No for each question and provide additional information to "yes" answers as requested.

YES	NO	Do you have any known allergies (plants, food, insects, other)? If so, please describe the types of reactions you have experienced and to what triggers:
YES	NO	Are you presently taking an prescription medications? If yes: What are these medications? Will you require a dose during our session?
YES	NO	Do you normally carry an EpiPen or asthma inhaler? If yes, please tell your coach where you carry it
YES	NO	Have you ever had any heart ailments or experienced chest pain?
YES	NO	Do you have high blood pressure?
YES	NO	Are you diabetic?
YES	NO	Have you ever experienced hypoglycemia?
YES	NO	If you were to walk up three flights of stairs,would you expect to be short of breath?
YES	NO	Have you ever had any joint (shoulder, hip, wrist, back etc.) injuries that required surgery or was disabling? If yes, please briefly describe:
YES	NO	Do you wear a medic alert tag?
YES	NO	Do you have any communicable diseases?
YES	NO	My medical insurance provider is: My ID:
YES	NO	I have emergency medical evacuation insurance with the following company:

If there are any other concerns you feel would we should know about, please take the time to list them here: While our location isn't exactly remote, emergency, life-saving medical care may be delayed. Ensenada is a modern city with good medical facilities approximately 30 minutes from the festival site. San Diego is a 3 hour drive, with a delay at the border of up to 2 hours. We recommend checking with your medical insurance provider for international emergency procedures. There are a number of companies that provide international medical evacuation/travel insurance for a small fee - you can easily subscribe online.

In case of an emergency, whom would you like us to contact?

Name 1:

Name 2:

Daytime phone:

Daytime phone:

Cell phone:

Cell phone: