



## Medical Fitness Declaration

I, ..... (print name in **BLOCK CAPITALS**)

hereby declare that I have never suffered, nor currently suffer from any of the following (which I understand could cause a dangerous situation to develop in flight or affect my ability to learn without special equipment or training procedures):

- Epilepsy, Diabetes, Fits, Seizures, Vertigo or Severe Head Injury.
- Recurrent fainting, Giddiness or Blackouts. Unusually High Blood Pressure.
- A Heart Attack, Angina, severe Asthma or any other Cardiovascular defect or disease.
- Any bone, joint or muscle problems (including any corrective surgery) that could increase the risk of further injury (weak knees, ankles, shoulders etc.) on landing.
- A history of spinal weakness, surgery or disease that could increase the risk of further injury on landing.
- Deafness (partial or otherwise) or poor eyesight (uncorrected).
- I am not addicted to any drug or narcotic substance (including alcohol) that may affect my judgement.
- Any previously sustained injury that could affect my ability to control the aircraft or ability to land on my feet without risk of injury.
- Any defect or disability not mentioned above that may affect my judgement or ability to fly, control and land a paraglider safely.
- In the event of my suffering from any of the above conditions whilst under training with ParAvion Paragliding Centre, I will not fly until I have been examined by a suitably qualified medical practitioner and been declared physically fit enough to fly paragliders.

I consider myself to be in good health and declare that I:

- Am able to carry a 15kg - 20kg rucksack over rough terrain for sustained periods.
- Am able to run quickly over short distances – typically 50 metres.
- Am able to sustain a feet-first impact with the ground equivalent to jumping from a 6ft high wall.
- Am able to spend a full day out on in the open air partaking in an above average physical activity.
- Am able to see well enough to drive a car (spectacles may be worn).
- Have a Body Mass Index (BMI) of 28 or less (call us if you're not sure).
- Do not fear heights (being nervous is normal) and I'm not afraid of flying.
- Am under the age of sixty five years.

**Signature:** ..... **Date:**.....

*If you are unable to sign the Declaration above or if ParAvion will not accept the above declaration for some reason, a Doctor's Declaration may be submitted instead (call and we'll send you one or you can download one from our website's 'resources' section).*