

**Team Ascent**

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**Medical Condition Form**

All activities with Team Ascent involve a certain level of physical and mental exertion. Certain medical conditions are definite contra-indications to safely join our trips and expeditions.

Ideally all candidates should be in possession of an up to date medical or letter from your doctor confirming your fitness to participate in our activities.

As a minimum we require you to sign this form to show that you are free of the conditions listed below, and therefore there is no reason that would exclude you from participation in our courses, trips and expeditions.

Principal contra-indications to our activities, especially at high altitude include the following:

- Hear disease/chest pain
- High Blood Pressure
- Epilepsy, fits, blackouts
- Fear of heights/ Vertigo
- Impaired limb function
- Alcohol or drug dependence
- Psychiatric illness/counselling
- Diabetes

If you feel that you are not sure about any of the above contra-indications, then please see your doctor and ask him to provide a medical statement and forward this to Team Ascent. If you do not have a medical statement but feel you should read, understand and agree to this statement. Please sign it and forward it to us,

" To the best of my knowledge I do not suffer from any medical or physical condition, including those listed above, which would interfere with my ability to participate in a Team Ascent trip, course or expedition in a satisfactory and safe manner; or put myself or others at risk through my participation in these activities."

Name (Please print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date \_\_\_\_\_