

## **Medical and Illness**

### **I have a medical condition / injury, can I still take part?**

We will make every effort to include you in the expedition. The expedition at gold level is very strenuous, so depending on the condition, we may need to consider if it is safe for you to take part if you are not fully fit. We may advise you to wait until you are fully fit.

Under certain circumstances we may be able to gain exemption from the 20 conditions from the D of E. This will allow us to assist you to take part.

### **What happens if I'm ill or injured on expedition?**

You should tell your instructor straight away. Your instructor will assist you with first aid / get medical attention for you. If you are unable to continue with the expedition, we will arrange for you to get home safely.

### **Why do I have to fill in a medical form?**

Your instructor is responsible for your safety on expedition. They cannot look after you unless they know about any medical issues you may have. The information that you give is confidential (although it will be handed on to medical professionals in the case of an emergency) and it helps us to make sure that the expedition is safe and enjoyable for you.