

Snorkeling: can be a strenuous physical activity even in calm conditions and may increase the health and safety risk for people suffering from medical conditions which can be made worse by physical exertion, stress, or panic.

Please inform the crew if you have, or have ever experienced, the following conditions so that we can provide you with the proper advice for safe participation in in-water activities.

- Asthma, or other lung complaint
- Diabetes
- High/Low Blood Pressure
- Heart Disease, and/or, Heart Surgery
- Epilepsy/Fainting/Seizures/Fits
- Recent Surgery/Injury
- Excessive alcohol consumption within the last 24 hours
- Anything that may impede the proper use of Snorkelling equipment

Marine stingers: The majority of jellyfish species are harmless to humans; however, a small number can cause significant medical situations. These stingers are known to be present during the summer months but may be found throughout the year. ZigZag Whitsundays highly recommends the use of Stinger Suits all year round. These afford a high level of protection not only from marine stingers but also from the sun.

If you do believe you have been stung, don't panic, please inform a crew member so that the required action can be undertaken.

Alcohol Consumption: has been known to impair swimming ability and judgement. ZigZag Whitsundays request passengers refrain from consuming alcoholic beverages prior to in-water activities and encourages drinking responsibly at all times.

Whilst we make every effort to safeguard our passengers travelling on ZigZag Whitsundays, you acknowledge and agree that ZigZag Whitsundays is not liable to you for personal injury, aggravation of any existing injury or condition, mental injury, contraction of any disease, loss (direct, indirect or consequential) or death (including but not limited to from jellyfish stings, sharks, crocodiles) resulting from the recreational & transport services provided by ZigZag Whitsundays, ZigZag Whitsundays hereby *excludes absolutely* all such liability to you.

	Name	Do you have a medical condition?	How well can you swim?	Will you be swimming / snorkelling?	Signature	Emergency contact name & phone number (not travelling with you today)
1		No / Yes	0 1 2 3 4 5	No / Yes		
2		No / Yes	0 1 2 3 4 5	No / Yes		
3		No / Yes	0 1 2 3 4 5	No / Yes		
4		No / Yes	0 1 2 3 4 5	No / Yes		
5		No / Yes	0 1 2 3 4 5	No / Yes		
6		No / Yes	0 1 2 3 4 5	No / Yes		
7		No / Yes	0 1 2 3 4 5	No / Yes		
8		No / Yes	0 1 2 3 4 5	No / Yes		
9		No / Yes	0 1 2 3 4 5	No / Yes		
10		No / Yes	0 1 2 3 4 5	No / Yes		