

Guidance notes for completion of health form

Note to parents

Non-shooting parents who regularly attend club days with a junior member are welcome to fill in a form in their own name. This is entirely optional, but we would recommend it when the parent has a medical condition/disability where prompt medical action may save their life, eg diabetes, asthma or extreme allergic reaction (anaphylactic shock).

Medical conditions

All medical conditions and disabilities need to be placed in this section. If there are any changes then a new form should be completed, or the current form amended, as soon as possible.

Medications

All regular medications, including simple over the counter medications, should be included. You also need to include any hospital treatments, such as radiotherapy, and drugs used in an emergency eg inhalers, adrenaline, Hypostop. You **do not** need to give details of irregular medication, nor short-term courses of treatment, eg antibiotics, although it is advisable to inform a key holder, or club nurse that you are currently taking these. If there are any changes to regular medications then a new form should be completed, or the current form amended, as soon as possible.

Allergies/sensitivities

An allergic reaction is when the body develops anaphylaxis, ie when the body goes into shock causing collapse, swelling of the airways and difficulty breathing. A sensitivity is any symptoms such as nausea, vomiting, rashes or itching. When completing the form please state whether you have an allergy or sensitivity to the item you are listing.

Restrictions to treatment

Any restrictions to medical treatment due to cultural or religious beliefs, eg a Jehovah's Witness may not want blood products, or vegetarians may not wish to receive animal products such as Gelofusin (used in an emergency as an intravenous infusion to increase blood pressure).

Consent

It is essential that this is signed in order to gain permission for treatment to be given in the event of an emergency.

It is suggested that this form is completed on a computer so that it is legible in the event of an emergency, as this information will need to be shared with the emergency services. It is also advised that the completed form is saved so that any alterations can be made without having to redo the whole form. Two copies of the form are required, one to be stored at each of our venues.