

## MEDICAL DISCLOSURE WAKA AMA

Number	Name	Medical condition/s	Medications / on person		Drug Allergies	Contact person & No.
	Joe BLOGGS	Asthma	Symbicort Ventolin	x ✓	Aspirin, Voltaren etc . exacerbates asthma	Jane BLOGGS 021 234 5678
		Anaphylaxis to wasp stings	Epipen	✓		
		High blood pressure	Felodipine	x		

Please note this is an example of how this form should be filled in we will allocate your number on the day – this will be written on your arm in Vivid when you are racing –

Competitors with medical conditions that may require medication or treatment urgently e.g. Asthma, history of anaphylaxis, diabetes, are strongly advised to carry any emergency medications/supplies with them at all times. That means with them out on the water, not in a backpack in the car.