

Declaration of Medical Fitness for Snorkelling

Snorkel diving, whether in a swimming pool or in open water, is an activity which requires general physical fitness and good health. It can also do much to generate these conditions, and improve swimming ability and watermanship.

However, anyone with a history of diabetes, black-outs (epilepsy, etc.) perforated eardrums, grommets, high blood pressure or heart disease, any lung or respiratory disorder, dependence on drugs, should not contemplate taking up this sport without first discussing their suitability to do so with a specialist Diving Medical Referee.

Persons wishing to take up snorkelling, with a BSAC Branch or with a Corporate Member of the BSAC Snorkel Training Scheme, **must** complete the following medical declaration. Those with learning difficulties sufficient to produce problems in understanding and remembering the theory and techniques of snorkelling may be disqualified. If the applicant is under 18 years of age, the declaration **must** be completed and signed by a parent/guardian, who is aware of the person's health history. **Remember: the applicant is the one at risk if a false declaration is made.**

The BSAC Branch or Corporate Member reserves the right to insist that the applicant undertakes a full medical examination by a medical practitioner. If anything about the applicant's medical history declared on this form gives them cause for concern. They do this with your safety in mind.

Declaration

To the best of my knowledge, I certify that I/the applicant (*if under 18 years of age*) has not in the past suffered from any of the conditions mentioned in the indented paragraph above. (*In the event that you/the applicant has one of these or any other medical problems, they should be declared here and the opinion of a Medical Referee will be required before training begins. Should there be any change in the applicant's health, he/she is advised to seek an informed medical opinion concerning current fitness for snorkelling.*)

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.....
Name of applicant Date of birth

Address

..... Postcode

Signature of applicant Date

Signature of Parent / Guardian if applicant is under 18 years.

This completed declaration should be given to the BSAC Branch or Corporate Member before training begins, and will be held by them.

Seen by Branch / Corporate Member

Result: ☐ FIT (Sign up 'Satisfactory Medical Declaration' on appropriate pages of members' Snorkelling Qualification Record Book).
☐ Refer to GP or Medical Referee for Examination.

A list of UK Sport Diving Medical Referees is reproduced overleaf

MEDICAL REFEREES

(s) = Surgery or Hospital telephone number (h) = Home Telephone number. Where not specified, numbers are believed to be Surgery.
Details given were correct at the time of printing but may be subject to change. If unable to contact, please advise your diving association HQ.

AVON

Dr Helen Wehner,
Hillview Family Practice, Hartcliffe
Health Centre, Harecliffe Road,
Hartcliffe, Bristol BS13 0JP,
Tel: 0117 301 5250 (s)
Fax: 0117 964 9055
helen.wehner@gp-L81041.nhs.uk

BERKSHIRE

Dr R G Tayton, The Health Centre,
Thatcham, Newbury RG18 3HH
Tel: 01635 867171
Dr A L Mackinnon,
Thatcham Medical Practice, Bath
Rd., Thatcham, Berkshire RG18 3HD
Tel: 01635-867171 (s)
Fax: 01635- 876395

CAMBRIDGESHIRE

Dr J Mclean, 3 Primrose Lane,
Waterbeach, Cambridge, CB5 9JZ.
Tel: 01223 862251(h)
01223 861485(w)
Fax: 01223 861485
Email: acjmclean@aol.com
Dr Cain Hunt, 87 Coles Road, Milton,
Cambridge, CB4 6BL
Tel: 01223 420511 or 506163 (s),
Fax: 01223 425078
Email cain.hunt@nhs.net

CLEVELAND

Dr M Speight,
12 Kinnel Close, Redcar, Cleveland,
TS10 2RY
Tel: 01642 756336 (h)
Email: michael.speight@nhs.net
www.divemedics.co.uk

CORNWALL

Dr E J Thacker,
Helnoweth Farm, Gulval, Penzance
TR20 8YP, Tel: 01736 330741 (h)
01872 274242 (s)

CUMBRIA

Dr J D C Wilmot,
Beechwood Group Practice, 57 John
Street, Workington,
Cumbria CA14 3BT
Tel: 01900 64866 (s)
Fax: 01900 871561
Email: john.wilmot@gp-a82048.nhs.uk

DEVON

Dr P Bryson,
Diving Diseases Research Centre,
Tamar Science Park, Derriford Road,
Plymouth PL6 8BQ
Tel: 01752 209999 Fax: 01752
209115
Email: enquiries@ddrc.org
Dr Christine Cridge,
Diving Diseases Research Centre,
Tamar Science Park, Derriford Road,
Plymouth PL6 8BQ
Tel: 01752 209999
Fax: 01752 209115
Email: christine.cridge@ddrc.org
Dr R Daniels,
Townsend House Surgery, 49
Harepath Road, Seaton, EX12 2RY
Tel: 01297 20616 (s)
Mob: 07968 952232
Email: rob.daniels@virgin.net
Dr P J S Farrell,
Townsend House Surgery, 49
Harepath Road, Seaton EX12 2LX
Tel: 01297 20616 (s) Fax: 20810 (s)
Dr K Robinson,
18 St Mary's Road, Teignmouth,
Devon, TQ14 9LY,
Tel: 01626 770892 (h)
Mob: 07977 510204
kath@teigndivingcentre.co.uk

HAMPSHIRE

Dr David Adey,
Spitfire Surgery, Mitchell Close,
Woolston, Southampton, SO19 7TN
Tel: 02380 420467(w),
Mob: 07785 570628
Fax: 02380 433050
docadey@msn.com

Dr B Ellis,

The Swan Surgery, Swan Street,
Petersfield GU32 3AB
Tel: 01730 264011 (s)
Lt. Cdr. Matthew Hickey,
Active military divers only (regular or reserve)
MC USN Institute Naval Medicine,
Crescent Rd, Alverstoke, Hamps.
PO12DL
Tel: 023-9276-8105 (s)
usnxo@nm.mod.uk
Dr Mark Glover,
*Area Portsmouth Harbour, Active Military
divers, and occasional emergency
consultation in area*
Hyperbaric Medicine Unit, Royal
Hospital Haslar, Gosport PO12 2AA
Tel: 02392 762 970 W
mark@mmmglover.com
Dr A W Scott-Brown,
Lake Road Practice, Nutfield Place,
Portsmouth PO1 4JT
Tel: 01705 821201 (s)
Dr A Q Wilcockson,
Medical Centre, Whale Island,
Portsmouth PO2 8ER
Tel: 02392 666667 (h)
Tel: 07768 932484 (mobile)
Tel: 02392 547137 (s)
Fax: 02392 547138 (h)

ISLE OF MAN

Dr D H Chalmers,
Snaefell Surgery, Cushag Road,
Douglas IM2 5SU
Tel: 01624 676622
Fax: 01624 674515

KENT

Dr Alistair Challiner,
11 Birch Cresc. Aylesford, Kent
ME20 7QE
01622 729000(Bleep 392)
01622 224361 Sec.
07793 150 486 M
01622 717535 H
Dr L H Van Cleeff,
Sky House, Bower Road, Mersham,
Ashford, TN25 6NW
Tel: 01233 503555 (h)
Fax: 01233 503556 (h)
Dr C Powell,
New Hayesbank Surgery, Bybrook,
Ashford, Kent. TN24 9JZ
Tel: 01233 624642
Email drchris.powell@virgin.net

LANCASHIRE

Dr Phillip Ashe,
St George's Surgery, 62, Haslingden
Rd. Blackburn. BB2 3HS
Tel: 01254-584888 (s)
Tel: 01254-507260 Fax
Dr. Kathryn Birkinshaw,
Mandalay Medical Centre, 933
Blackburn Rd., Sharples,
Bolton. BL1 7LR
Tel: 08444-771-751 S

LINCOLNSHIRE

Dr M J Spittal,
Anaesthetics Dept., Pilgrim Hospital,
Sibsey Road, Boston PE21 9QS
Tel: 01205 364801 (s) or
Tel: 01754 820905 (h)
Email: mjspittal@doctors.org.uk

LONDON

Dr O. M. Firth.
Hospital of St John and Elizabeth, 60
Grove End Rd. St. John's Wood,
London, NW8 9NH
Tel: 020-7806-4028 (S)
Fax: 020-7806-4029
doctor@londondivingchamber.co.uk
Dr Mihaela Ignatescu,
London Hyperbaric Medicine, Whipp's
Cross Hospital, Leytonstone,
London E11 1RG
Tel: 02085391222 (s),
Mob: 07792760379
E-mail mignatescu@doctors.org.uk
Dr Oliver Sykes,
7 Ealing Village, London W5 2LY
Tel: 0208-998-3586 H
Mob: 07974-272-974

MANCHESTER

Dr K Vickers,
Whitley Road Medical Centre, 1
Whitley Road, Collyhurst, Manchester,
M40 7QH
Tel: 0161 2054407 (s)
Fax: 0161 203 5269
www.divingmedicals.co.uk
MERSEYSIDE
Dr T Cope,
North West Emergency
Recompression Unit, Murrayfield
Hospital, Holmwood Drive, Thingwall,
Wirral, CH61 1AU
Tel 0151 648 8000
Fax: 648 8080
Dr John Harrison
North West Emergency
Recompression Unit, Murrayfield
Hospital, Holmwood Drive, Thingwall,
Wirral CH61 1AU
Tel: 0151 648 8000 (s)
Fax: 0151 648 8080
Dr Tim Fitzsimons,
Green lane Medical Centre, 15 Green
Lane, Liverpool, L13 7DY
Tel: 0151 228 9101 (s),
Fax: 0151 228 2472
Email: DocTim@divingmedicals.com
www.divingmedicals.com
Dr P S Larkin,
28 Mount Road, Upton, Wirral,
Merseyside CH49 6JB
Tel: 0151 677 1471

MIDDLESEX

Dr D R Batham,
Medical Centre, JSU Nothwood, Sandy
Lane, Northwood,
Middlesex, HA6 3HP
Tel: 01923 838300
Fax: 01923 838301

NORFOLK

Dr Ken Mathews,
Hellesdon Medical Practice, 343
Reepham Road, Hellesdon, Norwich, ,
NR6 5QJ Tel: 01603 861254 (h),
Tel: 01603 486602 (s), Mob: 07802
340640, Fax: 01603 401389
Email ken.mathews@nhs.net

NOTTINGHAMSHIRE

Dr M Clamp,
Lowdham Medical Centre, Franklin
Road, Lowdham, Nottingham.
NG14 7BG
Tel: 0115 966 3633 (s) 0115 933
2368 (h) Fax: 0115 966 4347
Mobile 07802 850084
Email: mclamp@doctors.org.uk

OXFORDSHIRE

Dr C Edge,
The Stone Barn, Gravel Lane, Drayton
OX14 4HY
Tel: 01235 529888 (h)
Fax 01235 554701 (h)
Email: cjedge@diver.demon.co.uk

SHROPSHIRE

Dr D Lowdon,
Prescott Surgery, Baschurch SY4 2DR
Tel: 01939 260210
Dr P Wilmshurst,
Department of Cardiology, Royal
Shrewsbury Hospital, Myton Oak,
Shrewsbury SY3 8XQ
Tel: 01743 261108 (s)

SURREY

Dr S Domizio,
14 Paddocks Road, Burpham,
Guildford GU4 7LL
Tel: 01483 571437 (h)

SUSSEX

Dr Ian J Kenney,
Royal Alexandra Hospital, Dyke Road,
Brighton, BN1 3JN
Tel: 01273 328145 (x2151) (s)
Tel: 01273 380305 (h)
Email: i.kenney@bspr.org.uk
ian.kenney@bsuh.nhs.uk

TYNE AND WEAR

Dr Paul Howden,
Herrington Medical Centre,
Philadelphia Lane, Houghton- Le-
Spring DH4 4LE
Tel: 0191-584-2632 S
Dr D Talbot,
Ward 12 Office, Freeman Hospital,
High Heaton, Newcastle-upon-Tyne
Tel: 0191 284 3111 ext 26128 (s)
WARWICKSHIRE
Dr N J Howarth,
225 Lutterworth Road, Nuneaton,
Warwickshire CV11 6PZ
Tel/Fax: 02476 745720
Email: nikolas.howarth@ntlworld.com

WEST MIDLANDS

Dr Grahame Bruce,
The Aldergate Medical Practice, 10
Salters Lane, Tamworth,
Staffs B79 8BH.
Tel: 01827 54775(s)
Fax: 01827 62835
Dr Brendan Delaney,
Laurie Pike Health Centre, 95
Birchfield Road, Handsworth,
Birmingham, B19 1LH
Tel: 0121 523 8111 (s) ask for
Debbie Wearing, Fax: 0121 523
6163
b.c.delaney@bham.ac.uk
Dr Colin Eagle,
Health Centre, 402 Highfield Road,
Birmingham, B14 4DU
Tel: 0121 474 5156(s),
Fax: 0121 436 7648
colin.eagle@lineone.net
Dr T Priest
Pain Management Unit, Solihull
Hospital, Lode Lane, Solihull. B91 2JL
Tel: 0121 424 4329
Email: tdpriest@blueyonder.co.uk
Dr Maybelle Wallis,
Hollywood, Birmingham
Tel: 01564 826775, 07900 002540
maybelle@blueyonder.co.uk

WILTSHIRE

Dr Richard Carter,
Whalebridge Practice, Carfax Street,
Swindon, Wiltshire SN1 1ED.
Tel: 01793 692933(s)
Fax: 01793 524621
richardcarter@doctors.org.uk

WORCESTERSHIRE

Dr S G King,
28 Bromyard Road, Worcester
WR2 5BU
Tel: 01905 423612 (s) or 01905
820436 (h) Fax: 01905 420641 (s)

YORKSHIRE

Dr M D Brooke
Leylands Medical Centre,
81 Leylands Lane, Heaton, Bradford,
West Yorkshire BD9 5PZ
Tel: 01274 770771
Dr T Callaghan,
Park House Private Practice, 278
Keighley Road, Fribinghall, Bradford,
West Yorkshire BD9 4LH
Tel: 01274 772258
Dr B K Jindal,
Speedwell Surgery,
1 Speedwell Street Paddock,
Huddersfield, West Yorks. HD1 4TS
Tel: 01484 531786 (s) Fax: 424249
Dr Stephen Johnson,
Staithes Surgery, Seaton Cresc.
Staithes, North Yorkshire
01947-841-448 H
07077-237-657 M
01947-840-480 S
Dr I Sibley-Calder,
37 Eastgate, Hornsea, East Yorkshire
HU18 1LP
Tel: 01964 532212 (s) 534925 (h)
Fax: 01964 535007
Email: sibcald@aol.com

NORTHERN IRELAND

Dr C Fitzpatrick, 16 Florida Road,
Kilinchy, Co Down, Northern Ireland
BT23 6RU
Tel: 028 097 42248 (h) or
Tel: 028 975 53784 (s)
Email: colin.fitzpatrick@ntlworld.com
Dr J Galway,
Tara, 11a Brompton Park, Derryhale,
Portadown, BT62 3SP
Tel: 028 3887 1757 (h)
E-mail johnegalway@btinternet.com
Dr M Palmer, 6 Sequoia Park,
Lambeg, Lisburn, BT27 4SJ
Tel: 02892 604390
Email: markbnf@aol.com
SCOTLAND
Dr G Russell,
26 Huntingdon Place, Edinburgh
EH7 4AT
Tel: 0131 556 2642 (s) Tel: 0131
552 3305 (h) Fax: 0131 557 4430
Dr Dominic Gonzalez,
2/2, 51 Clouston Street, Glasgow
G20 8P
Tel: 0141 945 0836
Mobile: 07989 408848
Dr John Baird,
West Ayre, Hillswick, Shetland
ZE2 9RW
Tel: 01806 503394
Fax: 01806 503399
Mobile: 07803 674287
Email: john.baird2@ntlworld.com
Dr R Weekes,
Ullapool Medical Practice, Market
Street, Ullapool. IV26 2XE
Tel: 01854 612015(s)
Email: weekes100@doctors.org.uk
Dr P A McIntyre,
Methilhaven Surgery, 361
Methilhaven Road, Methil, Fife,
KY8 3HR
Tel: 01333 426913
Fax: 01333 422300
Email: paul.macintyre@virgin.net

WALES

Dr Roger Beer ,
Ty Siriol, Community Mental Health
Team, 49 St Martins Road,
Caerphilly, CF83 1EG
Tel: 02920 862035 (s)
Fax: 02920 86983
Dr G Lloyd,
Roath House, 100 Penylan Road,
Roath Park, Cardiff
Tel: 029 2046 1100 (s)
Dr D McCarter,
The Surgery, Hamner, Whitchurch
SY13 3DL
Tel: 01948 880223 (Flintshire)
Dr M O'Kane,
Cwm Felin Surgery, 298 Carmarthen
Road, Swansea SA1 1HW
01792 204922 (h)
07974 257144 (mobile)
Tel: 01792 653941 (s)
Fax: 01792 480910
Email: mike@o-kanec.com
Dr. Roger Whelan
43 Henna House, Penstone Ct.,
Chandley Way, Cardiff CF10 5NL
Tel: 029-2046-2887 (h)

CHANNEL ISLANDS

Dr B D Parkin,
Rohais Medical Practice, St Peter
Port, Guernsey GY1 1FF
Tel: 01481 725200
Dr John Howell,
The Surgery, 4 Grosvenor Street, St
Helier, Jersey JE1 4HB
Tel: 01534 861227 (h)
Tel: 07797 726206 (mobile)
Tel: 01534 730541
Fax: 01534 887948
Email: howell@localdial.com

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The British Sub-Aqua Club, Telford's Quay, South Pier Road, Ellesmere Port, Cheshire CH65 4FL Tel: 0151 350 6200
Scottish Sub-Aqua Club, The Cockburn Centre, 40 Bogmoor Place, Glasgow G51 4TQ Tel: 0141 425 1021

Sub-Aqua Association, 26 Breckfield Road North, Liverpool L5 4NH Tel: 0151 287 1001