



THE OUTWARD BOUND® TRUST OF MALAYSIA

· General Medical Examination (compulsory)

Dear Doctor,

Outward Bound is a leading experiential education organization, with an international network of regional schools across the world. Our wide-ranging course offerings occur in the wilderness (jungle), and on the sea. Among the activities conducted in the Outward Bound are, Kayaking, Whaler (Sailing) and Rafting which are sea going activities. We also conduct Jungle trekking (land based) and Rope based activities such as Climbing and Abseiling. The nature of a majority our activities are physical and require a sound medical fitness before undergoing our courses.

Medical :

- a) Heart Rate _____
- b) Blood Pressure _____
- c) Body Temperature _____
- d) Height _____
- e) Weight _____

Anyone who suffers from any of the following illnesses or disabilities should not attend our course (participant must declare to attending Doctor):

- Pregnant
- Hypertension needing long term medication
- Severe asthma that will impede physical activities
- Severe allergy:.....?
- Current fractures & dislocation
- Epilepsy
- Heart Related Problem

I have examined the person named....., dated in my opinion he/she is **FIT/UNFIT** to undergo the course.

If UNFIT, kindly state why?

Doctor's Signature :

Name (in capital letters) :

Name and address of Clinic :

A medical screening is required before undergoing our programs. The Outward Bound requires the screening to be conducted, at a minimum of 30 days, before commencement of the course.

· 身體狀況醫師評估證明書

親愛的醫生您好：

Outward Bound 是一個領先的體驗式教育組織，在世界各地擁有由地區學校組成的國際學校網絡。我們提供廣泛的課程涵蓋荒野（叢林）和海上。訓練課程活動包括獨木舟、捕鯨船（帆船）和漂流等海上活動。我們也會進行叢林健行（陸上）和繩索活動，例如攀岩和垂降。我們大部分的活動性質都需要有體力要求，因此在參加我們的課程之前需要確認具有良好的身體健康狀況。

身體醫療資訊:

- a) 心率 _____
- b) 血壓 _____
- c) 體溫 _____
- d) 身高 _____
- e) 體重 _____

任何患有以下疾病或障礙的人不應參加我們的課程(參加者必須向主治醫生聲明)：

- 懷孕
- 高血壓需長期服藥
- 嚴重氣喘會妨礙身體活動
- 嚴重過敏_____
- 目前骨折和脫臼
- 癲癇
- 心臟相關問題

已確實檢查此人_____ (參與者姓名)_____ (日期 yyyy/mm/dd)

我認為他/她 **適合 / 不適合** 參加這個課程 (請圈選)

不適合參加課程之原因概述_____

醫師簽名_____ 英文姓名(大寫)_____

院所名稱_____

*在參加的課程之前，需要進行醫療篩查。外展要求篩查至少在課程開始前的 30 天內進行。