

# OUTWARD BOUND NZ

## PARTICIPATION GUIDELINES



To ensure you can safely participate in our courses, Outward Bound requires full disclosure of all medical and criminal history. After we receive your information, each participant is assessed on a case-by-case basis. Confirmation of your enrolment is subject to approval from the Outward Bound medical screening team. Please be aware that you will be asked to disclose information related to the following topics which may impact your ability to attend Outward Bound.

### Minimum Fitness

Must be able to run 3km in under 25 minutes and be comfortable in/around water. Life jackets are always available for use if you are not a strong swimmer.

### Criminal History

All criminal convictions or pending court appearances must be disclosed, including any involvement in Youth Court.

### BMI (Body Mass Index)

BMI should be within 18 – 38. If you are outside of this range (below 18 or above 38), please contact us. Maximum participant weight is 130kg due to safety and equipment limitations. Wheelchair users must be under 85kg.

### Smoking and Vaping

Outward Bound is smoke and vape free at all times. You are welcome to bring nicotine patches and gum on course if required.

### Mental Health

We require disclosure for any of the following diagnosis/conditions/experiences:

- Anxiety
- Depression
- Bi-polar, schizophrenia
- PTSD
- Eating disorder
- Alcohol/drug treatment or counselling
- Suicidal thoughts/attempts
- Self-harming behaviours
- Medications

### Other Health/Medical Information

Further information is required regarding all of the following:

- Neurodiversity
- Asthma/respiratory condition
- Seizures
- Diabetes
- Allergies
- Traumatic experience or death of friend/family in past 12 months
- High blood pressure
- Fainting attacks, blackouts
- Migraines
- Hepatitis, HIV, AIDS
- Disability (physical, intellectual)
- Head injury, concussion (conscious/unconscious)
- Current medication
- Heart condition
- Backache, spinal injury, disc trouble
- Dislocation or joint injury
- Other serious illness, injury, operation or condition
- Currently pregnant (unable to attend if pregnant)

### Contact Us

Please contact the team at Outward Bound to discuss any questions or concerns regarding the above participation requirements. This conversation will be strictly confidential.