

OUTWARD BOUND SCREENING GUIDELINES



Outward Bound requires full disclosure of all medical and criminal history.
Confirmation of enrolment is subject to approval from the Outward Bound medical screening team.

Medical History

Minimum Fitness Can run 3km in under 25 minutes and be comfortable in/around water.

**BMI
(Body Mass Index)** BMI should be within 16 – 37 (if you are outside of this range, contact us and you can discuss options with our nurses.)

For any of the following (past or present), we will require more information to assess on a case-by-case basis:

- mental health issues (including treatment for drug or alcohol abuse)
- recent traumatic experience
- asthma
- behavioural and/or learning issues
- diabetes
- epilepsy
- disability – hearing, intellectual, physical, vision
- allergies e.g. bees/wasps/peanuts etc.
- loss of consciousness/concussion in the last year
- medications
- other medical concerns e.g. back or joint injuries, heart conditions, dietary etc.

Criminal History

All criminal convictions or pending court appearances must be declared, including any involvement in Youth Court. We assess this on a case-by-case basis.

Other Considerations

- Outward Bound is completely smoke free – bring patches and gum if need be.
- If you're pregnant you will not be able to attend an Outward Bound course.
- You can ring the team at Outward Bound on 0800 688 927 to discuss suitability prior to getting a medical form done if you have any concerns. (This conversation will be strictly confidential.)

outwardbound.co.nz

Better people, Better communities, Better world