

# 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**