



## What will I need to complete my application on-line?

To help you complete your online application, we have listed below the details you will require.  
Please use this form to collate all the information before going on-line.

Sail number: ..... Date Of Birth: .../.../...  
Championship number: ..... (Toppers only)  
Sail size: 4.5 5.8 6.8 7.8 8.5 9.5 (windsurfers only)  
Sailing Club: .....  
Home Address: .....  
Home Tel: .....

Height (cm): ..... Weight (kg): ..... School: .....

Sailor email: ..... Parent email: .....  
Sailor mobile: ..... Parent mobile: .....  
Home Tel: .....

### Medical Information

#### *Emergency Contact*

Name: .....  
Relationship to sailor: .....  
Home Tel: .....  
Mobile: .....  
Work Tel: .....

#### *Alternative Emergency Contact*

Name: .....  
Relationship to sailor: .....  
Home Tel: .....  
Mobile: .....  
Work Tel: .....

Doctor: ..... Doctor Address: .....  
Doctor Tel: .....

Asthma/bronchitis?	Yes/No	Blood disorders (e.g. Haemophilia, hepatitis, HIV/Aids, Anaemia)?	Yes/No
Cramps?	Yes/No	Heart condition?	Yes/No
Muscular or joint pain?	Yes/No	Dizziness or fainting?	Yes/No
Stroke?	Yes/No	Diabetes?	Yes/No
CNS Disorder (e.g. epilepsy)?	Yes/No	Liver or kidney conditions?	Yes/No
Glandular fever?	Yes/No	Do you smoke?	Yes/No
Rheumatic fever?	Yes/No	Raised cholesterol/triglycerides?	Yes/No
Hernia?	Yes/No	Allergies to medication?	Yes/No
Palpitations or pains in the chest before or during exercise?	Yes/No	Any other allergies?	Yes/No
High blood pressure?	Yes/No	Other illness/disabilities?	Yes/No

Date of last Tetanus: .....

Has anyone in your family under 60 suffered heart disease, stroke, raised cholesterol or sudden death? Yes/No

Are you suffering from any form of illness or injury or have you done so in the last 4 weeks? Yes/No

Are you on any prescribed medication and/or have you taken any medication today? Yes/No

Details of any medication being taken:

.....  
.....

Details of any allergies or other illness/disabilities: .....

.....  
.....

Food allergies/vegetarian: .....



**Squad Information**

Which squads have you been in and when:

Year	Class	Squad
.....	.....	.....
.....	.....	.....

When did you learn to sail: ..... How long have you been racing: .....  
How long have you been in this class: .....

**Significant International Junior & Youth Class events**

Class	Event/Venue	Result/Entries
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

Details of your racing aspirations for the forthcoming 12 – 18 months: .....  
.....  
.....  
.....  
.....

**This is just a check list to help you complete your application with ease. You MUST now complete these details on-line.**