



## Medical information

Pre-existing medical conditions should be declared below to ensure that we can look after you appropriately during the challenge. They should also be declared to the travel insurance company to ensure that you are adequately covered. If any of these details change between now and the time of the challenge please make sure you update us and the insurance company. It is for your personal safety that we ask for this information, so please be as thorough as possible.

Do you suffer or have you ever suffered from: *(please tick)*

Severe attacks of hayfever/allergy	<input type="checkbox"/>	Drug or alcohol abuse	<input type="checkbox"/>	Any form of lung disease	<input type="checkbox"/>
Cancer	<input type="checkbox"/>	Chest surgery	<input type="checkbox"/>	Claustrophobia or agoraphobia	<input type="checkbox"/>
Behavioural health problems	<input type="checkbox"/>	Epilepsy, seizures/convulsions	<input type="checkbox"/>	Recurring migraine headaches	<input type="checkbox"/>
Blackouts or fainting	<input type="checkbox"/>	Motion sickness	<input type="checkbox"/>	Recurrent back problems/surgery	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	Arm or leg problems	<input type="checkbox"/>	High blood pressure	<input type="checkbox"/>
Any heart disease/heart attacks	<input type="checkbox"/>	Are you registered disabled?	<input type="checkbox"/>	Hearing /problems with balance	<input type="checkbox"/>
Bleeding or other blood disorders	<input type="checkbox"/>	Any type of hernia	<input type="checkbox"/>	Ulcers or ulcer surgery	<input type="checkbox"/>
Bowel disorder	<input type="checkbox"/>	Are you pregnant?	<input type="checkbox"/>	Angina/heart surgery	<input type="checkbox"/>
Do you suffer from any phobias (heights/flying/water)?	<input type="checkbox"/>		<input type="checkbox"/>	Do you smoke?	<input type="checkbox"/>
Asthma or wheezing (with breathing or exercise)	<input type="checkbox"/>		<input type="checkbox"/>		
Have you been in hospital in the last year? (please specify)	<input type="checkbox"/>		<input type="checkbox"/>		
Are you awaiting tests/investigations/results/surgery?	<input type="checkbox"/>		<input type="checkbox"/>		
Do you regularly take prescription medication? (please specify which and the dosage)					
Please give more details on any of the conditions above that have been ticked (please attach additional page if required)					

Are there any other medical issues not covered above which are relevant to your well being on your challenge?

In the event of an accident or illness while on the trip, I hereby give permission for our tour operators and Breast Cancer Care's medical or expedition staff to initiate medical treatment and to inform my next of kin in case of hospitalisation. I understand by giving false information I endanger both my own safety and that of others on the trip. I agree to take with me sufficient supplies of medication needed for my current medical condition and for any condition which I had previously which may be reasonably expected to re-occur.

To the best of my knowledge this is a true and accurate description of my medical history and current condition. I understand that I am also responsible for informing Breast Cancer Care and the tour operator of any change in my medical condition, including pregnancy, which may arise between now and the departure date. I understand that failure to do so will invalidate my insurance. I agree to inform Breast Cancer Care and the tour operator of any medical or other condition that might affect my ability to take part in the event.

**Signed**

**Date** / /

**This section only needs to be completed if you are over 60 or have ticked any of the questions on this medical questionnaire.**

**THIS SECTION IS ONLY TO BE COMPLETED BY THE FAMILY DOCTOR/PHYSICIAN WHO HAS ACCESS TO THE PATIENT'S MEDICAL HISTORY**

The above named person will be participating in a charity fundraising trek during which time he/she will be subject to basic living conditions. Physical activity will involve trekking for approximately six to eight hours per day for five or six consecutive days at a pace to suit those of average fitness and set by the tour operator over rough, differing and often mountainous terrain. The trek may also involve extremes of temperature and climate.

For participants taking part in **Trek China** the tour operator Kuoni Travel Ltd, will provide a qualified doctor either accompanying the group from the UK or a local doctor to give immediate first aid and ensure high hygiene standards are taught and maintained. The event may be some distance from any hospital/medical backup.

For participants taking part in **Trek South Africa** the tour operator Jenman African Safaris, will provide an English speaking doctor either accompanying the group from the UK or a local doctor to give immediate first aid and ensure high hygiene standards are taught and maintained. The event may be some distance from any hospital/medical backup.

Based on the above information, if there are any matters that you feel Breast Cancer Care/ Kuoni Travel Ltd / or Jenman African Safaris should be made aware of, please supply these on a separate sheet. If you require any further details please call Breast Cancer Care on 0845 092 0805.

I have read the participant's medical questionnaire and the above information and agree that their details are correct. In my opinion this patient is in a fit mental and physical state and capable of participating in the event described above.

**Doctor's signature**

**Date** / /

Doctor's name *(block capitals please)*

Address

Telephone no.

Practice stamp and GMC number

# Overseas Challenges terms and conditions

(Registered charity no. 1017658, Registered charity no in Scotland, SC038104)

Once you have read all the terms and conditions **sign and date** and return to:

**Challenges Team, Breast Cancer Care, 5 – 13 Great Suffolk Street, London SE1 0NS**



1. Applications for our overseas challenges will only be accepted on receipt of the £250 non-refundable registration fee. Cheques should be made payable to Breast Cancer Care Trading Limited. **This registration fee does not count towards your minimum sponsorship target.** The registration fee goes towards your flight costs and covers Breast Cancer Care's administration charges for the challenge.
2. Breast Cancer Care reserves the right to refuse an applicant entry to an event at its sole discretion.
3. To participate in a Breast Cancer Care overseas challenge participants must raise the set sponsorship for their challenge ensuring 80% of the minimum sponsorship money is sent to Breast Cancer Care at least ten weeks prior to departure. The remaining 20% of the minimum sponsorship money must be paid within four weeks after completion of the challenge. If you are unable to raise the minimum sponsorship, you may choose to make up the balance yourself or you may forfeit your place. Please note Breast Cancer Care cannot refund personal contributions made by participants to achieve their minimum sponsorship.
4. All sponsorship funds raised must be made payable to Breast Cancer Care.
5. Participants must be at least 18 years old before the departure date.
6. Participants must be fit to cover the distance of these challenges and must be able to keep up with the walking/cycling pace of the group. The tour operators and Breast Cancer Care reserve the right to alter the challenge for those that are struggling with the fitness and pace. They must complete the medical questionnaire provided with this form. Participants over 60 years old, or with any sort of medical condition, which could be adversely affected by exercise, (particularly a heart condition), must obtain a medical certificate from their doctor. By signing the medical questionnaire participants confirm that to the best of their knowledge, their general state of health is good and that they take full responsibility for themselves. Participants must also inform the tour operator of any change in their medical condition that occurs between submitting the medical form and the departure date, including pregnancy. The tour operator and Breast Cancer Care reserve the right to refuse a participant if they are deemed unfit to take part.
7. Each participant must have a passport that must be valid until at least six months after you return to the UK. You are responsible for ensuring that you have a valid passport, visa and tourist card where applicable. If a visa is required for UK passport holders, full details on obtaining a visa and tourist card will be supplied by Breast Cancer Care. Passport control and local authorities reserve the right to refuse entry.
8. Payment of international departure tax, visas, vaccinations, insurance, optional excursion, extensions to your trip, travel to and from the UK departure airport, personal kit and gratuities are not included and must be paid for by the participant.
9. You must not suffer from alcohol or drug dependency. You must not have any criminal convictions. No illegal substances may be carried or consumed by participants on these overseas challenges.
10. All flights, flight timings, itinerary and arrangements are subject to change without notice, should climatic or any other unforeseen circumstances deem this necessary.
11. Participants take part at their own risk and agree to indemnify the tour operators (Kuoni, Jenman African Safaris) and Breast Cancer Care against claims for loss or damage to personal property, personal injury (or death), and any claim arising from the entrant's own actions.
12. Should you, for whatever reason, not take up your place, all sponsorship forms and sponsorship monies collected should be forwarded to Breast Cancer Care.
13. Participants must be covered by travel insurance, which must provide adequate medical cover and repatriation insurance for travelling in a remote location and suitable third party cover. Tour operators have arranged a suitable and competitive policy. If you decide to obtain your own insurance, you must provide the tour operator with details of the policy at least eight weeks before departure and sign a declaration stating that in the event of a claim you personally guarantee to reimburse the tour operator for any expenditure incurred on your behalf.
14. In certain circumstances beyond the control of Breast Cancer Care and the Tour Operator, there may be a small increase in the tour cost. The Tour Operator has agreed to absorb any price increases equivalent to at least 2% of the tour costs. In the unlikely event of prices increasing beyond this amount you will not be required to raise any additional funds unless you wish to.
15. Participants who cancel and are unable to travel will forfeit their £250 registration fee and sponsorship cannot be returned as it was raised for charitable purposes. If this is within ten weeks of the challenge participants must cover all costs incurred by Breast Cancer Care at the date of cancellation. If cancellation occurs in circumstances where recovery of cancellation charges is indemnified under your travel insurance, you hereby agree that you will co-operate in the recovery of these charges from the insurers, and that any sums recovered under the policy will be paid to Breast Cancer Care. If the challenge is cancelled or postponed by Breast Cancer Care or the tour operator for any reason, including but not limited to failure to achieve the minimum number of participants required for the challenge, or following the issue of any advice from the Foreign and Commonwealth Office advising against travel to any destination included in the challenge or if any cause beyond the reasonable control of Breast Cancer Care and/or the tour operator renders the performance of this agreement impossible, you will be entitled to a refund of your registration fee unless you accept an offer to go on the postponed challenge (if applicable) or an alternative challenge (if available).
16. Participants acknowledge that the tour operator is neither an agent nor partner of Breast Cancer Care and that the tour operator has sole responsibility for organising and running the challenge and for the health and safety of participants. However, participants have the same responsibility for their health, safety and possessions as they do at home. Participants should report any complaints about the travel, accommodation and other arrangements to the Tour Operator. Breast Cancer Care shall not be responsible or liable to compensate participants in respect of any matters upon which such complaints are based.
17. Breast Cancer Care uses many different tour operators to run the overseas challenges programme; Travel arrangements for Trek China are organised by Kuoni Travel Ltd, ATOL No 0132. Trek South Africa is arranged by Jenman African Safaris and Tailor Made Holidays ATOL number 4204. By registering you agree to be bound by the tour operators' booking conditions. These are available by calling 0845 092 0805 or by emailing [challenges@breastcancercare.org.uk](mailto:challenges@breastcancercare.org.uk).
18. Subject to airline availability in the group fare class, it may be possible for you to extend your stay within the destination country beyond the planned return date. Flight extensions will need to be requested in writing. There will be a small surcharge for this. If you extend your stay in the country or decide to leave the group for any reason, you will be responsible for your own travel arrangements beyond the tour itinerary. Breast Cancer Care and the Tour Operator will not be able to help if you encounter difficulties.
19. By taking part, all participants confirm they are happy for any photographs taken during the challenge to be used by Breast Cancer Care to publicise future events and Breast Cancer Care generally.
20. This agreement shall be governed by English law and be subjected to the exclusive jurisdiction of the English courts.

**I have read and agree to the Terms and Conditions of entry for the Breast Cancer Care Overseas Challenges.**

**Signed** \_\_\_\_\_

**Date**                    /                    /                    \_\_\_\_\_