

(TO BE BROUGHT BY CADET TO PRE-DEPLOYMENT PACKAGE)

**Annex F to
LF/PSC/1/7/20/6
Dated 17 May 10**

MEDICAL CERTIFICATE
(To be signed by a Doctor – NOT before 14 Jun 10)

CADET'S NAME *(in block capitals)*

CADET UNIT

1. I certify that the above-named cadet is free from infectious disease and has not been in contact with any case of infectious disease during the previous 3 weeks.

2. In my opinion he/she is fit to undergo an arduous adventurous training expedition on the understanding that:

a. Training may involve hiking in excess of 80 miles in total carrying a pack weighing 40lbs.

b. Training activities will be carried out at elevations up to 8000 and 10,000 feet.

c. Training may be carried out in temperature changes from -4°C to 25°C

d. Training activities may also include:

- Abseiling
- Adventurous Training in normal and wild country, including camping out
- Swimming
- Trekking
- Community projects

Date:

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Signature of Medical Practitioner

Address:

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Tel No:

(Incl dialling code)

This Certificate should be not be completed BEFORE 14 Jun 10.