

# Bramston Canoe Club Medical and Emergency Card

	<b>Personal Information</b>		<b>Emergency Contact</b>		<b>Medical Information</b>		<b>NHS No</b>			
	<b>Name</b>		<b>Name</b>		<b>Allergies</b>					
	<b>Address</b>		<b>Address</b>			<b>Conditions</b>				
	<b>Mobile</b>		<b>Mobile</b>							
	<b>DOB</b>		<b>Relation</b>		<b>Medication</b>		<b>Dosage</b>	<b>Reason</b>		
	<b>Car Reg</b>									
	<b>PUK No.</b>		<b>Alternative Contact</b>							
	<b>Call Sign/MMSI</b>		<b>Name</b>							
	<b>Boat No</b>		<b>Mobile</b>		<b>Doctor</b>					

CUT

FOLD

1. Fill out the fields in the form above, the space is limited so abbreviate where required
2. Print to A4 landscape, use the print scale to print larger or smaller
3. Cut along the solid outer line, fold in the middle
4. Round the corners of the paper before laminating
5. Cut the laminated plastic about 5-6mm larger than the paper
6. Round the corners of the plastic