

COLD WATER BOOT CAMP

VOLUNTEER BACKGROUND FORM

Date - _____

Name – _____

Address – _____

City - _____

Province – _____

Postal Code – _____

Telephone number – _____ cell - _____

e-mail address - _____

Sex – Male ☐ Female ☐

Age - _____

Body type – thin ☐ athletic ☐ average ☐ few extra pounds ☐

Occupation - _____

Smoker (check one) – no ☐ occasionally ☐ regularly ☐

Hobbies, recreational interests – _____

Physical condition including average level of exercise per week and type of exercise

Do you have any underlying physical issues / cardio or respiratory? If yes, please explain. - _____

Swimming ability (check one) – none ☐ fair ☐ excellent ☐

Explain your reasons for volunteering - _____

Previous Experience with cold water immersion - _____

***Please include a recent photograph. If digital photo please e-mail to ted@coldwaterbootcamp.com .**