



# Donegal Bay Community First Responders

*A National Ambulance Service Community First Responder Scheme*

## Medical / Fitness Self-Declaration

Provision of CPR is a physically strenuous activity and Donegal Bay Community First Responders strongly recommends that you consult with your physician before undertaking CFR training or responding as a CFR.

You should be in good physical condition and be able to provide prolonged CPR.

Donegal Bay Community First Responders is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific activity on a medical condition.

You should understand that when participating in any physical activity, there is the possibility of physical injury. If you engage in the Donegal Bay Cardiac First Responder scheme, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself.

I acknowledge receipt of this risk and declare that I am medically fit to provide CPR and related activity within the remit of my training.

Name of Volunteer: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_