

APPENDIX 1

Collective Training Group Establishment

Heat Illness Questionnaire

YOUR RANK

Junior ranks (Pte-Cpl)
Col)

Senior ranks (Sgt-WO1)

Commissioned Officer (2Lt-Lt)

YOUR ROLE ON THIS EXERCISE

Directing Staff (DS)

Battlegroup (BG)

ABOUT YOU

Yes No

Have you ever been diagnosed with Heat illness (HI)?

If YES -was this in the UK?

-did you require hospital treatment?

-were you referred for investigation
(e.g. Institute of Naval Medicine clinic)

Are you medically downgraded?

Do you regularly take any of the following? (if 'YES' provide name and how often taken):

Prescription medications			Yes	No
.....	Daily	Twice a week	Weekly	Monthly
.....	Daily	Twice a week	Weekly	Monthly
Over-the-counter medications (e.g. Dispirit, Nurofen, Clarityn)			Yes	No
.....	Daily	Twice a week	Weekly	Monthly
.....	Daily	Twice a week	Weekly	Monthly
Sports/exercise supplements			Yes	No
.....	Daily	Twice a week	Weekly	Monthly
.....	Daily	Twice a week	Weekly	Monthly
Other substances (e.g performance/recreational)			Yes	No
.....	Daily	Twice a week	Weekly	Monthly
.....	Daily	Twice a week	Weekly	Monthly

Are you a current smoker? Yes No

If 'YES' how many cigarettes do you smoke per day? cigarettes

How do you judge your fitness at the moment?

Inactive Unfit Moderately Fit Trained Well Trained

How many times a week do you undertake physical exercise lasting at least 45 minutes?
(include unit PT and off-duty fitness training)

Never (0) Infrequently (1-2) Often (3-4) Frequently (5-6) Daily (7)

Personal Fitness test

What was your 1.5 mile run-time in your last Personal Fitness Assessment (PFA)?

..... mins:seconds:

Have you passed a Personal Fitness Test in the last 3 months? YES NO

If YES, specify the date of the test (best estimate) 2014

What is your Body Composition Measurement (BCM) category, if known:

No increased risk Increased risk High risk Very high risk

Extreme risk

What information has been provided to you concerning prevention of heat illness? (tick all boxes that apply)

None Read JSP 539 Issued with 'A Commander's Guide to Climatic Injury'

Watched a DVD on climatic injury Issued with 'An Individual's Guide to Climatic Injury'

Received a brief by med staff/CoC

Would you recognise possible heat illness in yourself and in others?

Yes No Don't know

Are you familiar with immediate first aid measures for heat illness?

Yes No Don't know

ABOUT THIS TRAINING EXERCISE

How long is it since you arrived in this country? Days

Did you follow a programme of heat acclimatisation? YES NO

If YES how long did the programme last? Days

