

PHYSICAL ASSESSMENT FORM is requested, and again the client may choose whether or not to complete the form. Finally, even if the client chooses not to submit the form to us, the form is still useful in promoting a self-assessment of one's physical capabilities. There is no scoring of the answers, and irrespective of your answers we can still provide you a high-quality safari.

SELF-ASSESSMENT (Circle one)

1. When faced with a bit of a physical challenge I look forward to the event as an opportunity to test myself. Yes No
2. I can squat, kneel, sit, and lie on the ground and then stand erect again without difficulty. Yes No
3. I can bend at the waist without difficulty. Yes No
4. I can reach above my head without difficulty. Yes No
5. I can step over a fence wire that is 30" or less above the ground. Yes No
6. I can jump to the ground from an elevated position 30" above the ground. Yes No
7. I can jump across a stream or ditch that is 36" wide. Yes No
8. I can walk the following distances on level ground through shrubs and trees carrying my rifle and a very light day-pack (circle one as the most likely limitation): 100, 200, 400, 800, 1000 yards, or 1,2,3,4,5,8,10,12,15,20 miles.
9. I can run the following distances on level ground carrying my rifle (circle one as the most likely limitation): 10,20,30,40,50 yards.
10. I can crawl on the ground on all fours the following distances carrying my rifle (circle one as the most likely limitation): 5,10,15,20,25 yards.
11. I can walk up three flights of stairs carrying my rifle and a very light day pack without having to pause along the way, Yes No

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