

HEALTH AND MEDICAL RECORD

(Meets BSA Class 3 Requirements)

Name _____ Social Security # _____
Address _____ Phone # () _____
City _____ State _____ Zip _____
*Date of Birth _____ Age _____ Grade Completed (for youth) _____
Council Name _____ Unit _____
Religious Preference _____

EXPEDITION # _____

***The minimum age requirement for all participants of Chimayo High Adventure Expeditions is 13 by January 1 of the year attending or have completed the seventh (7th) grade prior to participation. You must comply with this requirement. Chimayo High Adventures can make no exceptions.**

Family Medical Insurance Company _____ Policy _____
Address of Insurance Company _____ Phone # () _____

In Case of Emergency, Notify:

Name _____ Relationship _____
Address _____
Home Phone # () _____ Business Phone # () _____
Alternate Contact _____ Phone # () _____

This health and medical record, including limitations indicated, is valid for participation in Scouting (unit activities, camping, local and national events) for 12 months after date completed by physician. Each participant is subject to a medical recheck at Chimayo High Adventure Base. Chimayo High Adventures recognizes the right of a Scout not to have immunizations, etc. because of religious beliefs, however, a statement signed by the parents is required, indicating that the Scout is free from contagious disease and is able to physically tolerate the altitude and terrain as described in this form.

Chimayo High Adventure trail food is, by necessity, a high carbohydrate, high caloric diet. The trail food is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. All dinner meals contain meat. If participant has a problem with the diet described above, contact us for a copy of the trail menu and plan to send supplemental food.

PARTICIPANT HEALTH HISTORY

Are you now, or have you ever been treated for any of the following: (Answer "YES" or "NO")

Sinus trouble _____ Kidney disease _____ Earaches/infections _____ Abdominal problems _____ Rheumatic fever _____
Hay fever _____ Tuberculosis _____ Fainting spells _____ Epilepsy _____ Asthma _____
Heart trouble _____ Diabetes _____ Frequent diarrhea _____ For Women: menstrual problems _____
Any mental illness _____ Explain _____

Allergies or reactions to any medication _____ Allergy to bee, wasp or hornet stings _____

Have you had more than a brief minor illness (24 hrs or more), injury or emotional difficulty during the past year? _____

If so, what? _____

Operations or serious injuries or hospitalization (for any reason) within the past 36 months (dates) _____

Any restrictions of activity for medical reasons? _____ Explain _____

Have you taken any medications for more than two (2) weeks in the past year? (What?, Why?) _____

Are you now taking medications or treatment? (Why?) _____

List current medications & dosages:

Medication	Dosage
_____	_____
_____	_____
_____	_____
_____	_____

PARENT'S/GUARDIAN'S AUTHORIZATION - REQUIRED FOR THOSE UNDER 18 YEARS OF AGE. I, the undersigned, have read and understand this entire form, including the sections entitled "Physician Please Note" and the "Chimayo High Adventure Experience." This health history of the applicant is accurate and complete and the person herein described has my permission to engage in all Chimayo High Adventure activities described, except as specifically noted by me or the physician on this form. If I cannot be reached in an emergency, I hereby give permission for medical personnel, or the adult advisor in charge, to treat, hospitalize, secure anesthesia or to order injection, surgery or other treatment for the person described herein. While at Chimayo High Adventures, camp medical staff has permission to obtain all information connected with treatment by a physician, hospital, or other treatment facility.

Be sure to bring medication that may be needed with you.

INFORMATION ABOVE IS ACCURATE AND COMPLETE TO THE BEST OF MY KNOWLEDGE

APPLICANT SIGNATURE REQUIRED

DATE

PARENT/GUARDIAN SIGNATURE REQUIRED IF APPLICANT UNDER 18 YRS OF AGE

DATE

MEDICAL EVALUATION

PHYSICIANS PLEASE NOTE

- A. Chimayo High Adventures operate in a remote wilderness where participants:
- carry 35-50 lb. backpack
 - hike 5-12 miles/day, for 5-10 days
 - are in very low humidity (10%-50%)

- B. Care for injuries or illness:
- may take 6-12 hrs or longer for direct assessment and evacuation
 - may be delayed by thunderstorms or other natural problems

- C. Please do not approve individuals for participation:
- who exceed weight for height limits
 - who exceed blood pressure guidelines
 - who have significant medical illness

1. PHYSICAL EXAMINATION:

	Height _____		Blood Pressure _____		
	Weight _____		Maximum Weight for Height _____ (see chart)		
	Normal	Abnormal	Normal	Abnormal	Explain any abnormalities below:
Eyes	[]	[]	Range of Mobility	[] []	_____
Ears	[]	[]	Knees (both)	[] []	_____
Nose	[]	[]	Ankles (both)	[] []	_____
Throat	[]	[]	Spine	[] []	_____
Lungs	[]	[]			_____
Heart	[]	[]	Other:		_____
Abdomen	[]	[]	Contacts	[] []	_____
Genitalia	[]	[]	Dentures	[] []	_____
Skin	[]	[]	Oral Braces	[] []	_____
Emotional Adj	[]	[]	Inguinal Hernia	[] []	_____

2. ALLERGIES: (To what agent, type of reaction, treatment) _____

3. IMMUNIZATION HISTORY: (Required)

Tetanus Toxoid (within last 10 years) - Date of Last Inoculation _____

Measles - Date of Last Inoculation _____ Disease [] Unknown []

4. RECOMMENDATIONS AND/OR RESTRICTIONS

A I certify that I have, today, reviewed the health history and examined this person and find him/her physically fit to participate in the "Chimayo High Adventure" experience as outlined on this form, including:

- Camping/Hiking ___Yes ___No Rock Climbing ___Yes ___No Backpacking ___Yes ___No
 Horseback Riding ___Yes ___No Mtn Biking ___Yes ___No Whitewater Rafting ___Yes ___No
 Other Athletic Activities ___Yes ___No

B Restrictions (if none so state) _____

5. PHYSICIAN'S SIGNATURE: Physician licensed to practice medicine (MD,DO). An examination conducted by a certified physician's assistant or a nurse practitioner will be recognized.

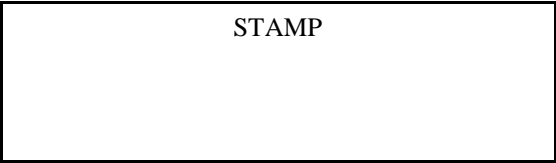
Signature _____

Address _____

City, State, Zip _____

Office Phone # () _____

Date of Examination _____



STAFF MEDICS AT CHIMAYO HIGH ADVENTURE BASE RESERVE THE RIGHT TO DENY THE PARTICIPATION OF ANY INDIVIDUAL ON THE BASIS OF A PHYSICAL EXAMINATION AND/OR THEIR MEDICAL HISTORY. ALL MEDICAL EVALUATION FORMS WILL BE CHECKED BY MEDICAL STAFF BEFORE A PARTICIPANT BEGINS A TREK. AREAS OF CONCERN INCLUDE, BUT ARE NOT LIMITED TO: HEART DISEASE, HIGH BLOOD PRESSURE, SEIZURE DISORDER, SICKLE CELL ANEMIA AND HEMOPHILIA, ASTHMA, DIABETES, RECENT ORTHOPEDIC SURGERY, AND EXCESSIVE WEIGHT.

~~~~~DO NOT WRITE BELOW THIS LINE - CHIMAYO HIGH ADVENTURE USE ONLY~~~~~

REVIEW FOR CAMP OR SPECIAL ACTIVITY

REASON \_\_\_\_\_ DATE \_\_\_\_\_ SCREENED BY \_\_\_\_\_

RECHECK BY PHYSICIAN: \_\_\_YES \_\_\_NO REASON \_\_\_\_\_ BY \_\_\_\_\_ DATE \_\_\_\_\_

# THE CHIMAYO HIGH ADVENTURE EXPERIENCE

Chimayo High Adventures requires that this information be shared with the parent(s) or guardian(s) and examining physician of every participant. Chimayo High Adventures does not have facilities for extended care or treatment, therefore, participants who cannot meet these requirements will be sent home at their expense.

An individual should always contact the family physician first and call Chimayo High Adventures (Great Southwest Council, BSA) at 505-345-8603 if there is a question about the advisability of participation. Chimayo High Adventure's medical staff reserve the right to make medical decisions regarding the participation of individuals in Chimayo High Adventures.

A Chimayo High Adventure is physically, mentally and emotionally demanding. Each person may carry a 35 to 50 lb. pack while hiking 5 to 12 miles per day in an isolated mountain wilderness, ranging from 6,500 to 13,500 feet in elevation. Climactic conditions include temperatures from 20 to 100 degrees F, low humidity (10-30%) and frequent, sometimes severe, afternoon thunderstorms. Activities may include horseback riding, rock climbing and rappelling, challenge events, blackpowder shooting, trail building, mountain biking, whitewater rafting and other activities that may have potential for injury. Chimayo High Adventures strives to minimize risk to participants and advisors by emphasizing safety precautions. Chimayo High Adventure Staff instruct participants in safety measures to be followed. Each participant and crew is expected to follow these safety measures and to accept responsibility for the health and safety of each of its members.

## CARDIAC OR CARDIOVASCULAR DISEASE

Adults or youth who have had any of the following should undergo a thorough evaluation by a physician before considering participation.

- 1 Angina - chest pain caused by heart or coronary artery disease
- 2 Myocardial infarction - heart attack
- 3 Surgery or angioplasty to treat coronary artery disease; surgery to treat congenital heart disease or other heart surgery
- 4 Stroke or transient ischemic attacks
- 5 Claudication - leg pain with exercise caused by hardening of the arteries)
- 6 Family history of heart disease under age 50
- 7 Excessive weight
- 8 Smoking

The altitude of the program and the physical exertion involved may precipitate either a heart attack or stroke in susceptible persons. Participants with a history of any of the first six conditions listed above should have a physician supervised stress test. A thallium stress test is recommended for participants who have coronary heart disease. Even if the stress test is normal, the results of testing done at lower elevations and without the backpacks carried do not guarantee safety. If the test results are abnormal, the individual is advised not to participate.

## HYPERTENSION (HIGH BLOOD PRESSURE)

The combination of stress and altitude appears to cause significant increase in blood pressure in some individuals attending Chimayo High Adventures. Occasionally hypertension reaches such a level that it is no longer safe to engage in strenuous activity. Hypertension can increase the risk of having a stroke, developing altitude sickness, or angina. Persons coming to Chimayo High Adventures should have a normal blood pressure (less than 135/85). Persons with significant hypertension (greater than 150/95) should be treated before coming, and should continue medications while at Chimayo High Adventures. The goal of treatment should be to lower the blood pressure to normal. Persons with mild hypertension (greater than 135/85 but less than 150/95) probably require treatment as well. It is the experience of the medical staff that such individuals often develop significant hypertension when they arrive at Chimayo High Adventures. Participants already on antihypertensive therapy with normal blood pressures should continue on medications. Diuretic therapy to control hypertension is not recommended because of the risks of dehydration which exists with strenuous activity at high altitude and low humidity. Each participant who is 18 years of age or older will have his or her blood pressure checked upon arrival. Those individuals with a blood pressure consistently greater than 150/95 probably will be kept from participation until the blood pressure decreases.

## INSULIN DEPENDANT DIABETES MELLITUS

Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and to know how to adjust insulin doses based on these factors. The diabetic person also should know how to give a self injection. Both the diabetic person and one other person in the crew should be able to recognize indications of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and to recognize indications of excessively low blood sugar (hypoglycemia). The diabetic person and one other individual should know the appropriate initial responses for these conditions. It is recommended that the diabetic person and one other individual carry insulin on the trek (in case of accident) and that a third vial be kept at the Camp Frank Rand First Aid Station for backup. Insulin can be carried in a small thermos which can be resupplied with ice, snow, or cold water.

## EXCESSIVE BODY WEIGHT

Any youth or advisor who exceeds the maximum weight limits on the Chimayo High Adventure Weight for Height Chart is at extreme risk for health problems.

Each participant in a Chimayo High Adventure Trek must not exceed the maximum acceptable limit in the weight for height chart shown here. The right hand column shows the maximum acceptable weight for a person's height in order to participate in a Chimayo High Adventure Trek. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. Most treks involve hiking with a 35-50 lb. backpack between 6,500 and 13,500 ft. elevations. Chimayo High Adventures recommends that participants carry a pack weighing no more than 25-30% of their body weight.

Participants 21 years and older who exceed the maximum acceptable weight limit for their height at the Chimayo

High Adventures medical recheck, will not be permitted to participate in the trek. For example, a person 5'10" cannot weigh more than 226 lbs. No exceptions to the chart will be made for persons 21 years and older.

The Chimayo High Adventure medical staff will use their best professional judgement in determining participation in a trek by individuals under 21 years of age who exceed the maximum acceptable weight for height. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height, and exceptions are rare and not made automatically. Discussion in advance regarding any exception to the weight limit for persons under 21 years of age is required.

The maximum acceptable weight for individuals of any age 6'7" or taller is 295 lbs. this limit is necessary due to the limitations of rescue equipment and for the safety of Chimayo High Adventure personnel. Participants weighing more than 200 lbs. may not be able to participate in horseback riding programs.

The weight for height chart, as well as many of the medical guidelines, are also used by Philmont Scout Ranch.

## SEIZURES (EPILEPSY)

A seizure disorder or epilepsy does not exclude an individual from participating in Chimayo High Adventures. However, the seizure disorder should be well controlled by medications. A minimum one year seizure-free period is considered to be adequate control. Exceptions to this guideline may be considered by medical personnel and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew. The medical staff may place some restrictions on activities (rock-climbing, horse riding, whitewater rafting, etc.) for those individuals who are approved

| HEIGHT      | RECOMMENDED WEIGHT (LBS) | MAXIMUM ACCEPTANCE |
|-------------|--------------------------|--------------------|
| 5'0"        | 97-138                   | 166                |
| 5'1"        | 101-143                  | 172                |
| 5'2"        | 104-148                  | 178                |
| 5'3"        | 107-152                  | 183                |
| 5'4"        | 111-157                  | 189                |
| 5'5"        | 114-162                  | 195                |
| 5'6"        | 118-167                  | 201                |
| 5'7"        | 121-172                  | 207                |
| 5'8"        | 125-178                  | 214                |
| 5'9"        | 129-185                  | 220                |
| 5'10"       | 132-188                  | 226                |
| 5'11"       | 136-194                  | 233                |
| 6'0"        | 140-199                  | 239                |
| 6'1"        | 144-205                  | 246                |
| 6'2"        | 148-210                  | 252                |
| 6'3"        | 152-216                  | 260                |
| 6'4"        | 156-222                  | 267                |
| 6'5"        | 160-228                  | 274                |
| 6'6"        | 164-234                  | 281                |
| 6'7" & over | 170-240                  | 295                |

## ASTHMA

Individuals must consult with a physician in order to establish "good" control of their asthma. The asthma should be controlled to essentially normal lung function with the use of oral and/or aerosol bronchodilators. The patient should bring ample supplies of medications with them. Individuals undergoing allergic desensitization therapy who require injections while at Chimayo High Adventures, should bring and store them in the Camp Frank Rand First Aid Station on arrival.

Asthmatic individuals whose exercise-induced asthma cannot be prevented with bronchodilator premedication; individuals requiring systemic corticosteroid therapy and/or who have required multiple hospitalizations for asthma should not attempt to participate in the strenuous activities encountered in Chimayo High Adventures. At least one other crew member should know how to recognize an asthma attack, how to recognize worsening of an attack, and how to administer bronchodilator therapy. Any person who has required medical treatment for asthma within the past six years must carry a full size prescribed inhaler if that person is approved to go on a trek. If an inhaler is not brought, it must be purchased in Espanola or Pojoaque (the nearest pharmacies).

## RECENT MUSCULOSKELETAL INJURIES AND ORTHOPEDIC SURGERY

Every participant will put a great deal of strain on feet, ankles, and knees. Participants who have had orthopedic surgery, including arthroscopic surgery or significant musculoskeletal injuries, within the past six months, find it difficult or impossible to negotiate the steep, rocky trails. To be cleared to backpack by the medical staff, individuals with significant musculoskeletal injuries or recent orthopedic surgery must have a letter of clearance from their orthopedic surgeon or treating physician. A person with a cast on any extremity may participate only if approved by Chimayo High Adventure medical staff. Ingrown toenails are a common problem and must be treated 30 days prior to arrival. All such problems will be reviewed during the medical recheck to

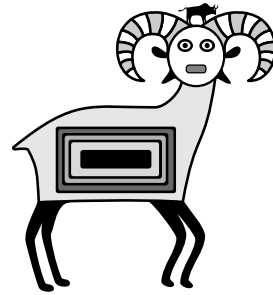
determine if participation in a trek will be permitted.

## PSYCHOLOGICAL AND EMOTIONAL DIFFICULTIES

A mental disorder does not necessarily exclude an individual from participation. Parents and advisors should be aware that a Chimayo High Adventure trek is not designed to assist participants overcome psychological or emotional problems. Experience demonstrates that these problems frequently become magnified, not lessened, when a participant is subjected to the physical and mental challenges of a trek at high elevation, carrying a heavy backpack over steep, rocky trails. Any condition should be well controlled without the services of a mental health practitioner. Under no circumstance should medication be stopped prior to a Chimayo High Adventure trek. Participants requiring medication must bring an appropriate supply. The nearest mental health support is at least one to two hours away.

## MEDICATIONS

Each participant in Chimayo High Adventures who has a condition requiring medication should bring an appropriate supply. The nearest pharmacy is 30 minutes away. In certain circumstances duplicate or even triplicate supplies of vital medications are appropriate. People with an allergy to bee, wasp or hornet sting must bring an EpiPen or equivalent with them.



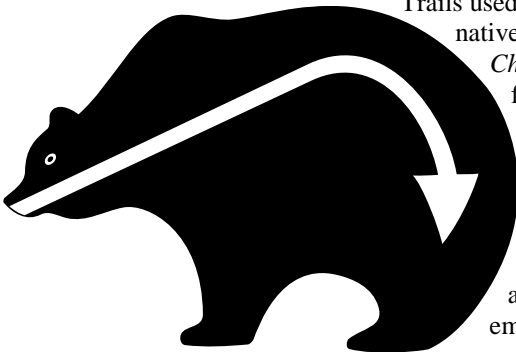
## RISK ADVISORY

## CHIMAYO HIGH ADVENTURES

Chimayo High Adventures has an excellent health and safety record since the inception and growth of our programs. Chimayo High Adventures strives to minimize the risks to participants and advisors by emphasizing proper safety precautions. Most participants in Chimayo High Adventures do not experience injuries because they are prepared, are conscious of risks, and take safety precautions. If you decide to attend Chimayo High Adventures, you should be physically fit, have proper clothing and equipment, be willing to follow instructions and work as a team with your crew and take responsibility for your own health and safety. For further information please thoroughly read the *Chimayo High Adventures Leader's Guide*. Chimayo High Adventure programs and facilities are not risk free, and you should be prepared to listen to safety instructions carefully, follow directions and take appropriate steps to safeguard yourself and others.

Parents, guardians, and potential participants in Chimayo High Adventures are advised that journeying to and from the Chimayo Scout Reservation, and one's participation in the Chimayo High Adventure program, can involve exposure to accident, illness, and/or injury associated with a high elevation, physically demanding, high adventure program in a remote mountainous area. Campers may be exposed to occasional severe weather conditions such as lightning, hail, flash floods and heat. Other potential accidents include: injuries from tripping and falling, motor vehicle accidents, asthma and diabetes related accidents, heart attacks, heat exhaustion, and falls from horses, mountain bikes or rafts.

Trails used are steep and rocky. Wild animals such as bears, rattlesnakes and mountain lions are native and usually present little danger if proper precautions are taken. Please refer to the *Chimayo High Adventures Leader's Guide*, speak with previous participants, or call for further information concerning risks and measures which can be taken to avoid accidents.



Chimayo High Adventures has staff trained in first aid, CPR and accident prevention, and is prepared to assist in recognizing, reacting, and responding to accidents, injuries and illnesses. Each crew is also required to have at least one member trained in first aid and CPR. Medical and search and rescue services are available, however, response times can be affected by location, weather or other emergencies and could be delayed six or more hours.

Thanks to Philmont Scout Ranch for assistance in developing this form.  
Revised 2/1/99.