

NCAC Scout Camp Risk Advisory to Health-Care Providers, Parents, and Adult Participants

Adult

Youth

Participant Name _____

GET FIT FOR CAMP

Scout Camp can be physically and mentally demanding, and involves strenuous activities. Parents new to Scouting may not appreciate the level of outdoor physical activity involved in summer camp. Simply a day of extensive walking around camp involving varied and often hilly terrain, swimming, canoeing, and other activities may be more strenuous activity than many adults and scouts undertake in a week. Poor health and/or lack of awareness of risk factors can lead to disabling injuries, illnesses, and even fatalities. Participants should understand potential health risks inherent in camping while being exposed to occasional severe weather conditions such as lightning, high heat & humidity (Camp is not air conditioned.); and other potential problems, including injuries from tripping and falling. Mosquitoes, ticks, bees, and poison ivy may be encountered. Goshen Scout Reservation is located in the Allegheny Mountains in Virginia. The closest hospital is in Lexington, a little more than 30 minutes away. In light of this, we suggest more than one injector for use to counteract anaphylactic shock at Goshen. Camp Snyder is located in Haymarket, VA with the nearest hospital less than 10 minutes away. Both Camps have medical facilities and personnel for routine and emergency care. **Take your physical exam seriously**, and take responsibility for your own health and safety. All participants, if you are not engaging in a weekly program of sustained physical activity, please consult your doctor and safely begin one.

RISK FACTORS

Participants should discuss with your health care provider your risk factors, including, but not limited to:

Cardiac or Cardiovascular condition - Chest pain, myocardial infarction (heart attack), or family history of heart disease, heart surgery, including angioplasty, to treat blocked blood vessels or place stents, stroke or transient ischemic attacks.

Hypertension - Participants with significant hypertension should be under treatment and their condition should be under control.

Excessive weight or smoking - See chart on health form Part C for height and weight limits. The camp leader guides share restrictions on smoking at camp.

Diabetes - Bring enough medication, testing supplies, and equipment for the entire week, including batteries.

Seizure disorder or epilepsy - Should be well-controlled by medications. Participants with a history of seizures need to limit high-adventure activities like climbing or rappelling.

Asthma - Should be well controlled. Participants must carry a rescue inhaler at all times during any Scouting event.

Sleep Apnea - All required equipment, like a CPAP machine and batteries, must be provided by the camper.

Allergies or Anaphylaxis - See note above in regard to having more than one injector for camp.

Ingrown Toenails, Recent Musculoskeletal Injuries, and Orthopedic Surgery - Ingrown toenails should be treated within a month prior to camp. Scouts and Scouters who have had orthopedic surgery, including arthroscopic surgery, or significant musculoskeletal injuries, should have a release from their treating physician to participate.

Psychiatric/Psychological and Emotional Difficulties - Any condition must be well controlled without the services of a mental health practitioner. Campers are required to bring an appropriate supply of medication for the duration of camp, including travel to and from.

Any other Risk Factors - **The physical exertion at camp may precipitate either a heart attack or stroke in susceptible people.**

Participants with a history of any risk factors for these should have a physician-supervised stress test. If the test results are abnormal, the individual should not participate.

SWIM RISK ADVISORY FOR SUMMER CAMPS

This swim classification test is very physically demanding, particularly for adults.

Participants, both youth and adults, attending a NCAC summer camp will, on first day check-in day, have the opportunity to participate in a swim ability evaluation in cool lake water at the waterfront (Goshen), or cool pool water (Snyder). We recommend spending **practice time** in a pool prior to camp as beneficial, especially for participants who do not swim regularly.

Successful completion of this evaluation, consisting of a **100-yard swim** consisting of the requirements of the BSA swim test, enables the participant to fully participate in all aquatic activities during the week. Participants who are not able to meet the swimmer requirements may be classified at a lower level, e.g., beginner or non-swimmer, which will result in more limited aquatic activities. If an adult, after consultation with your doctor, is not deemed sufficiently fit for the swim classification test, or has no interest in using the aquatic facilities, the adult can opt out of the swim test.

Camp Medical Staff reserve the right to deny the participation of any individual on the basis of a physical examination and/or medical history. Each participant is subject to a medical recheck at Camp

DISCUSS WITH HEALTH-CARE PROVIDER

Showing Parts A, B, and C of the BSA Annual Health & Medical Record (AMHR), and this NCAC Scout Camp Risk Advisory to a participant's examining health-care provider informs the provider of the participant's health history, who can update it if necessary, and associated camp risk factors.

I certify I have shown Parts A, B, and C of the BSA Annual Health & Medical Record (AMHR), this Scout Camp Risk Advisory, including the swim classification test, described above, and discussed my / my child's medical risk factors with my health-care provider in connection with the BSA Annual Health & Medical Record (AMHR) and this NCAC Risk Advisory form.

Signature of Adult Participant / Parent / Guardian

Date