Part C: Pre-Participation Physical

This part must be completed by certified and licensed physicians (MD, D0), nurse practitioners, or physician assistants.

Full name:						High-adventure base participants:					
Date of birth:						Expedition/crew No.: or staff position:					
including	one of the nati	ional high-adve		e refer to the supple			g experience. For individuals who e following pages or the form pro				
Please fill in the f	ollowing info	ormation:									
Yes No					Explain						
Medical restrictions	to participate										
Yes No	Allergies or R	Reactions		Explain	Yes	No	Allergies or Reactions		Explain		
Me Me	edication						Plants				
Fo	od						Insect bites/stings				
Height (i	nches)		Weight (lbs.)		ВМІ		Blood Pressure		Pulse		
							/				
	Normal	Abnormal	Explain Ab	onormalities	I certify that I ha	ave revi	Certification iewed the health history and examing experience. This participant (w				
Eyes					_	alse	ung experience. This participant (w	Explain	10).		
Ears/nose/throat					iide i	alse	Meets height/weight requirement				
Lungs							Has no uncontrolled heart disease		nypertension.		
Heart							Has not had an orthopedic injury, surgery in the last six months or p orthopedic surgeon or treating ph	possesses a letter o			
							Has no uncontrolled psychiatric d	lisorders.			
Abdomen							Has had no seizures in the last ye	ear.			
Genitalia/hernia							Does not have poorly controlled d				
Musculoskeletal							If planning to scuba dive, does no	t have diabetes, as			
Neurological					Examiner's sig				_ Date:		
					Address:						
Skin issues					_ City:			State:	ZIP code:		
Other					Office phone:_						
Height/Weight Restr If you exceed the man accessible roadway, y	kimum weight f			ing chart and your pl	anned high-advent	ure act	ivity will take you more than 30 mi	nutes away from a	n emergency vehicle/		

Maximum weight for height:

	-						
Height (inches)	Max. Weight						
60	166	65	195	70	226	75	260
61	172	66	201	71	233	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	189	69	220	74	252	79 and over	295

