

# Be Prepared! Face The Challenge With Physical Fitness

## 2021 National Jamboree Policy

Participation in the National Jamboree at the Summit Bechtel Family National Scout Reserve is a physically demanding experience. The layout, grade and elevation of the site requires substantial walking as part of everyone's daily schedule. A number of activities require more stamina and fitness too—think climbing, rappelling, rafting, mountain biking, and skateboarding. It is essential that all participants and staff are prepared for the physical demands of the Summit prior to arrival. Facing the Challenge at the '21 Jamboree will require one to be physically fit!

Obesity and being overweight have been shown to increase the likelihood of certain diseases and other health problems: hypertension, heart attack, dyslipidemia, and stroke. Anyone who is obese and has multiple risk factors for heart and lung disease would be at much greater risk of an acute health event imposed on them by the environmental stresses of The Summit. Our goal is to prevent any serious health-related event from occurring and ensuring that all our participants and staff are "physically strong."

There are multiple "co-morbidities" which should be taken into account as decisions are made about an individual's inclusion in the jamboree. Individuals with a history of any of the conditions listed below should consult their healthcare provider to see whether participating in the Jamboree could exacerbate their condition. These applicants may also be requested to provide further documentation, including cardiac testing, pulmonary testing, or further information from their physician to ensure the applicant's ability to participate.

- Obesity
- Tobacco Use
- High Blood Pressure
- Diabetes mellitus
- Dyslipidemia
- Prior heart attack
- Coronary angioplasty/stent
- Coronary artery surgery
- Family history of premature (before age 55) heart disease
- COPD
- Sleep apnea requiring CPAP or BiPAP
- Prior stroke or transient ischemic attack (TIA)

**Accordingly, it is the policy of the 2021 National Jamboree that all individuals:**

- 1. Provide their healthcare provider with the Summit High-Adventure Risk Advisory to Health-Care Providers and Parents.**
- 2. Submit a completed BSA AHMR signed by their healthcare provider.**