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	onal high-adve		e refer to the supple			g experience. For individuals who ne 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	leactions		Explain	Yes	No	Allergies or Reactions		Explain		
Medication							Plants				
Fo	od						Insect bites/stings				
Height (i	nches)		Weight (lbs.)		BMI		Blood Pressure		Pulse		
							1				
	Normal	Abnormal	Evnlain At	onormalities	Examine	r's (Certification				
Even	l l	Abhormai	Explain AL	mormandos			viewed the health history and examuting experience. This participant (w				
Eyes					True F	alse		Explain			
Ears/nose/throat							Meets height/weight requirement				
Lungs							Has no uncontrolled heart diseas	e, lung disease, or	hypertension.		
Heart							Has not had an orthopedic injury, surgery in the last six months or orthopedic surgeon or treating pl	possesses a letter			
							Has no uncontrolled psychiatric of	•			
Abdomen							Has had no seizures in the last ye	ear.			
Genitalia/hernia							Does not have poorly controlled of	diabetes.			
							If planning to scuba dive, does no	ot have diabetes, a	sthma, or seizures.		
Musculoskeletal					_ Examiner's sig	jnature	e:		Date:		
Neurological					Examiner's pr	inted n	name:				
Skin issues					Address:						
Other					City: Office phone: _			State:	ZIP code:		
Height/Weight Restr If you exceed the may accessible roadway, y	dimum weight f			ing chart and your pl	anned high-adven	ture ac	tivity will take you more than 30 mi	inutes away from	an 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

