



# Family & Adult Ministries Participant Health Form

Please complete a copy of this form for each family member.

Participant Name:

\_\_\_\_\_

Health History

Do you/your child have any **health problems** that we should know about?  Yes  No If yes, please explain:

\_\_\_\_\_  
\_\_\_\_\_

Communicable diseases, serious illness or operations: \_\_\_\_\_

**Allergies** (Medications, food, or other): \_\_\_\_\_

If you/your child requires a **special diet**, describe diet needed \_\_\_\_\_

Anything we should know to protect you/your child? \_\_\_\_\_

Please list below any **prescription and over-the-counter medications** that you/your child take regularly:

Medication Name	Taken For	Dose	Time / Frequency

## PHYSICIAN'S EXAM

Physician's Exam

*Redcloud is located at a high altitude and our activities are strenuous. We **HIGHLY** recommend that you see your physician for a physical exam. If you have a history of any heart, lung, or respiratory condition, you **MUST** see your physician and receive a physical before coming to Redcloud. Please refer to the attached note for more information.*

\_\_\_\_\_ was given a physical examination on \_\_\_/\_\_\_/\_\_\_\_ (Must be within 12 months of the program). He / She was found to be in satisfactory physical condition, free from any contagious disease and capable of active participation in Redcloud's program except as follows (please be specific): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Physician's Signature: X** \_\_\_\_\_ **Date:** \_\_\_\_\_

Physician's Printed Name	Address
Phone	City, State, Zip

Comments

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Family & Adult Ministries

## Health Information



## Destination Redcloud

**Elevation 9,200ft**

### **Something to Consider:**

The higher you climb above sea level, the thinner the air. This frequently causes problems for people who normally live at lower altitudes because their bodies have to work harder at a higher elevation to get the same amount of oxygen they would at a lower elevation. In some cases this may cause High-Altitude Sickness.

### **Symptoms you may Experience:**

- Dizziness
- Headache
- Weakness
- Trouble Sleeping
- Nausea
- Difficulty Breathing
- Coughing

### **Serious Effects May Be:**

- Confusion
- Loss of Coordination
- Pulmonary Edema
- Cerebral Edema
- Coma
- Death

### **Redcloud's Strenuous Activities Include:**

- Hikes up to 14,000ft
- Day Hikes
- Mountain Biking
- Rappelling
- White Water Rafting
- High Ropes Courses
- Horseback Riding

### **Prevention and/or Treatment:**

- Come up in elevation slowly. If you are from a low altitude, we recommend spending the night at a moderate altitude (5000-7000ft) on your way up.
- Stay well hydrated, avoid caffeine and other stimulants, and get plenty of sleep.
- In some cases, medications such as Acetazolamide (Diamox) or Nifedipine (Procardia) will help alleviate symptoms.
- If symptoms get worse or persist, go back DOWN to a lower altitude until symptoms subside.

**If you have a severe or uncontrolled chronic disease such as COPD, emphysema, heart disease, sickle cell anemia, asthma, diabetes or if you have a history of heart attack or angina then you MUST ask your doctor if it is safe for you to travel to a higher elevation and participate in an active program.**