

Doctor's Authorization



**OUTWARD BOUND
COSTA RICA**

Participant Name

Course Name & Session Dates

Dear Examining Physician,

Outward Bound Costa Rica operates physically demanding outdoor adventure wilderness courses, from 8 up to 85 days long. Participants sleep in tents, in village homes or under improvised shelters. Outward Bound Costa Rica provides suitable equipment and ample meals, and is able to meet special dietary requirements. Some programs include a solo exercise of up to two days. Participants are expected to refrain from using tobacco, alcohol, and drugs other than prescribed medication. Strenuous activity may include:

- Hiking & carrying 30-50 lb. backpacks on uneven terrain at altitudes of up to 7000 ft. and for up to 12 miles per day
- Twisting & rotating during whitewater rafting & kayaking
- Portaging (lifting and carrying) rafts
- Swimming in the open ocean & on rivers
- Scuba diving to 40ft, or 100ft for advanced certification

Any individual 13 years or older with normal physical and mental capacity can usually expect to complete an Outward Bound Costa Rica course, but preliminary conditioning is strongly advised. Courses are designed for participants of average physical abilities.

As the participant's Examining Physician, you are in a position to evaluate and advise the participant on medical issues. Your input is vital to the participant's safety. Please summarize and evaluate any currently active medical problems that can affect the participant on an Outward Bound Costa Rica course, and describe other medical information that you feel would be beneficial for us to know.

Please review the participant's medical history and alert the participant to any conditions and/or prescription medication that could be relevant to their health while on course with Outward Bound Costa Rica.

After reviewing the medical history and completing your exam, use this form to list any current active attention to heart, lung, and musculoskeletal issues.

If you feel that further tests, immunizations, or specialty referrals are required before the participant comes to Outward Bound Costa Rica, please indicate so in the section provided on the next pages.

Physician Name

Phone Number

Physician Signature

Email

Date of Exam

Years Known



Participant Name

Course Name & Session Dates

Physical Exam

The exam must take place within one year of the course start date and must be completed and signed by a Physician, Licensed Nurse Practitioner or Physician's Assistant. This person cannot be an immediate family member. This form must be used as alternate forms will not be accepted.

Exam	Check if Normal	Describe Any Abnormal Results
Knee		
Nose		
Throat & Mouth		
Heart		
Heart Murmur		
Peripheral Vessels		
Abdomen		
Hernia		
Genitals		
Back		
CNS		
Lymph Nodes		
Skin		
Scars		
Extremities		
Shoulder		
Feet		
Ankles		
Other		

Height (ft. or m.) Weight (lb. or kg.)

If over or under weight, by (lb. or kg.)

Pulse Rate

Describe any pulse irregularities

Blood Pressure (if over 150/90, please repeat)

Second Blood Pressure (if necessary)

Year of Last Tetanus Immunization

Does the patient have any active medical problems, restrictions or current medications?

Yes No

If yes, please describe, using additional pages if necessary.

Physician Signature

Physician Name

Date



Participant Name _____

Course Name & Session Dates _____

Stress EKG Test

If one or more of the following conditions apply to your patient, we strongly suggest and may require a Stress EKG Test be administered prior to the course:

- High blood pressure
- Current or prior cardiovascular diseases
- Diabetic over age 40
- Long-term sedentary lifestyle
- Overweight or obese
- Unexplained chest pain, shortness of breath, palpitations, sweats or weak spells
- Smokes more than 1 pack per day and has at least one other risk factor on this list

Do you feel a Stress EKG Test is needed? Yes No

If yes, date administered: _____

Please forward a copy of the Stress Test Report. If a test has been administered, acceptance to an Outward Bound Costa Rica course will require a "normal" stress EKG.

Immunization

Tetanus and MMR boosters are the only immunizations OBCR requires. We recommend all routine vaccines to be up to date, especially for students who will be in-country for over 65 days: Hep A&B, MMR, Chickenpox, Influenza, Polio and Pneumococcal.

**Please check with your country's consulate or the Center for Disease Control (CDC) website for complete information. All students are responsible for knowing the exact immunization requirements for their travel to Costa Rica, Panama, or Nicaragua.

Last Tetanus shot must be no more than 10 years prior to course starting date.

Date administered: _____

Further Tests

If you feel further tests are required prior to coming to Outward Bound Costa Rica, including TB Skin Test, medication blood levels, or any other test, please schedule and provide results below.

Test	Date	Check if Normal	Describe Any Abnormal Results

Physician Signature

Physician Name

Date