

**TO THE EXAMINING PHYSICIAN**

Outward Bound Costa Rica operates physically-demanding outdoor adventure wilderness courses, from 8 up to 85 days long. Students 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 three days with a minimum of food (but with adequate water intake daily checked by instructor). Students are expected to refrain from using tobacco, alcohol, or drugs other than prescribed medication. Strenuous activity may include:

- Hiking & carrying 40-50 lb. backpacks on uneven terrain at altitude up to 7000 ft.
- Twisting & rotating during whitewater rafting & kayaking
- Portaging (lifting and carrying) rafts
- Carrying 45 lb (20.5 kg) packs for up to 12 mi (19 km) per day
- Swimming in the open ocean & on rivers
- Scuba diving up to 40 ft, or 100 ft for advanced certification

Any individual 14 years or older with normal physical and mental capacity can usually expect to complete any Outward Bound Costa Rica course, but preliminary conditioning is strongly advised. Courses are designed for participants of average physical abilities.

As the student's Examining Physician, you are in a position to evaluate and advise the student on medical issues. Your input is vital to the student's safety. To ensure the student's safety while on course, please summarize and evaluate any currently active medical problems that can affect the student on a Outward Bound Costa Rica course, and describe other medical information that you feel we should know.

\_\_\_\_\_  
Student Name Printed

\_\_\_\_\_  
Course Name & Session Dates

**PROCEDURE**

1. Please review the student's medical history and alert the student to any conditions and/or prescription medication that could be relevant to their health while on course with Outward Bound Costa Rica.
2. After reviewing the medical history and after completing your exam, use this form to list any currently active attention to heart, lung, and musculoskeletal issues.
3. If you feel that any further tests, immunizations, or specialty referrals are required before the student comes to Outward Bound Costa Rica, please indicate on the section provided on the next page

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





## PHYSICAL EXAM

Must take place within one year of course start date To 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 (Alternate forms will not be accepted).

\_\_\_\_\_  
Student Name Printed

\_\_\_\_\_  
Course Name & Session Dates

\_\_\_\_\_  
Height [ ft. or m ]

\_\_\_\_\_  
Pulse Rate ( in or cm )

\_\_\_\_\_  
Weight [ lb or kg ]

\_\_\_\_\_  
Describe any pulse irregularities

\_\_\_\_\_  
If under or over weight, by [ lb or kg ]

\_\_\_\_\_  
Year of Last Tetanus Immunization

/

/

\_\_\_\_\_  
Blood Pressure  
If BP is over 150/90, please repeat:

\_\_\_\_\_  
Second Blood Pressure Reading (if necessary)

Does the patient have any Active Medical Problems and Restrictions and Current Medications?

Yes     No

If you checked 'Yes': Please describe below. Use additional pages if needed.

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

\_\_\_\_\_  
Name of Physician

\_\_\_\_\_  
Signature of Physician

\_\_\_\_\_  
Date





**IMMUNIZATIONS**

Tetanus is the only required immunization for courses that take place in Costa Rica. Cholera, yellow fever, and malaria prophylactics are not required. **\*\*Please check with your country's consulate before coming to Costa Rica, as this information is subject to change. All students are responsible for knowing the exact immunization requirements for their respective countries.**

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

Date Administered: \_\_\_\_\_

We recommend all routine vaccines to be up to date, especially for students who will be in-country for over 65 days: Hib, MMR, Varicela/Chickenpox, Influenza, Polio and Pneumococcal.

**STRESS EKG TESTS**

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

If yes, date administered: \_\_\_\_\_

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

**FURTHER TESTS**

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

Test	Date	Check if Normal	Abnormal Results (Describe)

\_\_\_\_\_  
Student Name Printed

\_\_\_\_\_  
Course Name & Session Dates

**PHYSICIAN'S SIGNATURE**

\_\_\_\_\_  
Name of Physician [printed]

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Fax

\_\_\_\_\_  
Email

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date of Exam

\_\_\_\_\_  
Years Known

