

## Part A: Informed Consent, Release Agreement, and Authorization

Full name: \_\_\_\_\_

Passport #, below:

Date of birth: \_\_\_\_\_

### Informed Consent, Release Agreement, and Authorization

I understand that participation in Spokane Sephardic Center activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about those activities may be obtained from the venue, activity coordinators, or your local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.


In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health-care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

(If applicable) I have carefully considered the risk involved and hereby give my informed consent for my child to participate in all activities offered in the program. I further authorize the sharing of the information on this form with any BSA volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Scouting activities.

**With appreciation of the dangers and risks associated with programs and activities, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Spokane Sephardic Center, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.**

I also hereby assign and grant to the Spokane Sephardic Center as well as their authorized representatives, the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me or my child at all Camp, and I hereby release the Spokane Sephardic Center, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the Spokane Sephardic Center, and I specifically waive any right to any compensation I may have for any of the foregoing.

- Checking this box indicates you DO NOT want your child to fly in a small plane.
- Checking this box indicates you DO NOT want your child to fly in a helicopter.
- Checking this box indicates you DO NOT want your child to use a BB device.



**NOTE: Due to the nature of programs and activities, the Spokane Sephardic Center cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. However, so that leaders can be as familiar as possible with any limitations, list any restrictions imposed on a child participant in connection with programs or activities below.**

List participant restrictions, if any:

None

\_\_\_\_\_

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity. If I am participating at Spokane Sephardic Center, **I have also read and understand the supplemental risk advisories, including height and weight requirements and restrictions, and understand that the participant will not be allowed to participate in applicable high-adventure programs if those requirements are not met.** The participant has permission to engage in all high-adventure activities described, except as specifically noted by me or the health-care provider. If the participant is under the age of 18, a parent or guardian's signature is required.

Participant's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/guardian signature for youth: \_\_\_\_\_ Date: \_\_\_\_\_

(If participant is under the age of 18)



## Part B1: General Information/Health History

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Height (inches): \_\_\_\_\_ Weight (lbs.): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP code: \_\_\_\_\_ Phone: \_\_\_\_\_

Health/Accident Insurance Company: \_\_\_\_\_ Policy No.: \_\_\_\_\_



**Please email a photocopy of both sides of the insurance card and the front and main page of the passport if non-citizen .**

### In case of emergency, notify the person below:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Home phone: \_\_\_\_\_ Other phone: \_\_\_\_\_

Alternate contact name: \_\_\_\_\_ Alternate's phone: \_\_\_\_\_

### Health History

Do you currently have or have you ever been treated for any of the following?

Yes	No	Condition	Explain
		Diabetes	Last HbA1c percentage and date: _____ Insulin pump: Yes <input type="checkbox"/> No <input type="checkbox"/>
		Hypertension (high blood pressure)	
		Family history of heart disease or any sudden heart-related death of a family member before age 50.	
		Stroke/TIA	
		Asthma/reactive airway disease	Last attack date: _____
		Lung/respiratory disease	
		COPD	
		Ear/eyes/nose/sinus problems	
		Muscular/skeletal condition/muscle or bone issues	
		Head injury/concussion/TBI	
		Altitude sickness	
		Psychiatric/psychological or emotional difficulties	
		Neurological/behavioral disorders	
		Blood disorders/sickle cell disease	
		Fainting spells and dizziness	
		Kidney disease	
		Seizures or epilepsy	Last seizure date: _____
		Abdominal/stomach/digestive problems	
		Thyroid disease	
		Skin issues	
		Obstructive sleep apnea/sleep disorders	CPAP: Yes <input type="checkbox"/> No <input type="checkbox"/>
		List all surgeries and hospitalizations	Last surgery date: _____
		List any other medical conditions not covered above	

## Part B2: General Information/Health History

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

### Allergies/Medications

DO YOU USE AN EPINEPHRINE AUTOINJECTOR? Exp. date (if yes) \_\_\_\_\_  YES  NO

DO YOU USE AN ASTHMA RESCUE INHALER? Exp. date (if yes) \_\_\_\_\_  YES  NO

Are you allergic to or do you have any adverse reaction to any of the following?

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
		Medication				Plants	
		Food				Insect bites/stings	

List all medications currently used, including any over-the-counter medications.

Check here if no medications are routinely taken.  If additional space is needed, please list on a separate sheet and attach.

Medication	Dose	Frequency	Reason

YES  NO Non-prescription medication administration is authorized with these exceptions: \_\_\_\_\_

Administration of the above medications is approved for youth by:

\_\_\_\_\_/\_\_\_\_\_  
 Parent/guardian signature MD/DO, NP, or PA signature (if your state requires signature)

**Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication unless instructed to do so by your doctor.**

### Immunization

The following immunizations are recommended. Tetanus immunization is required and must have been received within the last 10 years. If you had the disease, check the disease column and list the date. If immunized, check yes and provide the year received.

Yes	No	Had Disease	Immunization	Date(s)
			Tetanus	
			Pertussis	
			Diphtheria	
			Measles/mumps/rubella	
			Polio	
			Chicken Pox	
			Hepatitis A	
			Hepatitis B	
			Meningitis	
			Influenza	
			Other (i.e., HIB)	
			Exemption to immunizations (form required)	

**Please list any additional information about your medical history:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**DO NOT WRITE IN THIS BOX.**  
 Review for camp or special activity.

Reviewed by: \_\_\_\_\_

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

Further approval required:  Yes  No

Reason: \_\_\_\_\_

Approved by: \_\_\_\_\_

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



## Part C: Pre-Participation Physical

This part must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants.

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

### High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_



**You are being asked to certify that this individual has no contraindication for participation in an Adventure Camping experience.**

Please fill in the following information:

	Yes	No	Explain
Medical restrictions to participate			

Yes	No	Allergies or Reactions	Explain
		Medication	
		Food	

Yes	No	Allergies or Reactions	Explain
		Plants	
		Insect bites/stings	

Height (inches)	Weight (lbs.)	BMI	Blood Pressure	Pulse
			/	

	Normal	Abnormal	Explain Abnormalities
Eyes			
Ears/nose/throat			
Lungs			
Heart			
Abdomen			
Genitalia/hernia			
Musculoskeletal			
Neurological			
Skin issues			
Other			

### Examiner's Certification

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in an Extreme Adventure experience. This participant (with noted restrictions):

True	False	Explain
		Meets height/weight requirements.
		Has no uncontrolled heart disease, lung disease, or hypertension.
		Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
		Has no uncontrolled psychiatric disorders.
		Has had no seizures in the last year.
		Does not have poorly controlled diabetes.
		If planning to scuba dive, does not have diabetes, asthma, or seizures.

Examiner's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Examiner's printed name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP code: \_\_\_\_\_

Office phone: \_\_\_\_\_

### Height/Weight Restrictions

If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate.

Maximum weight for height:

Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight	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



# High-Adventure Risk Advisory to Health-Care Providers and Parents

## Spokane Sephardic Center Camp

WhatsApp: 310-717-1324

Website: [www.jewishadventurecamp.com](http://www.jewishadventurecamp.com)

### Spokane Sephardic Center Camp

**Experience.** The experience is not risk-free; however, by taking responsibility for one's own health and safety, and cooperating with staff, it's expected that most participants will have an enjoyable, safe Spokane Sephardic Center Camp experience. Please WhatsApp Spokane Sephardic Center Camp 310-717-1324 if you have any questions. All participants and guests should review all materials and websites related to the experiences they are planning to have at Spokane Sephardic Center Camp.

**Risk Advisory.** Participants at Spokane Sephardic Center Camp should be physically fit, have proper clothing and equipment, be willing to follow instructions, work as a team with your crew, and take responsibility for your own health and safety.

All staff members are trained in first aid and CPR. They can assist participants in recognizing and responding to accidents, injuries, and illnesses. **However, response times are affected by location, terrain, weather, or other emergencies and could be delayed for hours or even days in a wilderness setting.**

Summer/autumn climate can include temperatures from 30 to 100 degrees, low humidity (10% to 30%), and frequent, sometimes severe, thunderstorms. For summer treks

- Each participant must be able to carry 25% to 35% of their own body weight.
- Each participant must be able to hike 5 to 12 miles per day in a mountain wilderness.
- Elevations can range from 6,500 to 12,500 feet over trails that are steep and rocky.

Dependent upon the Autumn Adventure itinerary, similar expectations are in effect.

During a Winter Adventure experience

- Each participant will walk, ski, or snowshoe along snow-covered trails pulling loaded toboggans or sleds for up to 3 miles (or more on a cross-country ski trek).
- Winter climatic conditions can range from -20 to 60 degrees.

**Food.** If the diet described in the Guidebook to Adventure does not meet the participant's special dietary needs, contact Spokane Sephardic Center Camp directly.

**Immunizations.** Each participant must have received a tetanus immunization within the last 10 years. Immunization against contagious diseases is strongly recommended (including MMR, varicella, hepatitis A and B, and meningococcal disease). Participants who do not have immunizations because of medical issues or personal religious beliefs in accordance with Washington state law must complete an Immunization Exemption Request Form.

**Allergy or Anaphylaxis.** People who have had an anaphylactic reaction from any cause will be required to have appropriate treatment (i.e., at least one unexpired epinephrine auto-injector) in sufficient quantity to last the entire trip. All members of the crew should know how to administer the auto-injector. If you do not bring an epinephrine auto-injector with you, you will be required to purchase one before you will be allowed to participate.

**Medication.** Each participant who needs medication must bring enough medicine for the duration of the trip. **Be aware that altitude/heat/exertion, etc., can affect a medication's efficacy. It is not uncommon for participants to use more medication (particularly insulin and albuterol) than anticipated due to unfamiliar conditions faced on the trail.**

**Seizures (Epilepsy).** The seizure disorder must be well-controlled by medication. **A well-controlled disorder is one in which 12 months have passed without a seizure.** Individuals with seizure conditions should familiarize others with signs and symptoms in the event that a seizure occurs in the backcountry.

**High Blood Pressure.** Upon arrival at Spokane Sephardic Center Camp, all adult participants may have their blood pressure checked. People diagnosed with hypertension should have controlled blood pressure before attending Spokane Sephardic Center Camp and should continue their medications to keep the blood pressure at or near normal levels. Those individuals with a blood pressure consistently greater than 160/95 at Spokane Sephardic Center Camp may be kept off the trail.

**Diabetes Mellitus.** Participants with diabetes can have a successful Camp experience by good planning prior to their trek. Both the person with diabetes and others in their crew or group need to be able to recognize signs of excessively high or low blood sugar. **An insulin-dependent person who was diagnosed or had a change in delivery system (e.g., insulin pump) or dosage in the last six months is advised to consult with their physician before participating.**

**Asthma.** Asthma must be well-controlled before participating at Spokane Sephardic Center Camp. Well-controlled asthma is defined as:

- The use of a rescue inhaler (albuterol) **fewer than two times per week** (except use for the prevention of exercise-induced asthma); awakened by asthma symptoms less than two times per month.
- Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair.

You may not be allowed to participate if:

- You have asthma not controlled by medication; or
- You have been hospitalized/gone to the emergency room to treat asthma in the **past six months**; or
- You required treatment by oral steroids (prednisone) in the past six months.

All members of the crew should know how to assist in administering the rescue inhaler and where the inhaler is located. **Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler at all times. If you do not bring a rescue inhaler, you must purchase one before you will be allowed to participate.**



# High-Adventure Risk Advisory to Health-Care Providers and Parents

## Spokane Sephardic Center Camp

WhatsApp: 310-717-1324

Website: [www.staplessafari.com](http://www.staplessafari.com)

### Recommendations for Those With Cardiovascular Disease.

The physical activity at Philmont may trigger a heart attack or stroke in people at risk. This includes people with heart disease or with family history of heart disease. A history of any of the following puts people at increased risk for a heart attack or stroke:

- Chest pain or heart attack
- Heart surgery, including angioplasty stent placement
- Stroke or transient ischemic attacks (TIAs)
- High blood pressure
- Claudication (leg pain that happens with exercise)
- Diabetes
- Smoking
- Excessive weight

A thorough evaluation is recommended, and clearance from the treating physician is required.

### Recent Musculoskeletal Injuries and Orthopedic Surgery.

Individuals who have significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last six months must have a letter of clearance from their treating physician to be considered for approval.

### Psychological and Emotional Conditions.

Parents and advisors should be aware that the Spokane Sephardic Center Camp experience is not designed to assist participants in overcoming psychological or emotional conditions. These conditions frequently become worse with the stress of physical and mental challenges in a remote wilderness setting. **Medication for ADHD, anxiety, depression, or other psychological conditions must never be stopped prior to participation and should be continued throughout the entire Camp experience.**

**Weight Limits.** Adults who exceed the maximum acceptable weight limit for their height at the Spokane Sephardic Center Camp medical recheck **WILL NOT be permitted to backpack or hike at Spokane Sephardic Center Camp.** Participants under 18 years of age who exceed the maximum acceptable weight for height will be evaluated on a case-by-case basis to determine if the youth can participate. Exceptions are not made automatically and discussion with Spokane Sephardic Center Camp in advance is required. Individuals weighing more than 295 pounds will not be permitted to participate in backcountry programs due to rescue equipment and safe evacuation protocol restrictions.

**The weight limit for any individual participating in a horseback riding program is 200 pounds.** This is enforced for the safety of both the rider and the horse. Final discretion on all horseback riders rests with the Spokane Sephardic Center Camp staff.

#### Maximum weight for height:

Height (inches)	Max. Weight	Height (inches)	Max. Weight
60	166	70	226
61	172	71	233
62	178	72	239
63	183	73	246
64	189	74	252
65	195	75	260
66	201	76	267
67	207	77	274
68	214	78	281
69	220	79 and over	295

### Spokane Sephardic Center Approval

Staff and/or staff physicians reserve the right to deny the participation of any individual based on a physical examination and/or medical history.

Each participant is subject to a medical recheck at Spokane Sephardic Center Camp. **Participants with chronic conditions including (but not limited to) asthma, diabetes, and epilepsy should consult specifically with their physicians regarding any potential changes to their medical routines or health conditions that might stem from activity in a wilderness environment.**

**Other Common Conditions.** While not strictly disqualifying, certain health conditions can impact a participant's Camp experience. For more information, contact Spokane Sephardic Center Camp .

