



Part III: Physician Section

To the Examining Physician:

Costa Rica Rainforest Outward Bound School (CRROBS) 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. CRROBS 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 on uneven terrain at altitude
- White-water kayaking and rafting
- Portaging (lifting and carrying) rafts
- Carrying 45 LB packs
- Surfing in the open ocean

As the applicant's Examining Physician, you are in a position to evaluate and advise the applicant 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 applicant on a CRROBS course, and describe other medical information that you feel we should know.

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

Thank you for your assistance.

Procedure

1. Please Review Part II--Student History of the attached Student Confidential Medical Record. Please review it for accuracy and completeness and make any necessary corrections or additions.
2. After reviewing Part II--Student History and after completing your exam, use the space below to list any currently active attention to heart, lung, and musculo-skeletal issues.
3. If you feel that any further tests, immunizations, or specialty referrals are required before the applicant comes to CRROBS, please indicate on the section provided on the next page.

Physical Recommended Tests

1. *Stress EKG Tests:* 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 Obesity
- Unexplained chest pain, shortness of breath, palpitations, sweats or weak spells
- Smoke more than 1 pack per day and have at least one other risk factor on this list

Directions: To be completed and signed by a Physician, Licensed Nurse Practitioner or Physician's Assistant. The above cannot be an immediate family member. This form MUST be used. Alternate forms will not be accepted.

Physical Exam: The Physical exam must take place within one year of course start date.

Patient's Name: _____

Height: _____ ft/mt _____ in/cm

Weight: _____ lb/kg If over-weight, by: _____ lb/kg If under-weight, by: _____ lb/kg

Blood Pressure: _____ / _____

If BP is over 150/90, please repeat: _____ Second Reading: _____ / _____

Pulse rate: _____ Pulse irregularities: Yes: No:

Exam: Check if normal Describe ONLY if abnormal

Eyes		
Nose		
Throat & Mouth		
Heart		
Heart murmur (if present)		
Peripheral Vessels		
Abdomen		
Hernia		
Genitals		
Back		
CNS		
Lymph Nodes		
Skin		
Scars		
Extremities		
Shoulder		
Feet		
Ankles		
Knees		
Other		

Summary of Active Medical Problems and Restrictions and Current Medications (Use additional pages if needed) NONE or list below:

Physical Recommended Tests (continued)

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 an CRROBS course will require a "normal" stress EKG.

Further Tests: If you feel further tests are required prior to coming to CRROBS, please schedule and provide results including TB Skin Test, medication blood levels, and any other tests.

Test	Date	Check if Normal	Abnormal Results (describe)

REQUIRED IMMUNIZATION

Courses ONLY in Costa Rica: Tetanus is the only required immunization for courses 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.

Tetanus (Must be no more than 10 years prior to course starting date)

Year of Last Tetanus Immunization: _____

All Semester Courses (Tri-Country, Water & Wave, and Leadership) AND Reef & Rainforest: Tetanus is required within the last 10 years. We recommend all routine vaccines to be up to date: Hib, MMR, Varicela/Chickenpox, Influenza, Polio and Pneumococcal.

Note to students: You may consider a rabies vaccine and a cholera vaccine, although contracting cholera is extremely rare and the vaccine is not 100% effective. Speak to your health care professional about Malaria tablets (chloroquine); the CDC lists the province of Bocas del Toro, Panama as a malaria risk area; however, we have not encountered problems in the specific areas we visit. Use your best judgment. Also, we recommend considering Hepatitis A & B for any global travel (consult your physician and be aware of time considerations).

Physician Signature

Date

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For office use only:

Reviewed by Student Administrator: _____ **Date** _____

Approved by Medical Staff: _____ **Date** _____

Approved by Program Director: _____ **Date** _____