



## Medical Information for High Adventure Youth Participants

Your child is about to take part in a High Adventure experience. During the activities, they will undertake a wide variety of physical and mental challenges, in an environment designed with safety in mind.

Many participants ask us about the physical requirements for taking part in the activities. We find that the best way to answer this question is to compare these activities to a variety of common pastimes with which we are all familiar.

For most of the time while at Camp Firewalker, they will be undertaking activity which is best described as “**moderate exertion**”. This is comparable to: normal walking, golfing on foot, downhill skiing, raking leaves, waiting tables, fishing, calisthenics, hanging wallpaper, interior painting, or slow dancing. There will be some situations on the course where, for a several minutes, they will be engaged in “**vigorous exertion**”. This is comparable to: running, speedwalking, tennis, swimming, cross-country skiing, shoveling snow, fast biking, mowing with a push mower, pruning trees, heavy gardening, overhead work, ice hockey drills, softball, laying bricks, hurried restaurant work, or climbing a ladder.

If these types of activity are difficult for your child, we would like to have you discuss their participation on the activity with a physician who knows their health history. If these are activities in which they regularly engage without difficulty, they should be fit for participation.

Finally, there are a few specific medical conditions about which participants should **always** seek advice from their physicians before engaging in High Adventure activities. If any of these apply to your child, you **must** consult with a physician before participation. If you or your physicians have any questions about these conditions or about challenge course activities, please contact us at (303) 570-9590.

- *Kidney or liver* transplant (Climbing harness can injure transplanted organ.)
- *Healing fracture or joint injury* (Should be cleared by treating physician.)
- *Recent surgery* (Should be cleared by treating physician.)
- *Down syndrome* (Should have x-ray check for neck instability, as per recommendations of the Special Olympics.)