



Medical Information for High Adventure Participants

You are about to take part in a High Adventure experience. During the activities, you 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, you will be undertaking activity which is best described as “**moderate exertion**”. This is comparable to: normal walking, golfing on foot, raking leaves, waiting tables, or calisthenics. There will be some situations on the course where, for several minutes, you 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, ice hockey drills, softball, or hurried restaurant work.

If these types of activity are difficult for you, please discuss your participation on the activity with a physician who knows your health history. If these are activities in which you regularly engage without difficulty, you 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 you, 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 (719) 687-4391.

- *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.)