



CLASS 3 MEDICAL FORMS

BSA's Class 3 medical form is more than just a documentation of an annual physical examination by licensed health-care professional (Physician, Physician's Assistant or Nurse Practitioner). This form is required of all adults 40 years or older **as well as** others engaging in "strenuous" outdoor including backpacking, high altitude and high adventure type activities. It assures activity leaders that an adult has been examined and is "fit", rather than a medical liability requiring emergency medical evacuation from the "backcountry."

The Class 3 is an effective communication tool to communicate to another healthcare provider, hundreds of miles from home, who may be required to treat you for illness, accident or injury.

The completed Class 3 form will contain:

- Emergency contact and insurance information
- Emergency medical information and medical history as of the exam
- Immunization status (especially tetanus)
- Parental/participant statement of health and authorization for emergency care
- Current medications as of the examination
- Licensed healthcare practitioners physical examination, evaluation and advice

National statistics report that adults over 40 engaged in strenuous activities are more likely to be at risk from cardiovascular disease and risk heart attack. Fatalities are most likely to occur during unit events or long term camping, especially at altitude – the Grand Canyon Council long term camps are at greater than 6,000 feet altitude.

Participants should advise the camp medical staff of any special needs/ requirements relating to the following medical conditions: Cardiovascular disease, high blood pressure, sleep apnea, diabetes treated by medication, obesity, asthma, sickle-cell anemia, hemophilia, severe blood dyscrasia, HIV infection, epileptic seizures, convulsions, physical disability or psychiatric conditions.

Likewise any changes between the Class III physical findings and the camping activity, including ***surgery, fractures, medication changes and new diagnoses***, should be brought to the attention of the medical staff.

You owe it to yourself and to **your family** to protect your health.