

Camp Physical



To Parent(s)/ Guardian(s): Complete this section and give this form to your child's health-care provider for review.

Dates will attend camp: from _____ to _____

Camper Name: _____

☐ Male ☐ Female

Birth Date: _____

Age on arrival at Camp: _____

Camper home address: _____

City: _____ State: _____ Zip Code: _____

Custodial parent(s) phone: (____) _____ (____) _____

Parent(s)/ guardian(s) stop here. Rest of form to be completed by medical personnel.

The following non-prescription medications are commonly stocked in camp Health Centers and are used on an as needed basis to manage illness and injury. **Medical personnel:** Cross out those items the camper **SHOULD NOT** be given.

Acetaminophen (Tylenol)
Ibuprofen (Advil, Motrin)
Phenylephrine (Sudafed PE)
Pseudoephedrine (Sudafed)
Chlorpheniramine maleate
Quartenerin
Dextromethorphan
Diphenhydramine (Benadryl)
Generic Cough Drops
Chloraseptic (sore throat spray)
Lice shampoo or scabies cream (Nix or Elimite)

Calamine Lotion
Bismuth subsalicylate (Pepto-Bismol)
Laxatives (Ex-Lax)
Hydrocortisone 1% Cream
Topical Antibiotic Cream
Aloe Vera

Diet/Nutrition: ☐ Eats a regular diet. ☐ Has a medically prescribed meal plan or dietary restrictions; (describe below)

The camper is undergoing treatment at this time for the following conditions: (describe below)
None.

Medication: No daily medications. Will take the following prescribed medication(s) while at camp: name, dose, frequency- describe below)

Other treatments/therapies to be continued at camp: (describe below) ☐ None needed.

Physical Exam done today: Yes No

If "No," date of last physical: _____

ACA accreditation standards require physical examination for new 12 months.

Weight _____ lbs Height _____ ft _____ in

Blood Pressure _____/_____. Allergies: ☐ No Known Allergies

- ☐ To Food (list)
- ☐ To Medications (list)
- ☐ To the Environment (insect stings, hay fever, etc.- list)
- ☐ Other Allergies (list)

Describe previous reactions:

Do you feel that the camper will require limitations or restrictions while at camp? No Yes

If "Yes" to the question above, what do you recommend? (describe below-attach additional information if needed)

Sample Camp Physical Form

S Marginson



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Athletic Director's Desk Reference Donna A. Lopiano, Connee Zotos, 2022-01-12 Athletic Director's Desk Reference Second Edition With HKPropel Access is the most comprehensive resource available for collegiate and high school athletic administrators Expert leadership advice and practical tools guide administrators in successfully navigating increasingly complex roles in athletic programs of any size With more than 75 combined years of experience as athletic program administrators coaches and consultants the authors deliver an engaging narrative and professional insights for athletic directors of all levels The modern demands on athletic programs and evolving safety and culture issues are reflected in this updated edition with new content on Title IX compliance social media communications planning tools for budgets cost saving strategies revenue generating opportunities student athlete mental health concussion protocols athletes rights Esports and more Offering a solid foundation of information every athletic director needs to know plus clear advice on day to day operations this essential resource can be used as an immediate practical guide through the real world issues typically encountered by every athletic director An extended table of contents provides an outline of the book elements so athletic directors can quickly find relevant tools within the book and easily reference the corresponding online materials enabling administrators to confront issues and lead with confidence Throughout the book management tips deliver professional advice foundational information problem solving strategies and suggestions for management of employees programs events and facilities Planning tools provide specific steps and considerations to take when developing strategic plans action plans professional development plans and governance systems More than 300 documents are delivered through HKPropel These valuable time saving resources can be downloaded and customized to suit the needs of any athletic program Educational resources can be used for teaching and motivating staff campus constituents volunteers and student athletes Evaluation instruments and risk assessments help today's athletic administrators assess job performance evaluate program contents identify risks and prevent litigation Policies and forms are easily modified enabling athletic directors to produce effective policies and procedures that meet their unique needs while saving significant time The advice and tools in Athletic Director's Desk Reference allow professionals to turn theory into immediate practice The book addresses all the various policy procedure and system needs required for becoming an efficient and effective athletic director overseeing a successful athletic program Note A code for accessing HKPropel is not included with this ebook but may be purchased separately **A**

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