



CAMP CANAAN - TLC HEALTH FORM

This section to be completed by the parent:

Camper's Full Name: _____

Birthdate (DD/MM/YYYY): _____

TLC Session: Chattooga

Due March 26

This form must be completed by a licensed medical professional approved to perform physical exams. Email the completed form to info@campcanaan.org

This section to be completed by physician:

Patient's Name: _____

Date of physical exam: _____ Height: _____ Weight: _____ Blood Pressure: _____

Conditions

List conditions for which the patient is receiving treatment

Treatments/ Medications

List treatments/ meds to be used while at camp: name/dose/frequency



Activity Restrictions: list any to apply

Diet/Nutrition: List dietary restrictions

Past Medical/Surgical History

Allergies: List all allergies and reactions

Trip Physical Exertion Disclaimer: To be reviewed by parent and physician

Our Teen Leadership Camp (TLC) is an exciting experience! Teens can hike, rock climb, cave, mountain bike, rappel, white water raft, and more on our hiking trips. Due to the nature of our trips, each camper must have a physician sign off that the camper is in good health and able to complete the trip. Please take the information below into consideration as you complete your exam. Our guides are trained in Wilderness First Aid, have a first aid kit, and carry an emergency transponder that can summon first responder crews to their location. However, due to weather and ease of access, advanced medical care can take several hours to arrive.

Chattooga Trail

Hiking- 4-8 miles per day for up to 3 days while carrying a heavy pack.
White water rafting- up to class 4 rapids, cold, swift running water
Rock climbing and rappelling - being at height, hiking with an elevation gain, climbing
Exposure to natural elements such as, but not limited to, direct sun, heat, cold, animals, plants, insects, and more.

Max Patch (not offered in 2024)

Hiking- 4-8 miles per day for up to 3 days while carrying a heavy pack
Caving- tight, dark spaces. Rock scrambling
White water rafting- up to class 4 rapids, cold, swift running water
Exposure to natural elements such as, but not limited to, direct sun, heat, cold, animals, plants, insects, and more

Medications

While we can give medications to campers, medications must be able to be stored in a hiking pack. There will be no cold storage available.

Parent & Physician Authorization: we have reviewed the minor participant’s health history and have discussed the TLC program and determined the patient is physically/emotionally fit to participate in this program, except as noted above.

Parent’s Name: _____ Parent’s Signature: _____
Physician’s Name: _____ Physician’s Signature: _____
Dr. Office’s Name: _____ Dr. Office’s Address: _____