



MEDICAL INFORMATION FORM

Cornell Outdoor Education, 607-255-6183 ♦ Outdoor Odyssey, 607-255-4168
Phillips Outdoor Program Center, B01 Bartels Hall, Campus Road, Ithaca, NY 14853
www.coe.cornell.edu

This medical form provides us with information required for course safety and emergency situations. By requesting this medical history, we do not imply that we have the expertise to assess your physical condition, or your ability to participate safely in a course/trip. This determination of ability to participate must be made by the participant in concert with his/her physician. COE/OO courses demand strenuous exercise. In one day for example: hiking trips may require a participant to hike 4 - 8 miles with a backpack weighing up to 50 pounds, and water trips may require a participant to paddle a canoe 10 miles and carry it up to 1 mile. Elements at the ropes course may require a rigorous level of physical exertion. Participants may live and travel for the length of their course in a wilderness setting. Your trip may include exposure to inclement weather as well as a variety of other hazards associated with being outdoors. Although safety is our first priority and we are trained to provide first aid in case of incident, your participation in this COE/OO activity indicates your acknowledgement and the assumption of inherent risk associated with being far from professional medical facilities. If you have any questions please call, or see our website for further details.

Part One: Personal Information

Name _____ Course & Section or Trip # _____
Address _____
State & Zip _____ Phone _____
Age _____ Sex _____ Height _____ ft. _____ in. Weight _____
Insurance Carrier and Policy Number _____

Person(s) to contact in case of an emergency:

Name _____ Name _____
Relationship to participant _____ Relationship to participant _____
Phone (H) _____ (W) _____ Phone (H) _____ (W) _____
Address _____ Address _____

Part Two: Specific Medical History

A. Primary Cardiac Factors:

Do you currently have OR do you have any history of the following:

- 1. Heart attack or heart disease Yes No
2. Heart palpitations or heart murmur Yes No
3. Chest pain or pressure Yes No
4. Stroke Yes No
5. High blood pressure Yes No
Currently taking medication for high blood pressure? Yes No

If you answered "Yes" to any of the questions above, please provide additional information below and discuss with your physician.

B. Additional Cardiac & Medical Factors:

Do you currently have OR do you have any history of the following:

- 1. Respiratory problems? Asthma? Smoker? Yes No
2. Neurological problems? Yes No
3. Family history of cardiac disease? Yes No
4. Diabetes? (check one: insulin non-insulin dependent) Yes No
5. Seizures? Yes No
6. Bleeding or blood disorders? Yes No
7. Dizziness or fainting episodes? Yes No

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| 8. Other diseases or recent illnesses? | Yes | No |
| 9. Allergies (food, insects, stings, medications, etc.)? | Yes | No |
| 10. Past injuries/surgery/joint problems? | Yes | No |
| 11. Do you wear glasses? | Yes | No |
| 12. Do you wear contact lenses? (If yes, hard or soft? _____) | Yes | No |
| 13. Any dietary considerations? | Yes | No |
| 14. Are you on any current medications? | Yes | No |
| 15. Obesity or sedentary lifestyle? (little or no exercise on a regular basis) | Yes | No |
| 16. Mental health issues? (anxiety, depression, etc.) | Yes | No |

If you answered "Yes" to any of the questions above, please describe below and discuss with your physician. Is there any medical condition you have that you would like us to be aware of in case of an emergency? If you have an allergy, please describe the type, appearance, and severity of your reaction.

Important Notes: 1. If you will be carrying prescription medication you are advised to consult with your physician regarding secondary dosage in the event of possible loss or water contamination. 2. If you have ever had a systemic reaction to an insect sting, we recommend you consult your physician about carrying a personal Ana-kit or Epi-Pen. Even with no prior history it is possible for a person, for a variety of reasons, to develop a life-threatening systemic reaction. Because our activities are often far from professional medical care, we advise everyone to consult with their physician regarding a prescription for these kits.

Part Three: Swimming Assessment

Many COE/Outdoor Odyssey courses involve activities in a water environment, which require basic swimming skills. We ask that participants self-assess their own comfort level in and around the water. We recommend that you do not register for a course involving water activities if you are a non-swimmer. Please rate your swimming ability below:

- Non-swimmer
- Recreational swimmer
- Competitive swimmer

Part Four: Signature

I have reviewed this entire medical form and have verified that all information is given fully and truthfully. To the best of my knowledge, I am capable of safely participating in a COE/OO course. In the event of an emergency, permission is given for any anesthesia and/or surgery at a medical facility that may become necessary for my immediate well being.

Participant's Signature

Participant's Name *(printed clearly)*

Date

Parent/Legal Guardian Signature
(if participant is under 18 years old)

Parent/Legal Guardian Name
(printed clearly)

Date