



**VETERANS PHYSICIAN’S EXAM ACKNOWLEDGMENT**

Outward Bound courses are physically strenuous and place unique and significant demands on the body and in particular, the cardiovascular system. Activities in which veterans participate may include, but are not limited to, rock climbing, ropes courses, whitewater rafting or kayaking, hiking at high altitude and/or with a heavy backpack, dog sledding, sailing, and other activities that create unique physical stress. In addition, participants may be in a remote wilderness environment where emergency medical care by a physician or evacuation may be delayed for several hours or days.

The physical components combined with the mental and emotional stress of the activities may put a high level or sudden demand on individuals physically. We have found that people who are in overall good health with average physical ability can successfully complete the program. However, participants must be diligent in answering the questions on the medical form and should confer with a physician or therapist about any mental or physical conditions that might limit the veteran’s ability to safely and fully participate.

Every veteran will complete the Participant Confidential Medical Form. Outward Bound generally requires all individuals aged fifty and over to have a physician’s exam within one year of their course start date. Physicians are required to perform a physical exam and complete the Outward Bound Physician’s Exam form. However, many veterans who are returning from service overseas and who have recently had an exit examination find it difficult to obtain a physician’s exam or have the last physician complete the Outward Bound form in the required time before a course begins.

To accommodate this situation, the physician’s exam will not be mandatory for these participants. Instead, Outward Bound will review the Participant Confidential medical form and may still require a physician’s exam and/or a stress test if it believes those are warranted.

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*I understand I have the ultimate responsibility for determining whether I can safely participate and any implications of participating on my health and well-being. If I need any additional, specific information about the activities in which I will participate or the location where I will be participating, I will confer with Outward Bound. I agree to assume the risks of any medical condition, emergency, injury, or illness that might develop while participating in the Outward Bound course.*

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Participant’s Printed Name

\_\_\_\_\_  
Participant’s signature

\_\_\_\_\_  
Date