



## Medical Consent for Program Activities

Name of Child: \_\_\_\_\_ DOB: \_\_\_\_\_

The above named child has been accepted into a program of Jasper Mountain. The agency’s programs include various recreational aspects, including the following:

- Hiking - easy and medium hikes of 1 to 7 miles with less than 1,000 ft change in elevation.
- Swimming - closely monitored recreational swimming for the purpose of enjoyment and skill building.
- Jogging - recreational jogging that includes some running and walking for periods of thirty minutes or less at a pace appropriate to the age and skill level of the child
- Physical Work - light physical work projects include cleaning, light digging, gardening, carrying and work around the horse barn. Work is to be closely supervised by staff with an emphasis on safety, risk free skill building and exercise.
- Camping - non-strenuous recreational camping in tents at the beach and lake.
- Horseback Riding - corral or short trail rides with adult support appropriate for the child’s age and skill level.
- Athletic and Sports Activities - basketball, baseball, soccer, the program “Olympics,” trampoline, archery, obstacle course, playground or organized group games, biking/BMX track, and other sporting events. Activities are designed for the age and ability of each child.

### Medical Assessment

I have examined the above named child, and approve this child to participate in the described activities, as indicated below:

\_\_\_\_\_ **Child is medically appropriate to participate fully in the outdoor and strenuous activities described above.**

\_\_\_\_\_ **Child is medically appropriate to participate in the outdoor or strenuous activities described above with the following restrictions (please describe):**

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Physician Name (Print): \_\_\_\_\_

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_