

The following health advisory is provided for your information. The contents follow guidelines specified in BSA literature. Frontiers Camp is a highly active and routinely vigorous activity; consequently similar health guidelines as existing for BSA high adventure bases (presented below)¹ have been adopted for Frontiers Camp. The health and safety of each participant and staff member is our highest priority. As Frontiers Camp runs with staff leadership (with only a few cases of home troop leadership present) as much information about the health issues and special needs of Frontiers Camp participants is requested. Thank you for your cooperation in providing this information.

Parent and Camper Advisory. Frontiers Camp has an excellent health and safety record and strives to continually minimize risks to participants and staff by emphasizing appropriate health and safety precautions and procedures. Because most participants are prepared, are conscious of risks, and take safety precautions, they do not experience problems or injuries. If you decide to attend Frontiers Camp as a staff member or a scout camper, you should be physically fit, have proper clothing and equipment, be willing to follow instructions, work as a team member, and take responsibility for your own health and safety. Parents, guardians, and participants in any high-adventure program are advised that there is potential exposure to accidents, illness, and/or injury. Staff members have been trained in first aid, CPR, safety and accident prevention and are prepared to assist in recognizing, reacting to, and responding to accidents, injuries, and illnesses as needed. However, response time in an emergency can be affected by location and terrain.

Weather and Equipment. Climatic conditions for late June in north central Vermont are of moderate temperature with an average maximum temperature of 72.4° F and average minimum average temperature of 53.7° F. However extremes of 87° and 39° have been noted. The average precipitation for June is 4.42" and anecdotally we have observed rain to occur at some point in each day during the period of camp in some years. And, the wind has been strong enough to blow down tents and tarps. The equipment list provided in other Frontiers Camp literature should be considered the minimum "kit" to bring to camp.

Food. Frontiers Camp offers food appropriate for the experience. If a participant has special dietary needs, he should bring these special items with him to camp. These items will be stored appropriately until they are asked for.

Medications. Each participant who has a condition requiring medication should bring an appropriate supply for the duration of Frontiers Camp. The medicine container should be the original container, have the pharmacy label on it, and only the amount needed for the duration of camp can be accepted.

Immunizations. Each participant should have received a tetanus immunization within the last 10 years. Recognition will be given to the rights of those Scouts and Scouters who do not have immunizations because of philosophical, political, or religious beliefs. In such a situation, the *Immunization Exemption Request form (from BSA National Council)* is required.

Recommendations Regarding Chronic Illnesses. There are no facilities for extended care or treatment at Frontiers Camp; therefore participants who cannot meet the following requirements cannot be accepted into camp. As noted in the in the Frontiers Camp Details and Information web page there are no refunds after the date specified for the camp year.

The Camp Health Officer reserves the right to deny the participation of any individual on the basis of a physical examination and/or medical history.

Adults or youth who have had any of the following conditions should undergo a thorough evaluation by a physician before considering participation at Frontiers Camp.

Cardiac or Cardiovascular Disease, including:

1. Angina (chest pain caused by blocked blood vessels or coming from the heart)
2. Myocardial infarction (heart attack)
3. Heart surgery or heart catheterization (including angioplasty to treat blocked blood vessels, balloon dilation, or stents)
4. Stroke or transient ischemic attacks (TIAs)
5. Claudication (leg pain with exercise, caused by hardening of the arteries)
6. Family history of heart disease or a family member who died unexpectedly before age 50
7. Diabetes
8. Smoking
9. Excessive weight

Youth who have a congenital heart disease or an acquired heart disease such as rheumatic fever, Kawasaki's disease, or mitral valve prolapse should undergo thorough evaluation by a physician before considering participating at Frontiers Camp. Participants with a history of any of the first seven conditions listed above should have a physician supervised stress test. More extensive testing (e.g., nuclear stress test) is recommended for participants who have coronary heart disease. **Even if the stress test results are normal, the results of testing do not guarantee safety.** If the test results are abnormal, the individual is advised not to participate.

Hypertension (High Blood Pressure). The combination of physical, mental, and emotional stress, increased exertion can cause significant increases in blood pressure in some individuals. Occasionally, hypertension reaches such a level that it is no longer safe to engage in strenuous activity. Hypertension can increase the risk of having a stroke, heart attack, or angina. **Participants should have a normal blood pressure (less than 140/90).** Persons with significant hypertension (greater than 140/90) should be treated and controlled before attending, and should continue on medications while participating. **The goal of treatment should be to lower the blood pressure to normal.** Participants already on antihypertensive therapy with normal blood pressure should continue on medications. Individuals taking diuretics to treat hypertension are at increased risk for dehydration related to strenuous physical activity and should be careful to maintain good hydration during the trek. **Those individuals with a blood pressure consistently greater than 160/100 at Frontiers Camp may be kept out of activities until their blood pressure decreases.**

Insulin-Dependent Diabetes Mellitus. Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and to know how to adjust insulin doses based on these factors. The person with diabetes also should know how to give a self-injection. The person with diabetes should be able to recognize indications of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and excessively low blood sugar (hypoglycemia). The person with diabetes should know the appropriate initial responses for these conditions, and the camp staff should be advised of the desired initial responses in writing.

An insulin-dependent person who has been newly diagnosed (within the last six months) or who has undergone a change in delivery system (e.g., insulin pump) in the last six months should not attempt to participate. A person with diabetes who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia should not participate until better control of the diabetes has been achieved.

Bring enough testing equipment and supplies for the entire week. Extras may be needed. If an individual has been hospitalized for diabetes-related illnesses within the past year, the individual must obtain permission to participate by contacting the Camp Director.

Seizures (Epilepsy). A seizure disorder or epilepsy does not exclude an individual from participating at Frontiers Camp. However, the seizure disorder should be well-controlled by medications. A minimum one year seizure-free period is considered to be adequate control. Exceptions to this guideline may be considered on an individual basis, and will be based on the specific type of seizure and the likely risks to the individual.

Asthma. Asthma should be well-controlled before participating at Frontiers Camp. Well-controlled asthma means: 1) the use of a rescue inhaler (e.g., albuterol) less than once daily; 2) no need for nighttime treatment with a rescue inhaler (e.g., albuterol). Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You must meet these guidelines in order to participate. You will not be allowed to participate if: 1) you have exercise asthma not prevented by medications; or 2) you have been hospitalized or have gone to the emergency room to treat asthma in the past six months; or 3) you have needed treatment with intravenous, intramuscular, or oral steroids (prednisone) in the past six months. *You must bring an ample supply of your medications and a spare rescue inhaler that are not expired.* The person with asthma should know the appropriate initial responses for these conditions, and the camp staff should be advised of the desired initial responses in writing. A spare rescue inhaler must be made available to the Camp Health Office for the period of camp.. **Any person who has needed treatment for asthma in the past three years must bring a rescue inhaler.**

Allergy or Anaphylaxis. *Persons who have had an anaphylactic reaction from any cause must contact the Camp Director before arrival. If you are allowed to participate, you will be required to have appropriate treatment with you.* The person with these conditions should know the appropriate initial responses for these conditions, and the camp staff should be advised of the desired initial responses in writing.

Recent Musculoskeletal Injuries and Orthopedic Surgery. Every participant will put a great deal of strain on feet, ankles, and knees. Therefore, individuals with significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last 6 months must have a letter of clearance from their orthopedic surgeon or treating physician to be considered for approval to participate. Permission is not guaranteed. A person with a cast on any extremity may participate only if approved by the Camp Director.

Psychological and Emotional Difficulties. A psychological disorder does not necessarily exclude an individual from participation. *Parents and advisers should be aware that the Frontiers Camp experience is not designed to assist participants in overcoming psychological or emotional problems. Experience demonstrates that these problems frequently become magnified, not lessened, when a participant is subjected to the physical and mental challenges of a challenging setting.* Any condition should be well-controlled without the services of a mental health practitioner. **Under no circumstance should medication be stopped immediately prior to participation, and medication should be continued throughout the entire Frontiers Camp experience.** Participants requiring medication must bring an appropriate supply for the duration of the camp.

Parents and other adults are requested to share with the Frontiers Camp Health Officer the following information in writing:

- Any information not covered on the participants/staff annual medical form that may have an impact on an individual's health, safety or well being. This information should be in writing and submitted with the annual medical form.
- Special dietary information
- Hypertension information
- Insulin-dependent diabetes mellitus information
- Asthma information
- Allergy or Anaphylaxis information
- Recent musculoskeletal injuries and orthopedic surgery information
- Psychological and emotional difficulties information