



Philmont Scout Ranch

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November 3, 2008

TO: Philmont Scout Ranch Contingent Leaders and Crew Advisors
FROM: Mark S. Anderson, Director of Program
SUBJECT: Philmont 2009 Health and Medical Forms and First Aid Requirements Update

Enclosed are the **Health and Medical Record Forms** that all 2009 Philmont Participants should use. The form has numerous changes from previous years. These changes seek to clarify the explanation of some information found on pages 1, 2 and 3 and improve the flow of completing the form by participants, parents and physicians. Participants and/or parents must complete pages 4 and 5 and the physician must complete page 6.

Preparing for the Philmont experience is an important task. **All participants should be in the best physical condition possible**. This includes a thorough medical exam by a licensed physician, an aggressive conditioning program, and careful attention to the participation requirements.

Your crew is encouraged to begin an aggressive conditioning program soon. Please don't wait until spring. Many participants have commented on evaluation forms that the one thing that they wish they would have done differently in preparing for the adventure is to be in better physical shape. This can occur with a routine that starts now!

Philmont is serious about the height and weight requirements for all participants. Obesity is directly related to many health conditions that affect a Philmont participant including cardiovascular disease, hypertension, diabetes mellitus, asthma, musculoskeletal conditions and physical fitness. Each year a number of people are sent home! This is **very disappointing** to the participant and can cause hardship to the adventure for the rest of the participants in the crew.

In 2008, 69 participants were sent home who did not meet the height and weight requirements: 56 adults and 13 youth participants. Please don't let this happen to members of your crew! Insist that each participant locate their standing on the chart and for those who fall above the "Maximum Acceptable" height and weight, insist that they begin a program of exercise and diet that will help them reach their required range.

Please be aware that as the advisor of the crew you must be able to certify that each participant fulfills the following requirements:

- ✓ *Meets the height and weight requirements as outlined on page 3 and 4 of the 2009 Health and Medical Form. Please note that this year the participant is asked to sign that they meet Philmont's Height and Weight requirements. (If a participant must be sent home, it will be your responsibility to inform them and to assist in making the necessary arrangements.)*
- ✓ *Each participant (youth and adult) must have a tetanus shot within the past 10 years. Be sure that the date is clearly written on the Health and Medical Form. If the shot is administered at Philmont a \$50.00 fee will be charged.*
- ✓ *Well controlled health conditions within the limits described on page 1, 2 and 3 of the 2009 Form.*
- ✓ *Copy of health insurance card (both sides). Please staple to the top of page one of the 2009 Health and Medical Form.*

Enclosed is additional information to help your crew meet the 2009 First Aid Requirements.

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