

POCONO PLATEAU CAMP & RETREAT CENTER

RR #2 BOX 2747
CRESCO, PA 18326

Phone: 570- 676-3665
Fax: 570- 676-9388

Adult Health History Form

Camp No. _____

PERSONAL INFORMATION:

Please bring this form with you to camp!

Name _____ SS# _____

Home Address _____

City, State, Zip _____ Phone (____) _____

Date of Birth _____ Age _____ Male _____ Female _____ Email Address _____

Spouse or Nearest Relative _____ Relationship _____

Address (if different from above) _____

Phone: Day (____) _____ Evening (____) _____

Emergency Contacts In case of an emergency, please notify (indicate by number the order of preference -1, 2, 3)

(____) Spouse or Nearest Relative Above

(____) Name _____ Relationship _____

Address _____

Phone: Day (____) _____ Evening (____) _____

(____) Name _____ Relationship _____

Address _____

Phone: Day (____) _____ Evening (____) _____

Physician's Name _____ Phone (____) _____

Dentist/Orthodontist Name _____ Phone (____) _____

INSURANCE INFORMATION: Insurance information is required since staff are covered by limited accident or medical insurance - in excess of the patient's insurance. Camp's policy is only a secondary policy. PA law prohibits duplicate payments.

Are you covered by medical/hospitalization insurance? NO YES If YES, please indicate carrier or plan name and complete below: _____

(i.e., Blue Cross)

Policy #: _____ Group #: _____

Policy Holder's Name _____ Policy Holder SS# _____

MEDICAL INFORMATION:

Height _____ Weight _____ DATE OF LAST TETANUS (DTP, DT,TT) (Month/ Year): _____

Are all immunizations up to date? Yes No

ILLNESSES AND INJURIES (Check those that apply)

- | | | |
|---------------------------------------|---|--|
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Bleeding/Clotting Disorder | <input type="checkbox"/> Convulsions/Seizures |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Sickle Cell Disease | <input type="checkbox"/> Hypertension |
| <input type="checkbox"/> HIV | <input type="checkbox"/> Heart Disease/Defect | <input type="checkbox"/> Kidney Disease |
| <input type="checkbox"/> Tuberculosis | <input type="checkbox"/> Upper Respiratory Infections | <input type="checkbox"/> Other (Specify) _____ |

DATE OF LAST HEALTH EXAM _____ Were any problems noted at that time? _____

Are you currently under a physician's care for a medical problem? Y N Explain: _____

Since your last health exam, have you had:

___ A serious injury requiring medical attention? Date: _____ Explain? _____

___ A surgical operation or fracture? Date: _____ Explain? _____

___ A diagnosed infectious/communicable disease? Date: _____ Disease: _____

___ Medication prescribed by a physician to be taken on a regular basis? Date: _____ Explain? _____

___ A physician's restriction from participating in any physical activity? _____

ALLERGIES (Check those that apply)

___ Animals ___ Foods ___ Insect Stings ___ Seasonal/Environmental
___ Medications ___ Plants (Poison Ivy, etc) ___ Other (Specify) _____

Please explain any allergies checked above and list treatment if any is necessary. _____

OTHER HEALTH CONDITIONS (Check those that apply)

___ Fainting ___ Hearing Impairment ___ Nosebleeds
___ Sleepwalking ___ Wears Glasses/Contacts ___ Special Dietary Regimen

Please explain any of above checked items or other conditions not mentioned. _____

Medications ***ALL** medications are to be checked in to the Health Supervisor upon arrival at camp. For these purposes, "medications" include those that are prescription, non-prescription, over-the-counter (i.e. Tylenol, cough syrup), home remedies, and vitamins. We ask your fullest cooperation in this matter so that the health and well being of all campers and staff may be properly safeguarded.*

- Check one: I will take **No medication** at camp.
 I will take **medication** at camp and will check in **each** of my medications with the Health Supervisor upon arrival. The Health Supervisor and I will then determine where my medications can best be locked in storage to comply with the standards of the camp.

Certification and Authorization

By my signature below I, your full name, certify and agree to the following:

- ? I certify that the information provided on this Health History and Examination Form is, to the best of my knowledge, complete and accurate. I/my child will engage in all camp activities except as noted. This completed form may be photocopied for trips out of camp. I understand the requirement that all staff be screened by the camp Health Supervisor upon arrival, and I give my permission for the conduct of such an examination.
- ? During the dates of participation (noted above), I/my child will fully participate in the activities associated with the summer camping program of Pocono Plateau Camp & Retreat Center of the Eastern PA Conference - United Methodist Church. These activities may include, but are not limited to, the following: camping outdoors, sports, games, low ropes, high ropes, zip line, climbing tower, rock climbing, archery, caving, boating/canoeing, swimming, etc., either off- or on-site as per the prescribed camp event(s). I understand that there are inherent and other risks associated with these activities. I hereby do indemnify and hold harmless Pocono Plateau Camp & Retreat Center, the Eastern Pennsylvania Conference – United Methodist Church, and their directors, officers, employees, staffs, and volunteers in the event of injury or damages and if legal action is brought on account of those injuries or damages.
- ? **FOR JR. & SR. HIGH PROGRAMS:** I authorize the Director of Pocono Plateau Camp & Retreat Center or his designee to sign on my behalf any release/waiver forms required by facilities (i.e., climbing gym, outfitter, etc.) that I/my child might need as a part of the prescribed camp program.
- ? In the event of an emergency if I am unable to make decisions and my emergency contacts (named above) can not be contacted, the Director of Pocono Plateau Camp & Retreat Center or his designee is authorized to act on my behalf to care for me/my child in securing medical treatment including hospitalization, ordering x-rays and routine tests. I give permission to the camp to arrange necessary related transportation. I agree to the release of any records necessary for insurance.
- ? I agree that in case of my/my child's injury, I/my child may be required to depart from Pocono Plateau and its programs, whether on- or off-site (trip/travel camps). The Plateau's goal is to limit the inconvenience and discomfort of campers and other staff if the situation arises where a staff member has an issue that cannot be quickly resolved.

My Signature _____ Date _____