

**Health History and Examination Form**  
 For Children, Youths and Adults  
 Attending Camp

Print and complete this form, or replace it with a physical exam or well-child check-up done within the previous year. Scan and email your document to: info@hillcountryequestlodge.com, or mail it to: Hill Country Equestrian Lodge, 1580 Hay Hollar Road, Bandera TX 78003 by June 1.

The information on this form is not part of the camper or staff acceptance process, but is gathered to assist us in identifying appropriate care. The first three pages must be filled out by the parents or guardians of minors or by adults themselves.

Page 4 requires the signature of a medical professional.

An updated health history is required every two years. If there are no changes in camper's health history from the previous year, an email or letter from a parent or guardian stating such is all that is necessary.

Name \_\_\_\_\_ Birth date \_\_\_\_\_ Age at camp \_\_\_\_\_  
Last First Middle

Home address \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Social Security number \_\_\_\_\_

1st Parent \_\_\_\_\_ 2nd Parent \_\_\_\_\_

Address \_\_\_\_\_ Address \_\_\_\_\_

Home phone \_\_\_\_\_ Home phone \_\_\_\_\_

Work phone \_\_\_\_\_ Work phone \_\_\_\_\_

Cell phone \_\_\_\_\_ Cell phone \_\_\_\_\_

E-mail \_\_\_\_\_ E-mail \_\_\_\_\_

Insurance Information

◆ A photocopy of the front and back of the health insurance card must be attached to this form.

Carrier or plan name \_\_\_\_\_ Group # \_\_\_\_\_

**IMPORTANT. These boxes must be completed for attendance.\***

To the best of my knowledge, this health history is correct and complete. The person named above has permission to engage in all camp activities, except as noted.

I hereby give my permission to the camp to provide, seek and consent to routine health care, administration of prescribed medications, and emergency treatment for me/my child as may be necessary, including, but not limited to, x-rays, routine tests and treatment, and/or hospitalization. I also give permission for the camp to arrange related transportation. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes.

It is my intention that the camp be treated as acting *in loco parentis* if the person named above is a minor. Further, it is my intention that the appropriate representatives of the camp be treated as "personal representatives" for the purposes of disclosing

protected health information pursuant to the privacy regulations promulgated pursuant to the Health Insurance Portability and Accountability Act of 1996. I hereby agree (pursuant to 45 CFR § 164.510(b)) to the disclosure to camp representatives of the protected health information of the person named above, as necessary; (i) to provide relevant information to the camp representatives related to the person's ability to participate in camp activities; and (ii) in the case of minors, to provide relevant information to the camp representatives to keep me informed of my child's health status.

In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp to secure and administer treatment, including hospitalization, for the person named above. This completed form may be photocopied for trips out of camp.

Signature of Parent or Guardian \_\_\_\_\_

Printed name \_\_\_\_\_ Date \_\_\_\_\_

I also understand and agree to abide by any restrictions placed on my participation in camp activities.

Signature of minor or adult camper/staffer \_\_\_\_\_ Date \_\_\_\_\_

\*If for religious reasons, you cannot sign this form, contact the camp for a legal waiver, which must be signed for attendance.

**Health History**

The following information must be filled in by the parent or guardian. It is intended to provide camp personnel with sufficient background to provide appropriate care. Keep a copy of the completed form for your records.

Any changes to this form should be provided to camp

personnel upon the participant's arrival at camp.

◆ It is important to provide complete information so that the camp can respond correctly to your child's /your needs.

**Allergies**

**List all known**

Medication allergies

Describe reaction and management of the reaction.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Food allergies

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other allergies (include insect stings, hay fever, asthma, animal dander, etc.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Medications**

Please list all medications, including over-the-counter or non-prescription drugs, that are taken routinely. Bring enough medication to last the entire camp session. If using a prescription drug, please keep in the original packaging or

labeled bottle that identifies the prescribing physician, the name of the medication, the dosage and the frequency of administration.

This person takes no medications on a regular basis.

This person takes the following medications:

Medication \_\_\_\_\_ Dosage \_\_\_\_\_ Frequency \_\_\_\_\_

Reason for taking \_\_\_\_\_

Medication \_\_\_\_\_ Dosage \_\_\_\_\_ Frequency \_\_\_\_\_

Reason for taking \_\_\_\_\_

Medication \_\_\_\_\_ Dosage \_\_\_\_\_ Frequency \_\_\_\_\_

Reason for taking \_\_\_\_\_

◆ Attach additional pages for more medications.

◆ Identify any medications taken during the school year that the participant does/may not take during the summer:

\_\_\_\_\_

**Restrictions**

The following restrictions apply to this participant:

**Dietary**

Does not eat red meat  Does not eat pork  Does not eat eggs

Does not eat poultry  Does not eat seafood  Does not eat dairy products

Other

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Activity**

Explain what cannot be done or needs to be adapted or limited for this participant:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

General Questions

Explain 'yes' answers below.

Has/does the participant:	Yes	No	Yes	No
1. Had any recent injury, illness or infectious disease?	<input type="checkbox"/>	<input type="checkbox"/>	16. Ever had back problems?	<input type="checkbox"/>
2. Have a chronic or recurring illness /condition?	<input type="checkbox"/>	<input type="checkbox"/>	17. Ever had problems with joints (e.g., knees, ankles)?	<input type="checkbox"/>
3. Ever been hospitalized?	<input type="checkbox"/>	<input type="checkbox"/>	18. Have an orthodontic appliance being brought to camp?	<input type="checkbox"/>
4. Ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	19. Have skin problems (e.g., itching, rash, acne)?	<input type="checkbox"/>
5. Have frequent headaches?	<input type="checkbox"/>	<input type="checkbox"/>	20. Have diabetes?	<input type="checkbox"/>
6. Ever had a head injury?	<input type="checkbox"/>	<input type="checkbox"/>	21. Have asthma?	<input type="checkbox"/>
7. Ever been knocked unconscious?	<input type="checkbox"/>	<input type="checkbox"/>	22. Had mononucleosis in the past 12 months?	<input type="checkbox"/>
8. Wear glasses, contacts or protective eyewear?	<input type="checkbox"/>	<input type="checkbox"/>	23. Had problems with diarrhea/constipation?	<input type="checkbox"/>
9. Ever had frequent ear infections?	<input type="checkbox"/>	<input type="checkbox"/>	24. Have problems with sleepwalking?	<input type="checkbox"/>
10. Ever passed out during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	25. If female, have an abnormal menstrual history?	<input type="checkbox"/>
11. Ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	26. Have a history of bed wetting?	<input type="checkbox"/>
12. Ever had seizures?	<input type="checkbox"/>	<input type="checkbox"/>	27. Ever had an eating disorder?	<input type="checkbox"/>
13. Ever had chest pain during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	28. Ever had emotional difficulties for which professional help was sought?	<input type="checkbox"/>
14. Ever had high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
15. Ever been diagnosed with a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>

Please explain any 'yes' answers, noting the number of the question(s):

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Which of the following has the participant had?

Measles  
 Chicken pox  
 German measles  
 Mumps  
 Hepatitis A  
 Hepatitis B  
 Hepatitis C  
 TB Mantoux Test  
 Date of last test \_\_\_\_\_  
 Result :  Positive  Negative

Please give all dates of immunization for:

Vaccine	Mo/ Yr	Mo/ Yr	Mo/ Yr	Mo/ Yr	Mo/ Yr	Mo/ Yr
DTP	_____	_____	_____	_____	_____	_____
TD (tetanus/diphtheria)	_____	_____	_____	_____	_____	_____
Tetanus	_____	_____	_____	_____	_____	_____
Polio	_____	_____	_____	_____	_____	_____
MMR	_____	_____	_____	_____	_____	_____
or Measles	_____	_____	_____	_____	_____	_____
or Mumps	_____	_____	_____	_____	_____	_____
or Rubella	_____	_____	_____	_____	_____	_____
Haemophilus influenza B	_____	_____	_____	_____	_____	_____
Hepatitis B	_____	_____	_____	_____	_____	_____
Varicella (chicken pox)	_____	_____	_____	_____	_____	_____

Use this space to provide any additional information about the participant's behavior and physical, emotional or mental health about which the camp should be aware:

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Name of family physician \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_  
Street City State Zip

Name of participant's dentist /orthodontist \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_  
Street City State Zip

Health Care Recommendations by Licensed Medical Personnel

I examined \_\_\_\_\_ on \_\_\_\_\_

BP \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_

In my opinion, the above applicant  is  is not able to participate in an active camp program.

The applicant is under the care of a physician for the following conditions:

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Recommendations and Restrictions at Camp

Treatment to be continued at camp:

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Medications to be administered at camp (name, dosage, frequency):

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Any medically-prescribed meal plan or dietary restrictions:

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Known allergies:

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Description of any limitation or restriction on camp activities:

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Additional information for health care staff at the camp:

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Signature of Medical Personnel

Signature \_\_\_\_\_ Date \_\_\_\_\_

Name printed \_\_\_\_\_ Title \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Street

City

State

Zip