

High-Adventure Risk Advisory to Health-Care Providers and Parents

Email: summithealthlodge@scouting.org

Website: summitbsa.org

Summit Bechtel Reserve

The Summit Bechtel Family National Scout Reserve requires that the following supplemental information be shared with the Scouts, parents or guardians, and examining health-care providers of every participant. Guests who do not meet these guidelines will not be able to participate in Summit Program. Guests must seek specific clearance PRIOR to arriving at the Summit if they do not meet these guidelines or risk being sent home at their own expense.

The Summit. Activities at the Summit require a certain level of fitness; some can be very physically, mentally, and emotionally demanding. The programs can include mountain biking, BMX biking, skateboarding, rock climbing, zip lines, challenge courses, range and target activities (i.e. shooting sports), whitewater rafting, and more. Depending on the program(s) you select, you will need to arrive at the Summit physically prepared to participate in those activities. The average walk is 5 to 7 miles each day on uneven terrain with significant changes in elevation. The heat index often reaches almost 100 degrees in the summer. **Be prepared!**

It is recommended that each participant review information about the Summit Bechtel Reserve at summitbsa.org and learn about the program activities that have been selected for participation. Answers to many frequently asked questions can be found at the Summit website. Additional program-related questions can be emailed to summit.program@scouting.org, or you can call 304-465-2800.

Safety at the Summit. The culture of safety at the Summit is strong, and the most important step in ensuring the safe participation of Scouts and Scouters is medical preclearance for activities. The Summit Bechtel Reserve requires a Scouting America Annual Health and Medical Record (AHMR) Parts A, B1, B2, and C to be fully completed and submitted to participate in any activity at the Summit. The following sections discuss the limitations that exist and requirements to be met for you to attend the Summit Bechtel Reserve for ANY PROGRAM. The Summit reserves the right to deny participation of any individual on the basis of medical history and/or a physical examination. Questions should be addressed to the Summit Health Lodge PRIOR to arrival at summithealthlodge@scouting.org.

Allergy or Anaphylaxis. Scouts who have had an anaphylactic reaction due to any cause should contact the Summit Bechtel Reserve at least two weeks before arrival. Scouts will be required to have an **unexpired** epinephrine autoinjector with them at all times. If you do not bring an epinephrine autoinjector with you, you will be required to purchase it from a local pharmacy prior to being authorized to participate. Scouts and their parents or guardians cannot choose to not bring an autoinjector — if it's listed on their AHMR, it must be brought to the Summit. Summit Health Lodge staff will verify the Scout is in possession of the medication, that it is **not expired**, and that the Scout and one leader of the crew know how to administer it.

Asthma. Asthma must be well controlled before participating. This means: 1) the use of a rescue inhaler (albuterol) fewer than two times a week (except when used for the prevention of exercise-induced asthma) and 2) nighttime awakenings for asthma symptoms fewer than two times a month. Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You may not be allowed to participate if: 1) you have asthma not controlled by medication, 2) you have been hospitalized or treated in an emergency room due to asthma in the past six months, or 3) you have needed treatment by oral steroids (prednisone) in the past six months. People with asthma **MUST** bring an ample supply of their daily medication including **a rescue inhaler that is not expired**. If you do not bring an inhaler with you, you will be required to purchase one from a local pharmacy prior to being authorized to participate. Summit Health Lodge staff will verify the Scout is in possession of the medication, that it is not expired, and that the Scout and one leader of the crew know how to administer it.

Immunizations. Each participant must have received a tetanus immunization within the last 10 years. Recognition will be given to Scouts who do not have a specific immunization because of philosophical, political, or religious beliefs. In such a situation, the *Immunization Exemption Request* form should be obtained here: filestore.scouting.org/filestore/pdf/680-451.pdf. The completed form should be attached to the AHMR; it does not need to be submitted early for review.

Seizure Disorder. A seizure disorder or epilepsy does not exclude an individual from participation; however, the disorder must be well controlled with medication. A well-controlled disorder is one in which **one year** has passed without a seizure. Exceptions to this guideline may be considered on an individual basis. Any person with a history of a seizure, regardless of the cause, must contact the Summit Health Lodge at summithealthlodge@scouting.org at least two weeks PRIOR to arriving at camp to discuss the case. Additional neurologic clearance might be requested from the Summit Medical Director when evaluating the request for an exemption.

Recent Musculoskeletal Injuries or Orthopedic Surgery. Participants at the Summit will put a great deal of strain on their joints and skeletal structure. Individuals with chronic musculoskeletal problems (including back problems) should consider if participation in Summit activities is advisable for them. All guests with a recent orthopedic injury (i.e. sprain, fracture, recent splint/cast) or orthopedic surgery within the last **six months** must submit a letter of medical clearance from their treating physician to the Summit to be considered for approval. Individuals needing clearance shall contact the Summit Health Lodge at summithealthlodge@scouting.org for additional direction at least two weeks PRIOR to arriving at camp to discuss the case. It is recommended to discuss the situation with the Summit prior to obtaining a clearance letter from your orthopedist, as specific information will be requested from the treating physician that will need to be included in the provided clearance.

Psychological and Emotional Health Considerations. The presence of a mental health diagnosis alone will not preclude participation in activities at the Summit. Medications for these issues must never be stopped prior to or during participation at the Summit. Due to the potentially demanding nature of the experience, some guests might find their symptoms worsened by the stressors involved. Participants with a history of mental health hospitalization — especially related to suicidal thoughts or attempts — are strongly encouraged to contact the Summit Health Lodge at summithealthlodge@scouting.org at least two weeks prior to arrival. This allows for a confidential discussion to help determine whether participation is in the Scout or Scouter's best interest.

Diabetes. The diagnosis of diabetes does not automatically exclude a guest from participating at the Summit. An insulin-dependent person who has been newly diagnosed within the last year or who has undergone a change in their delivery system in the last six months must have a letter from their treating physician indicating their ability to participate and what, if any, restrictions apply. A recent HbA1c within the last six months is required for all guests with diabetes. In addition to the individual with diabetes, there must be one other adult leader who is familiar with the symptoms of diabetic emergencies to assist in providing aid if needed. Questions can be directed to the Summit Health Lodge at summithealthlodge@scouting.org at least two weeks PRIOR to arrival.



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Hypertension (High Blood Pressure). High blood pressure (BP) must be well controlled with medication. Medication should be continued as prescribed while participating at the Summit. Individuals must have a blood pressure of less than 140/90 to participate. Summit Health Lodge Staff will verify that the documented BP on Part C of the AHMR aligns with this guideline and may obtain a BP during the medical recheck process upon arriving at the Summit.

Medication. Each participant who needs medication must bring enough medicine for the duration of the trip, and that medicine must not have expired. Taking prescription medication is the responsibility of the individual taking the medication and/or that individual's parent or guardian. A leader, after obtaining all the necessary information, can agree to accept responsibility for ensuring a youth takes necessary medication in accordance with the appropriate schedule. Medications should be secured in locked storage, according to National Camp Accreditation Program Standard HS-508, except for medications carried by the individual for emergent conditions (inhalers, EpiPens, etc.). Summit-supplied medications shall be administered and/or dispensed in accordance with preapproved medical procedures. A refrigerator is available for medications requiring cold storage. If your medication is considered a controlled substance, please declare to Health Lodge staff at check-in. These medications must be locked at all times according to local laws and regulations. Please reach out to the Summit Health Lodge at summithealthlodge@scouting.org at least two weeks PRIOR to arrival if you require special storage for your medications.

Other Medical Considerations. Adults or youth with any of the following conditions should undergo an evaluation by a physician before considering participation at the Summit. It is recommended that you contact the Summit Health Lodge at least two weeks PRIOR to arrival for additional guidance as additional clearance, including copies of test results and/or additional clearance letters from your treating physician, will be required.

1. Chest pain requiring emergency department or cardiology evaluation within six months of arrival at the Summit
2. Myocardial infarction (heart attack) at any time
3. Cardiac stent placement or angioplasty (balloon dilation) to treat blocked blood vessels within the last year
4. Family history of heart disease or sudden death in any person before age 50
5. Congestive heart failure
6. Any heart surgery, including but not limited to coronary artery bypass grafting, valve replacement, ASD or VSD repairs
7. Stroke, transient ischemic attacks (TIAs), ruptured aneurysm, or subarachnoid hemorrhage
8. Claudication (leg pain with exercise, caused by hardening of the arteries)
9. Uncontrolled diabetes (defined as an A1C above 9)

Physical exertion at the Summit could precipitate either a heart attack or a stroke in someone who is susceptible. Individuals with a history of any of the conditions listed above should consult their physician to see whether participating in vigorous activities like those at the Summit could exacerbate their condition.

Smoking. Smoking is not permitted during Scouting America activities and poses serious health risks. Current smokers are encouraged to attempt to quit smoking prior to arriving at the Summit. Smokers should discuss with their physician if the physical conditions that are present at the Summit are appropriate and safe for a current smoker, as your risk is increased while participating in these activities. If you are a smoker, you are encouraged to speak to your physician for resources for smoking cessation.

Summit Approval. The Summit management, health lodge physicians, and/or Summit Medical Director reserve the right to deny participation of any individual on the basis of medical history and/or a physical examination. Each individual participant is subject to a medical recheck at the Summit upon arrival, including the possibility of reweighing or rechecking vital signs. All requests for exemption to the above requirements MUST be submitted in writing at least 10 business days PRIOR TO ARRIVAL AT THE SUMMIT to the Summit Health Lodge at summithealthlodge@scouting.org. Any medical clearances noted in other parts of this document must be made available and/or submitted to the Summit Health Lodge for evaluation and consideration when submitting a request for exemption. If you do not meet the guidelines outlined above and have not obtained an exemption PRIOR to your arrival at the Summit, you will be turned away and sent home at your own expense, including arranging your own transportation.

Weight Limits. Weight limit guidelines are used because individuals who are overweight have a greater risk of heart disease, high blood pressure, stroke, altitude sickness, sleep problems, and injuries. These guidelines are for all Scouting **high-adventure activities**. Each participant's weight must be at or less than the maximum acceptable weight in the height/weight chart. Anyone exceeding the maximum weight for their height will require further review by the Summit. Summit staff will use their judgment to determine whether those who exceed the maximum acceptable weight for their height can participate.

Any participant (regardless of program) weighing over 250 pounds will be restricted from participating in all aerial activities. There are no exceptions to this cutoff.

Scout Camp/Training Courses: The below height/weight chart does not apply to these program participants. The maximum weight for these program participants is 300 pounds. If you exceed this weight, please contact the Summit Health Lodge at summithealthlodge@scouting.org.

Summit Experience: If you exceed the maximum weight for your height below, please contact the Summit Health Lodge at summithealthlodge@scouting.org. Exemptions are available on a case-by-case basis. Exceptions will consider your age, BMI, and medical comorbidities, among other factors.

ATV Experience: If you exceed the maximum weight for your height below, please contact the Summit Health Lodge at summithealthlodge@scouting.org. Exemptions are available on a case-by-case basis. Exceptions will consider your age, BMI, and medical comorbidities, among other factors.

New River Experience: If you exceed the maximum weight for your height below, please contact the Summit Health Lodge at summithealthlodge@scouting.org. Exemptions are available on a case-by-case basis. Exceptions will consider your age, BMI, and medical comorbidities, among other factors. No one over 300 pounds will be permitted to participate in this activity. Please note, exceptions are limited by body morphology, as each participant must appropriately fit in a Type III PFD according to manufacturer specifications.



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Pack N' Paddle / OA Summit Experience: These are the Summit's most strenuous experiences. If you exceed the maximum weight for your height, please contact the Summit Health Lodge at summithealthlodge@scouting.org. Exceptions to this requirement are rarely granted due to the nature of the experiences. No one over 300 pounds will be permitted to participate in these experiences.

Marksman Experience: The below height/weight chart does not apply to Marksman Experience participants. The maximum weight for this experience is 300 pounds. If you exceed this weight, please contact the Summit Health Lodge at summithealthlodge@scouting.org.

Any experience that includes whitewater rafting: For this portion of the trip, participants must meet the height/weight chart. Exceptions will be considered based on age, BMI, and medical comorbidities. No one over 300 pounds will be permitted to participate in this activity. Please note, exceptions are limited by body morphology, as each participant must appropriately fit in a Type III PFD, according to manufacturer.

Height (inches)	Max. Weight	Height (inches)	Max. Weight
60	166	70	226
61	172	71	233
62	178	72	239
63	183	73	246
64	189	74	252
65	195	75	260
66	201	76	267
67	207	77	274
68	214	78	281
69	220	79 and over	295



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