

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

Granite High Adventure

Phone: 603-625-6431

Website: www.nhscouting.org/outdoor-programs/high-adventure

Be Prepared. Participation at any of the BSA's high-adventure bases or in any unit high-adventure backcountry/wilderness activities can be physically, mentally, and emotionally challenging. Each high adventure base offers a unique experience that is not risk-free. Knowledgeable staff will instruct all participants in safety measures to be followed. Be prepared to listen to and carefully follow these safety measures, and to accept responsibility for the health and safety of yourself and others. Be physically fit. Be capable of any First Aid skills required of a First Class Scout. At least one member of each crew must have Wilderness First Aid certification or higher.

Through teamwork, cooperation with staff and good preparation it's expected that participants will have an enjoyable, safe experience at Granite High Adventure.

The Granite High Adventure Experience.

Mountain Treks and Belknap Challenge participants must be able to carry a 35- to 50-pound pack while hiking 5 to 12 miles per day in an isolated mountain wilderness. Climatic conditions can include temperatures from 30 to 90+ degrees, high humidity, strong winds and sometimes severe thunderstorms. Trails can be uneven, wet or rocky, steep and exposed. Backpacking, rock climbing, rappelling, and other activities have potential for injury.

River Trek participants must be able to carry a 50- to 85-pound pack or canoe from a quarter-mile to 2 miles several times a day on rough, swampy, and rocky portages and paddle 10 to 15 miles per day, often against a headwind.

Crew members travel together at all times. Life jackets must be worn at all times when on the water. Emergency communications via radio, and in more remote locations by satellite phone, are provided by Granite High Adventure. Radio communication and/or emergency evacuation can be hampered by weather, terrain, distance, equipment malfunction, and other factors, and are not a substitute for taking appropriate precautions and having adequate first-aid knowledge and equipment.

Requirements. All participants must have a complete BSA Annual Health and Medical Record, dated no earlier than one year prior to the completion of your trek. Because of rapid growth in teen years, it is recommended that these be done no more than six months in advance. Complete and sign Parts A and B of the BSA Annual Health and Medical Record, and share part D (this risk advisory) with the examining health-care provider prior to completing and signing Part C. These forms must be current and complete or crew members will not be allowed to participate.

Seizures (Epilepsy). The seizure disorder must be well controlled by medication. A well-controlled disorder is one in which a year has passed without a seizure. Exceptions to this guideline may be considered on an individual basis and will be based on the specific type of seizure and likely risks to the individual and/or other members of the crew.

Diabetes Mellitus. Both the person with diabetes and one other person in the group need to be able to recognize signs of excessively high or low blood sugar and adjust the dose of insulin. An insulin-dependent person who was diagnosed or who has had a change in delivery system (e.g., insulin pump) in the last six months is advised not to participate. A person with diabetes who has had frequent hospitalizations or who has had problems with low blood sugar should not participate until better control of the diabetes has been achieved.

Asthma. Asthma must be well-controlled before participating. This means: 1) the use of a rescue inhaler (albuterol) less than two times per week (except use for the prevention of exercise-induced asthma); 2) nighttime awakenings for asthma symptoms less than two times per 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; or 2) you have been hospitalized/gone to the emergency room to treat asthma in the past six months; or 3) you have needed



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treatment by oral steroids (prednisone) in the past six months. You must bring an ample supply of your medication and a spare rescue inhaler that are not expired. At least one other member of the crew should know how to use the rescue inhaler. Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trek. If you do not bring a rescue inhaler, you may not be allowed to participate in the Trek.

Allergy or Anaphylaxis. People who have had an anaphylactic reaction from any cause will be required to keep appropriate treatment including epinephrine with them. You and at least one other member of your crew must know how to give the treatment. If you do not bring appropriate treatment with you, you will be required to buy it before you will be allowed to participate.

Recent Musculoskeletal Injuries and Orthopedic Surgery. Individuals who have significant musculoskeletal problems (including back problems) or orthopedic surgery / injuries within the last six months must have a letter of clearance from their treating physician to be considered for approval.

Psychological and Emotional Difficulties. A high-adventure experience is not designed to assist participants in overcoming diagnosed psychological or emotional problems. Experience demonstrates that these problems frequently become more challenging when a participant is under stress from the physical and mental realities of a remote wilderness setting. Medication for sADHD, anxiety, depression, or other psychological conditions must never be stopped prior to participation and should be continued throughout the entire Granite High Adventure experience.

Cardiac or Cardiovascular Disease. Adults or youth who have a history of chest pain, myocardial infarction (heart attack), a family history of premature heart disease, or heart surgery including angioplasty may consider a physician-supervised stress test. Even if the stress test results are normal, the testing is done without portage packs or canoes and does not guarantee safety. If the results are abnormal, the individual is advised not to participate.

High Blood Pressure. Upon arrival adult participants may have their blood pressure checked. People diagnosed with hypertension should have controlled blood pressure before attending, and should continue their medications to

keep the blood pressure at or near normal levels. Those individuals with a blood pressure consistently greater than 160/95 at Granite High Adventure may be kept off the trail.

Medication. Each participant who needs medication must bring enough for the duration of the trip. All medications must be in original containers, clearly labelled and currently dated. These and over the counter medications will be monitored and administered by Granite High Adventure staff only, with the exception of inhalers and epipens. The State of New Hampshire requires participants under the age of eighteen who carry epi-pens and/or inhalers to submit a permission form. This form is available in the Granite High Adventure Leader Guide and online, and should be submitted no later than May 31st.

Weight Limits. Each participant in a Granite High Adventure Crew should not exceed the maximum acceptable weight for height in the table shown in Part C of the Annual Health and Medical Record. Those who fall within the recommended weight limits are much more likely to have an enjoyable trek and avoid incurring injuries and other health risks. Due to the risks of logistics of backcountry rescue, no participant's weight can exceed 295 pounds.

Food. If the diet described in the Crew Member Guide does not meet the participant's special dietary needs, contact Granite High Adventure directly. Accommodation may or may not be possible, and some food substitutes may need to be provided by the participant.

Vaccinations. All camp participants and leaders must present proof of up to date vaccinations for Measles, Mumps, Rubella (MMR) and Tetanus, Diphtheria and Pertussis (Tdap). There will only be one exception, which is for those who are medically unable to complete the vaccination. Accommodations will be made for those scouts, but it may preclude participation in some activities and necessitate alternative accommodations. Refusal of vaccination for any rationale other than medical reasons cannot be accommodated. Documented medical reasons for not having these vaccinations must be presented in writing from a licensed medical provider no later than two weeks prior to arrival. This is in addition to the BSA Annual Health and Medical Record, and must have an original signature from a licensed medical doctor.

