

Physical Exam & Activity Authorization 2024

*Form must be signed by a licensed medical provider
 This form must be used. P:989-673-2050 ~ F:989-673-6355*

Camper's Name _____ DOB: _____

Primary Diagnosis: _____ Secondary Diagnosis: _____

Health Examination: *Weight must be listed in order to participate in equine and challenge activities. **

Height: _____	*Weight: _____	Lungs
Pulse: _____	BP: _____	Temp: _____
Head/Scalp: _____	Cardiac: _____	
Eyes/Vision: _____	Upper Extremities: _____	
Ears/Hearing: _____	Lower Extremities: _____	
Mouth/Nose/Throat: _____	Back _____	
Nervous System/Pupil Reaction/Reflexes/Gait/Sensation: _____	Skin: _____	
	Breast Exam: _____	
	Testes Exam: _____	

Atlantoaxial Subluxation: *Required for participants who are diagnosed with Down Syndrome*

_____ No evidence of Atlantoaxial Subluxation
 _____ Positive evidence of Atlantoaxial Subluxation
 Date of last x-ray: _____

ACTIVITY PARTICIPATION

By checking YES, you are giving the camper the option to try the following activities.
 For more information on these activities and accessibility, please see the back of this page.

High ropes course: YES _____ NO _____ Tree House YES _____ NO _____
 Low Initiative Course YES _____ NO _____ Climbing Wall: YES _____ NO _____
 Horseback Riding: YES _____ NO _____

Activity Restrictions: _____

Date of Exam: _____

Examiner's Name (please print): _____

Examiner's Address _____

City: _____ **State:** _____ **Zip:** _____ **Phone:** _____

Examiner's Signature: _____

The Fowler Center's

Challenge Education and Equestrian Activity Descriptions

All of the activities described below are designed to be fully accessible, meaning campers of all abilities are able to participate including individuals who have no/limited use of any part of their body and as safe as we can possibly make them based on industry standards. As always, our programs are “Challenge by Choice”, meaning that campers have the choice to participate in or decline each activity.

Our Challenge Program

This program consists of the Tree House, Climbing Wall, High Ropes Course, and Low Ropes Course. For the Tree House, Climbing Wall, and High Ropes Course campers wear a helmet and a harness which are attached to a belay line, or safety rope. The ropes, harnesses, and any safety gear involved are designed to hold thousands of pounds. Challenge facilitators attach campers' equipment, double check it, and oversee the safety of the participants throughout the entire process. These activities, and our trained facilitators, encourage the campers to challenge themselves both mentally and physically to achieve new goals they might have not thought possible. The Low Ropes Course is performed at or near ground level and uses “spotters” for safety. These activities encourage individuals to work together.

For the Tree House and the Climbing Wall, campers who use wheelchairs are put into a special cloth sling seat, for their comfort, which is used in conjunction with the safety harness. The campers are then hoisted up with the help of a pulley system. (Campers are always attached to a separate belay line for safety).

For the High Ropes Course, campers who use wheelchairs are transferred to and stay in a Fowler Center program wheelchair throughout the activity. The campers can then pull themselves through the course, or receive help from the facilitators, using a pulley system. The course is made fully accessible through a system of wheelchair ramps. (Campers are always attached to the course through a set of double hook lanyards attached to their harness for safety.) ***There is a 250lb weight limit.***

For our Low Ropes Course, campers who use wheelchairs are able to participate in their chairs. Instructors use inclusive measures, such as increasing time or using additional equipment, to make sure everyone can participate. A “spotter” (staff or group chaperone with training) is also used to stay with the campers; providing physical safety and to assess potential hazards.

Our Equestrian Program

This program is specifically designed for people with disabilities in mind. Our riding instructor is certified through a nationally recognized equestrian instructor organization. To get onto the horse we provide both a mounting block and an accessible ramp. Campers who use the ramp park their wheelchair at the top of the ramp and are transferred from their chair to the horse with the help of trained Fowler Center staff. Campers who need extra assistance are provided with one or two side walkers, depending on need. Campers will wear a helmet while riding. Gait belts may be used for some riders as deemed necessary by the instructor. **Rider Weight Limit of 220lbs. Riders over 80lbs. must be able to hold on with at least one hand.**