MCHS FAMILY OF SERVICES

THE FOWLER CENTER of MCHS Family of Services

2315 Harmon Lake Road
Mayville, MI 48744
(989) 673-2050

thefowlercenter.org

Physical Exam & Activity Authorization 2027

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:	Cardiac:
Head/Scalp:	Upper Extremities:
Eyes/Vision:	Lower Extremities:
Ears/Hearing:	Back
Mouth/Nose/Throat:	Skin:
Nervous System/Pupil Reaction/Reflexes/Gait/Sensation:	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 w Zipline: YES _____ NO _____ Tree House YES _____ NO _____

Horseback Riding: YES _____ NO _____ Climbing Wall: YES _____ NO _____

Other Activity Restrictions: _____

_____

****

Date of Exam: _____

Examiner's Name (please print): _____

Examiner's Address _____

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

Examiner's Signature: _____

THIS FORM EXPIRES 13 MONTHS FROM THE DATE OF EXAM





The Fowler Center's Challenge Education and Equestrian Activity Descriptions

All of the activities described below are designed to be accessible, meaning campers of all abilities are able to participate, including individuals who have no/limited use of any part of their body. 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 w/ Zipline, and Low Ropes Course. For the Tree House, Climbing Wall, and High Ropes Course w/ Zipline participants wear a helmet and a seat harness attached to a belay line. Additional chest or full body harnesses may be used as deemed necessary by the facilitators. The trained challenge facilitators attach participant equipment, double check it, and oversee the participants and course operations 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, participants who use wheelchairs are put into a special cloth sling seat, for their comfort, which is used in conjunction with the harness. The participants are then hoisted up with the help of a pulley system. Participants are always attached to a separate belay line.

For the High Ropes Course, participants who use wheelchairs are transferred to and stay in a Fowler Center program manual wheelchair without seatbelt throughout the activity. Participants must be able to sit unassisted in the chair. The participants can then pull themselves through the course, or receive help from the facilitators, using a pulley system. The course is made accessible through a system of wheelchair ramps. Participants are always attached to the course through a set of double hook lanyards attached to their harness. ***There is a 250lb weight limit.***

For our Low Ropes Course, participants who use wheelchairs are able to participate in their chairs. Instructors use inclusive measures to make sure everyone can participate. A "spotter" (staff or group chaperone with training) is also used to stay with the participants, 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. Participants 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. Participants who need extra assistance are provided with one or two side walkers, depending on need. Participants 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.**