



Name _____

Glen Brook Falcon Outdoor Leadership Information and Health Advisory

Glen Brook's Falcon Program consists of age appropriate multi-day backpacking and canoe trips as part of its rigorous wilderness leadership training program. In order to participate please have a doctor review the following information and affirm that you are of sound health and fitness and can reasonably tolerate the following conditions:

- Terrain is rough, rocky, and slippery;
- Daily hikes are several miles in duration with considerable elevation gain;
- Total elevation will exceed 6,000 feet;
- Each participant must carry a backpack that is approximately 25% of his or her body weight;
- Canoe trips are several days in length and may be subject to extended cold, windy, and wet conditions;
- Mountain conditions can include sub-freezing temperatures even in summer and early fall, strong winds, rain, snow, and ice;
- Each participant is expected to perform the above physical activity **and** be a positive and supportive member of the group.

Each participant completes a detailed health history form as part of the Glen Brook application process. However, because of the Falcon Program's unique focus as a wilderness leadership training program we are asking for the following information so that we can insure that health and safety of the group. Has the participant sustained any injuries/medical conditions in the last year that could be aggravated by the intense physicality of the Falcon Program.

OVER

Participant name: _____

The above named participant is in good health and can be expected to tolerate the type of activities outlined above.

Doctor name: _____

Doctor signature: _____ Date: _____

Restrictions on the above activity (please describe):

Please mail or fax:

Program Director
Camp Glen Brook
35 Glen Brook Rd.
Marlborough, NH 03455
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