

Annual Health and Medical Record

(Valid for 12 calendar months)

The Boy Scouts of America is introducing a new Annual Health and Medical Record during 2009. This new Annual Health and Medical Record becomes mandatory on January 1, 2010. The new form is available at the council's trading post and is posted in a downloadable PDF format on Scouting Safely on www.scouting.org.

The Boy Scouts of America recommends that all youth and adult members have annual medical evaluations by a certified and licensed health-care provider. In an effort to provide better care to those who may become ill or injured and to provide youth members and adult leaders a better understanding of their own physical capabilities, the Boy Scouts of America has established minimum standards for providing medical information prior to participating in various activities. Those standards are offered below in one three-part medical form. Note that unit leaders must always protect the privacy of unit participants by protecting their medical information.

Parts A and C are to be completed annually by all BSA unit members. Both parts are required for all events that do not exceed 72 consecutive hours, where the level of activity is similar to that normally expended at home or at school, such as day camp, day hikes, swimming parties, or an overnight camp, and where medical care is readily available. Medical information required includes a current health history and list of medications. Part C also includes the parental informed consent and hold harmless/release agreement as well as a talent release statement. Adult unit leaders should review participants' health histories and become knowledgeable about the medical needs of the youth members in their unit. This form is to be filled out by participants and parents or guardians and kept on file for easy reference.

Part B is required with parts A and C for any event that exceeds 72 consecutive hours, a resident camp setting, or when the nature of the activity is strenuous and demanding, such as service projects, work weekends, or high-adventure treks. It is to be completed and signed by a certified and licensed health-care provider-physician (MD, DO), nurse practitioner, or physician's assistant as appropriate for your state. The level of activity ranges from what is normally expended at home or at school to strenuous activity such as hiking and backpacking. Other examples include tour camping, jamborees, and Wood Badge training courses. It is important to note that the height/weight chart must be strictly adhered to if the event will take the unit beyond a radius wherein emergency evacuation is more than 30 minutes by ground transportation, such as backpacking trips, high-adventure activities, and conservation projects in remote areas.

Risk Factors

Based on the vast experience of the medical community, the BSA has identified that the following risk factors may define your participation in various outdoor adventures.

- Excessive body weight
- Heart disease
- Hypertension (high blood pressure)
- Diabetes
- Seizures
- Lack of appropriate immunizations
- Asthma
- Sleep disorders
- Allergies/anaphylaxis
- Muscular/skeletal injuries
- Psychiatric/psychological and emotional difficulties

For more information on medical risk factors, visit Scouting Safely on www.scouting.org.

Prescriptions

The taking of 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 the responsibility of making sure a youth takes the necessary medication at the appropriate time, but BSA does not mandate or necessarily encourage the leader to do so. Also, if state laws are more limiting, they must be followed.

Implementation

During 2009, this is the procedure that the Blackhawk Area Council will follow:

- A. For youth and adults attending a Blackhawk Area Council Boy Scout summer camp:
 - If a youth or adult needs a physical exam for 2009, use the old Class 1 & 2, Class 3, or the new form. The Class 1 & 2 and Class 3 forms are in the 2009 Camp Leader's Guide.
 - If a youth or adult under 40 years of age has had a physical within the last 36 months prior to attending camp, the old Class 1 & 2 and Class 3 forms can be used. Follow the procedures in the 2009 Camp Leader's Guide.
- B. For youth and adults attending Cub Scout Summer Camp:
 - Use the health history form sent to participants from the council office.
- C. For youth and adults attending Cub Scout Day Camp:
 - Use the health history/registration form provide by the district.

Frequently Asked Questions Concerning the Annual Health and Medical Record

Q. Why do we need a new health form?

A. Based on input from individual Scouters, the Order of the Arrow, local councils, health and safety and risk management committees, and high-adventure bases, there was confusion on when to use any of more than 20 different health forms in use across the nation. There was also an immediate need to update a medical form for the 2010 National Scout Jamboree. The Health and Safety Committee took on the challenge and the opportunity to establish one Annual Health and Medical Record for all ages and known risks. It is simple and yet comprehensive enough to be used for both health and wellness evaluations as well as emergency situations.

Q. What are the major changes?

A. A health history is still sufficient for typical activities lasting less than 72 hours (Parts A and C of the new form-similar to the old Class 1 form). For activities lasting longer than 72 hours, a medical evaluation by a health-care provider is now required annually (Part B). For high-adventure activities for which medical care may be delayed, restrictions based on standardized height/weight ratios are now mandatory.

Q. When does the Annual Health and Medical Record go into effect?

A. January 1,-2010, the Annual Health and Medical Record become mandatory. Its use will be mandatory for the 2010 National Scout Jamboree.

Q. Where can I find the Annual Health and Medical Record?

A. It can be found at the council's Scout shop and is posted in a downloadable PDF format on Scouting Safely on www.scouting.org.

Q. Can I keep a record of my Annual Health and Medical Record somewhere at my council's office or online?

A. Districts and councils are discouraged from keeping any medical records, whether digital or paper, unless required by local or state ordinances. However, the electronic version of the Annual Health and Medical Record is intended to be filled out and saved by individual Scouts and Scouters. The electronic Annual Health and Medical Record should not be transmitted via e-mail or stored by units, districts, or councils. Units are encouraged to keep paper copies of their participants' Annual Health and Medical Records in a confidential medical file for quick access in an emergency and to be prepared for all adventures.

Q. The old Class 1, 2, and 3 forms were based on age. What about the Annual Health and Medical Record?

A. There is no longer a difference in the exam interval based on age. The Annual Health and Medical Record is for everyone.

Q. There are three parts to the Annual Health and Medical Record, which part do I need to fill out?

A. All participants should fill out Parts A and C for any event. Part B (the physical examination) should be completed if you are participating in an event that exceeds 72 consecutive hours, such as jamborees, summer camps, and Wood Badge training courses. Part B also is required for participation in a resident camp setting or when the nature of the activity is strenuous and demanding such as service projects, work weekends, or high adventure treks. It is important to note that if the event will take your unit beyond a radius wherein emergency care is more than 30 minutes by ground transportation, the height/weight chart found at the bottom of Part B should be strictly followed. Please note that individual units, districts, or councils may have policies in place to exceed this standard based on their unique risks.

Q. How often will I need to renew/update my Annual Health and Medical Record?

A. This form will need to be updated annually, just as many schools or sporting leagues require an annual update. Many changes can happen throughout a year, including changes in disease processes, medication, address, and insurance.

Q. What is meant by "Annual" and "valid for 12 calendar months"?

A. If you complete your record on March 9, 2009, it will be valid through March 2010, but you must complete a new Annual Health and Medical Record by April 1, 2010. Please note that the 2010 National Scout Jamboree will have a specific window when the record must be submitted.

Q. Do I really need to explain everything about myself or my child, such as learning disabilities or depression? I don't want myself or my child to be treated differently.

A. As hard as it may be to share these aspects about yourself or your child, this information is needed to structure safe activities and is imperative when giving emergency care. Please be thorough and honest. Our experience also indicates that a Scouting activity is not the place to experiment with or stop medications, especially those that address these issues.

Q. Why do I need to put my child's or my own social security number on the record?

A. It is your choice as to whether you fill in this number; however, in many states, medical care cannot be rendered without it.

Q. What does "grade completed" mean?

A. If your son has completed the 6th grade and is currently enrolled in 7th grade, you would enter 6th grade here. You may always update your information more frequently than annually.

Q. What if I don't want to have my child immunized for tetanus or other immunizations due to religious or philosophical reasons, do I have to sign a release?

A. Yes, the recommendations of the immunization task force were accepted by the Health and Safety Support Committee in October 2008 and are listed on www.scouting.org under Scouting Safely. If you choose not have your child immunized, the release form can also be found there. Declining or inadequate immunizations will require verification by a certified and licensed physician (MD, DO), NPs, or PAs that a communicable disease is not present. Inadequately immunized participants will be identified so that they can be located in case of a necessity for isolation or quarantine as per local public health official directives

Q. Can I decline medical treatment?

A. Yes, but a release must be signed. The release can be found under Scouting Safely on www.scouting.org. This practice is highly discouraged because this choice can put the entire unit at risk, both mentally and physically. Declining medical treatment will require verification by a certified and licensed physician (MD or DO), NP, or PA that a communicable disease is not present.

Q. Can I use another medical exam, such as a school sports exam, and attach it to the Annual Health and Medical Record?

A. Starting on January 1, 2010, other exams will not be accepted. In an effort to maintain standards of preparedness and fitness for participation, and to make sure that the medical professional conducting the examination knows the various outdoor adventures that can occur in Scouting, the BSA requires completion of Part B. Part B also includes the height/weight chart for high adventure situation where emergency medical care is not readily available.

Q. Why can't I use the Annual Health and Medical Record for participation at the high-adventure bases?

A. The high-adventure bases have very specific activities that are unique to each of them. They each provided valuable input to position the Annual Health and Medical Record for use in the future. YOU are responsible to Be Prepared for your high-adventure trek and understand and follow all high-adventure base rules, procedures, and guidelines.

Q. Why is there a talent release the Annual Health and Medical Record? It doesn't really have anything to do with health.

A. In response to requests from several councils to eliminate paperwork, we have included the talent release as part of the Annual Health and Medical Record.