

Lenhok'sin High-Adventure Risk Advisory to Health-Care Providers and Parents

Lenhok'sin High Adventure, Goshen Scout Reservation requires that the following supplemental information be shared with the parents and/or guardians and examining health-care providers of every participant.

High-adventure activities at Lenhok'sin High Adventure are variable and unique. All activities will require a certain level of fitness, and some activities can be very physically, mentally, and emotionally demanding. The program may include spelunking/caving, mountain biking, mountain boarding, rock climbing, zip lines, challenge courses, shooting, archery, whitewater rafting, whitewater canoeing, whitewater kayaking, whitewater tubing, paddleboarding and kayaking. Depending on the high-adventure programs you select, you will need to arrive at Lenhok'sin physically prepared to participate in those activities. A body mass index (BMI) of 32 or less is required to participate in all of the high-adventure activities at Lenhok'sin. Those with BMIs of 32 to 40 will require additional documentation from their physicians stating that they are fit to participate in the high-adventure activities for which they have registered. No participant with a BMI greater than 40 will be allowed at Lenhok'sin and will be sent home at their own expense. In addition, those intending to visit Lenhok'sin should be aware of the conditions there: The average temperature at Lenhok'sin from June through August is 60 to 80 degrees, and the humidity averages 70 to 75 percent. Also, the terrain at Lenhok'sin is very hilly, and the layout requires considerable walking and effort. Participants will walk several miles a day to get to outpost areas and peaks. Be prepared!

It is recommended that every participant review information about Lenhok'sin High Adventure and learn about the program activities that have been selected for participation. Answers to many frequently asked questions can be found at the NCAC website. Additional questions can be emailed to <lenhoksin@gmail.com>.

Allergy or Anaphylaxis. Participants who have had an anaphylactic reaction due to any cause MUST contact Lenhok'sin High Adventure before arrival. If you are allowed to participate, you will be required to have appropriate treatment with you. The individual and at least one other member of the group must know how to administer 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.

Asthma. Asthma should be well controlled before arriving at Lenhok'sin. If you have required medical treatment for asthma within the past three years, you must carry with you a rescue inhaler that has not reached its expiration date. If you do not bring a rescue inhaler, you will be required to purchase one before you will be able to participate at Lenhok'sin. You and one other person from your contingent should be able to use or administer the inhaler as prescribed. Asthma should be well controlled with long-acting bronchodilators, inhaled steroids, or oral medication prior to your arrival at Lenhok'sin. You may not be allowed to participate if you have asthma that is not controlled by medication.

Immunizations. Each participant must have received a tetanus immunization within the last 10 years. Recognition will be given to participants who do not have a specific immunization because of philosophical, political, or religious beliefs. In such a situation, the Immunization Exemption Request form should be obtained by emailing: <lenhok'sin@gmail.com>

Seizure Disorder. A seizure disorder or epilepsy does not exclude an individual from participation; however, the disorder must be well controlled with 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.

Recent Musculoskeletal Injuries or Orthopedic Surgery. Participants at Lenhok'sin will put a great deal of strain on their joints and skeletal structure. Individuals with significant musculoskeletal problems (including back problems) or orthopedic surgery within the last six months must have a letter of clearance from their treating physician to be considered for approval. These individuals should contact Lenhok'sin in advance for approval to participate.

Psychological and Emotional Difficulties. Medications for these issues must never be stopped prior to or during participation at Lenhok'sin. Experience has demonstrated that these issues can be exacerbated when a participant is under stress from physical and mental challenges.

Diabetes. Both the individual with diabetes and one other person in the group must be able to recognize the signs and symptoms of high and low blood sugar. An insulin-dependent person who has been newly diagnosed or who has undergone a change in their delivery system must have a letter from their treating physician to participate. A recent HbA1c within the last six months is required for diabetic participants.

Hypertension (High Blood Pressure). High blood pressure should be well controlled with medication. Medication should be continued as prescribed while participating at Lenhok'sin. Individuals should have a blood pressure of less than 140/90 to participate.

Medication. Each participant who needs medication must bring enough medicine for the duration of the trip, and that medicine must not have expired. Taking 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 responsibility for ensuring a youth takes necessary medication in accordance with the appropriate schedule. Medications should be secured in locked storage, according to National Camp Accreditation Program Standard HS-08, except for medications carried by the individual for emergent conditions (inhalers, EpiPens, etc.). Participants should consider bringing two or three supplies of vital medication. Participants with allergies that have resulted in severe reactions or anaphylaxis must bring an EpiPen that has not expired. Goshen supplied medications shall be administered and/or dispensed in accordance with preapproved medical procedures. Participants will be charged for maintenance medications not brought to camp that are supplied by the Health Lodge.

Lenhok'sin Approval. The staff and/or staff physicians reserve the right to deny participation of any individual on the basis of medical history and/or a physical examination. Each individual participant is subject to a medical re-check at Lenhok'sin if indicated.