

Part 3: Pre-Participation Physical



This part must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants. This part must be completed for long-term events or special events as indicated by the Texas Civil War Living History Institute.

Full Name: _____

DOB: _____



You are being asked to certify that this individual has no contraindication for participation inside a Historical Immersion Experience. Please refer to the supplemental information on the Historical Immersion Risk Advisory pages provided by your patient.

Examiner: Please fill in the following information:

		Yes	No	Explain							
Medical restrictions to participate											
Yes	No	Allergies or Reactions		Explain		Yes	No	Allergies or Reactions		Explain	
		Medication						Plants			
		Food						Insect bites/stings			

Height (inches): _____ Weight (lbs.): _____ BMI: _____ Blood Pressure: _____ / _____ Pulse: _____

	Normal	Abnormal	Explain Abnormalities
Eyes	<input type="checkbox"/>	<input type="checkbox"/>	
Ears/nose/throat	<input type="checkbox"/>	<input type="checkbox"/>	
Lungs	<input type="checkbox"/>	<input type="checkbox"/>	
Heart	<input type="checkbox"/>	<input type="checkbox"/>	
Abdomen	<input type="checkbox"/>	<input type="checkbox"/>	
Genitalia/hernia	<input type="checkbox"/>	<input type="checkbox"/>	
Musculoskeletal	<input type="checkbox"/>	<input type="checkbox"/>	
Neurological	<input type="checkbox"/>	<input type="checkbox"/>	
Other	<input type="checkbox"/>	<input type="checkbox"/>	

Examiner's Certification

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Historical Immersion Experience. This participant (with noted restrictions):

True	False	Explain
		Meets height/weight requirements.
		Does not have uncontrolled heart disease, asthma, or hypertension.
		Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
		Has no uncontrolled psychiatric disorders.
		Has had no seizures in the last year.
		Does not have poorly controlled diabetes.
		I have reviewed with them the important supplemental risk advisory provided.

Examiner's Signature: _____ Date: _____

Provider printed name: _____

Address: _____

City: _____ State: _____ ZIP code: _____

Office Phone: _____

Height/Weight Restrictions

If you exceed the maximum weight for height as explained in the following Immersion Risk Advisory pages for details.

Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight
60	166	65	195	70	226	75	260
61	172	66	201	71	233	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	189	69	220	74	252	79 and over	295

Historical Immersion Risk Advisory to Health-Care Providers and Parents

Email: txcwlhi@gmail.com **Website:** www.txcwlhi.org

Texas Civil War Living History Institute

Texas Civil War Living History Institute Historical Immersion Experience.

A Historical Immersion Experience is not risk-free. Officers and staff will instruct participants in safety measures. Be prepared to listen to and follow these measures. Accept responsibility for the health and safety of yourself and others. Each participant must be able to carry 40 pounds of gear while walking 3 to 10 miles per day while exposed to the elements in a re-created historical environment. Temperatures may exceed 100 degrees or fall well below freezing. A re-created historical environment poses hazards from the elements, firearms and ammunition, live animals, wagons, open flame, and heavy equipment.

Risk Advisory. The Texas Civil War Living History Institute has an excellent health and safety record and strives to minimize risks to participants by emphasizing appropriate safety precautions. Because most participants are prepared, are conscious of risks, and take safety precautions, they do not experience injuries. If you decide to attend a Historical Immersion event, you should be physically fit, be willing to follow instructions, work as a team with your fellow participants, and take responsibility for your own health and safety.

Texas Civil War Living History Institute officers and staff members are trained in first aid, CPR, and accident prevention. They can assist in recognizing, reacting to, and responding to accidents, injuries, and illness. Response times can be affected by location, terrain, weather, or other emergencies and could be delayed for hours or even days in a wilderness setting.

All Texas Civil War Living History Institute participants should understand potential health risks inherent to a historical environment. A physically demanding program in an outdoor, possibly remote area; camping while being exposed to occasional severe weather conditions such as lightning, hail, flash floods, and heat; and other potential problems, including injuries from tripping and falling, falls from horses, heat exhaustion, exhaustion, or any other program activity can worsen underlying medical conditions. Native wild animals such as bears, snakes, or venomous insects as well as domesticated animals present little danger if proper precautions are taken.

Participants should review all provided information thoroughly, especially information about activities or experiences that may be new to them.

Please contact the Institute if you have any questions. All participants and guests should review all materials and websites related to the experiences they are planning to have at Texas Civil War Living History Institute events.

Food. If there is a concern that the provided meals will not meet the participant's special dietary needs, contact the Texas Civil War Living History Institute directly. Institute staff will work with the participant to meet their particular needs.

Medication. Each participant who needs medication must bring enough medicine for the duration of the trip. Consider bringing two or three supplies of vital medication. People with allergies that have resulted in severe reactions or anaphylaxis must bring an EpiPen that has not expired.

Immunizations. Each participant must have received a tetanus immunization within the last 10 years. Recognition will be given to the rights of those participants who do not have immunizations because of philosophical, political, or religious beliefs. In such a situation, the Immunization Exemption Request form is required.

High Blood Pressure. Battlefield Adventure Co. participants should have a blood pressure less than 140/90. People with hypertension (greater than 140/90) should be treated and controlled before attending a Historical Immersion event, and should continue on medications while participating. The goal of treatment should be to lower the blood pressure to normal levels. Those individuals with a blood pressure consistently greater than 160/100 at an event may be removed from duty/participation until their blood pressure decreases.

Seizures (Epilepsy). The seizure disorder must be well-controlled by 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, and will be based on the specific type of seizure and likely risks to the individual/other members of the group.

Diabetes Mellitus. Both the person with diabetes and one other person in the group need to be able to recognize signs of excessively high or low blood sugar. An insulin-dependent person who was diagnosed or who has had a change in deliver system (e.g. insulin pump) in the last six months is advised not to participate. A person with diabetes who has had frequent hospitalizations or who has had problems with low blood sugar should not participate until better control of the diabetes has been achieved. If an individual has been hospitalized for diabetes-related illnesses within the past year, the individual must obtain permission to participate by contacting the Institute.

Asthma. Asthma must be well-controlled before participating in a Historical Immersion event. This means: **1)** the use of a rescue inhaler (e.g. albuterol) less than once daily; **2)** no need for a rescue inhaler at night. Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medication such as Singulair. You may not be allowed to participate if: **1)** you have asthma not

controlled by medication; or **2**) you have been hospitalized/gone to the emergency room to treat asthma in the past six months; or **3**) you have needed treatment by oral steroids (prednisone) in the past six months. You must bring an ample supply of your medication and a spare rescue inhaler that are not expired. At least one other member of the group should know how to use a rescue inhaler. Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the event. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.

Recommendations for Chronic Illnesses.

Adults or youth with any of the following conditions should undergo an evaluation by a physician before considering participation at a Texas Civil War Living History Institute event.

1. Chest pain, myocardial infarction (heart attack) or family history of heart disease in any person before age 50
2. Heart surgery, including angioplasty (balloon dilation), to treat blocked blood vessels or place stents
3. Stroke or transient ischemic attacks (TIAs)
4. High blood pressure
5. Claudication (leg pain with exercise, caused by hardening of the arteries)
6. Diabetes
7. Smoking or excessive weight

The physical exertion at a Historical Immersion event may precipitate either a heart attack or stroke in susceptible people. Participants with a history of any of the seven conditions listed above should have a physician-supervised stress test. Even if the stress test results are normal, the results of testing are done in different environments, without carried equipment, and do not guarantee safety. If the test results are abnormal, the individual is advised not to participate.

Allergy or Anaphylaxis. People who have had an anaphylactic reaction from any cause must notify the Texas Civil War Living History Institute before arrival. If you are allowed to participate, you will be required to have appropriate treatment with you. You and at least one other member of your crew must know how to give 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.

Recent Musculoskeletal Injuries and

Orthopedic Surgery. Participants will put a great deal of strain on their joints. Individuals who have significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last six months must have a letter of clearance from their treating physician to be considered for approval, and the Texas Civil War Living History Institute should be contacted in advance of participation. Permission is not guaranteed. Ingrown toenails are a common problem and must be treated 30 days prior to arrival.

Psychological and Emotional Difficulties.

Parents and advisors should be aware that no Historical Immersion experience is designed to assist participants in overcoming psychological or emotional problems. Experience demonstrates that these problems frequently become worse, when a participant is under the stress of the physical and mental challenges of a historical setting. Medication must never be stopped prior to participation and should be continued throughout the entire Historical Immersion experience.

Weight Limits. Weight limit guidelines (see Part B or Part C) are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, heat exhaustion, sleep problems, injury, and other problems caused or aggravated by participation in Historical Immersion activities. These guidelines are for all Texas Civil War Living History Institute activities. Each participant's weight must be less than the maximum acceptable limit in the weight chart. Participants 21 years and older who exceed the maximum acceptable weight limit for their height at the event medical recheck WILL NOT be permitted to participate at the event. They will be sent home. For participants under 21 years of age who exceed the maximum acceptable weight for height, the Texas Civil War Living History Institute officers/staff will use their judgment to determine if the youth can participate. The Texas Civil War Living History Institute will consider up to 20 pounds over the maximum acceptable; however, exceptions are not made automatically and discussion with the organization in advance is required for any exception. Due to equipment restrictions and historical accuracy, under no circumstance will any individual weighing more than 295 pounds be permitted to participate in Historical Immersion events.

Organizational Approval. Officers, staff and/or program medical personnel reserve the right to deny the participation of any individual on the basis of a physical examination and or medical history. Each participant is subject to medical recheck at the event site.