

**HEALTH/PHYSICAL FORM (STAFF)**  
*(Must be completed by Health Care Provider)*



YMCA Camp Belknap  
P: 603-569-3475  
F: 603-569-1471  
admincb@campbelknap.org

**STAFF NAME:** \_\_\_\_\_  
Last First Middle Initial

**BIRTHDATE:** \_\_\_\_/\_\_\_\_/\_\_\_\_ **JOB AT CAMP:** \_\_\_\_\_

**NOTE TO HEALTH CARE PROVIDER:** The named person will be working at YMCA Camp Belknap this summer. This camp is a traditional all-boys residential camp for campers age 8-16. Camp programs can be physically and mentally strenuous at times, but an individual with normal mental and physical capacity can usually expect to do well in our programs. Examples of activities include but are not limited to being responsible for supervising children, remaining focused on safety and risk during long work days, physical activities such as swimming and sports. Please see reverse side for essential functions of the job. If you have any questions please call (603) 569-3475.

**TODAY'S DATE:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**PHYSICAL EXAM COMPLETED ON:** \_\_\_\_/\_\_\_\_/\_\_\_\_ (must be within last 12 months)

**ALLERGIES:** *(Check and Describe)*  No Known  Food  Medicine  Environment  Other

Previous anaphylactic response?  No  Yes **Please complete the separate Permission To Possess and Use Form if needs to carry Epi-pen.**

**MEDICATIONS:** Does this staff person require medication(s) that might impair their ability to perform the essential function of their position (see reverse for essential functions)?  No  Yes (If yes, please explain below).

*For staff that live with campers, medications must be stored in the Health Center.*

**Please complete the separate Permission To Possess and Use Form, if staff person needs to carry Epi-pen or Inhaler.**

**IMMUNIZATIONS:**  **Attach Complete and Updated Immunization Record.**

Date of Last Tetanus \_\_\_\_\_

**HEALTH HISTORY:**

List any recent injuries or existing medical condition (chronic or reoccurring illnesses)?

Does the staff member have any health issues, or stablished medical history, that would preclude fulfillment of the essential functions for their position (see reverse side for essential functions).  No  Yes (If yes, please explain below).

**RESTRICTIONS:** Do you feel that this staff person will require limitations or restrictions while at camp?  No  Yes (If yes, please explain and list any activities which the staff member should be exempt or limited for health reasons).

*The above named person has been determined to be physically and emotionally fit to participate in camp and camp activities without restrictions except as noted above.*

Licensed Provider Signature \_\_\_\_\_ Date \_\_\_\_\_

Licensed Provider Name (printed): \_\_\_\_\_ Title: \_\_\_\_\_

Office Address: \_\_\_\_\_ Telephone: (\_\_\_\_) \_\_\_\_\_

**RETURN FORM TO PATIENT TO UPLOAD TO ONLINE CAMP MEDICAL RECORD.**

## **Essential Functions – All Staff Positions**

- Employee is regularly required to stand, walk, reach, stoop, kneel and crouch.
- Employee must occasionally lift and or move items up to 50 lbs.
- Employee must be able to maintain a physically and emotionally safe environment for campers.

### Additional Functions – Leader/Program Staff

- Employee must be able to walk entire camp property during day and in dark at night with flashlight.
- Employee must have mental and emotional capacity to exhibit good judgment and problem solving.
- Employee must be able to manage their emotions to remain focused on the best interest of the campers and safety of campers.
- Employee must be able to maintain focus for extended periods while working long hours.
- Employee must be able to sleep in cabin with campers.

### Additional Functions -Kitchen Staff:

- Employee must be able to stand for extended periods of time.
- Employee will have extended exposure to kitchen heat and humidity, and handling hot pots and pans.
- Job involves precise use of kitchen equipment, including sharp knives, etc.

### Additional Functions -Health Staff/Nurses:

- Employee will be exposed to health center conditions, including exposure to illnesses.
- Job involves precise use of medical equipment, including but not limited to sharp syringes.
- Employee must be able to walk entire camp property during day and in dark at night with flashlight.

### Additional Functions -Maintenance:

- Employee must be able to stand for extended periods of time.
- Job may involve extended exposure to heat and humidity, and cold and damp environments.
- Employee must be able to work in primarily outside environment.
- Job involves precise use of heavy machinery, hand tools and power tools.