

Trek 2024 Farmington Utah Stake
July 10-13, 2024
MEDICAL RELEASE FORM

Participant: _____

IMPORTANT: This form needs **ONLY** be completed and signed by a medical doctor for participants who **were asked to do so by the Trek Medical Committee**. Submit this form before attending Trek.

Dear Doctor:

The above-named person will participate in a Farmington Utah Stake Trek 2024. Persons suffering from any of the following conditions must obtain a physician's clearance before participating in this program. The participants will be outside and walking for the majority of the three day period. They will be provided with ample water and food. Please consider the following conditions in your decision:

Asthma (serious conditions)	Epilepsy
Arthritis	Fainting spells
Emotional problems requiring medication	Ulcers
Major bone or joint injuries	Rheumatic Fever
Major operation or serious illness	Diabetes/Hypoglycemia

Any other medical condition or problems which may be aggravated or interfere with, the aforementioned conditions?

Due to the physical nature of the Farmington Utah Stake Trek 2024, individuals suffering from Diabetes, Hypoglycemia, Serious Obesity, Heart Trouble, or High Blood Pressure may not be allowed to participate in some of the activities. However, these individuals still need your approval to participate in an outdoor experience where medical facilities are limited.

Individuals will be allowed to take medications for chronic conditions if the medication is prescribed or accompanied by a doctor's approval.

General Appraisal:

- Approval -- I find no medical problems that I consider incompatible with this program.
- Disapproval -- This individual has medical problems which, in my opinion, clearly constitute unacceptable hazards to his/her health and safety in this program.

Recommendations and/or restrictions: *(if none, specify)* _____

(Doctor's Name)

(Doctor's Signature)

(Date)

(Doctor's Address)

(Phone)