

## Retrieving the Physical Examination Document

- 1. Navigate to our <u>registration website</u> and then log in to your account
- 2. Access the "Additional Options" menu in the main menu bar at the top of the page
- 3. Choose "Document Center" from the drop down menu
- 4. In the Document Center, locate the desired document ('Camper Physical Examination') and click the "download" icon to the right of it
- 5. Print the form and have it completed by the physician of your choosing

## Important note:

We provide a physical examination form as a convenience for individuals who may not already have a completed physical exam. In substitution for our form, you may choose to upload any general health appraisal, sports physical exam, school physical, etc. as long as it was completed within the 24 months preceding your child's camp session.

## Returning your Completed Physical Examination Document

- 1. Navigate to our <u>registration website</u> and then log in to your account
- 2. Access the "Additional Options" menu in the main menu bar at the top of the page
- 3. Choose "Document Center" from the drop down menu
- 4. In the Document Center, locate the desired document ('Camper Physical Examination') and click the "upload" icon to the right of it
- 5. Choose the appropriate file from your computer to upload (in this case, a legible scan of your child's physical examination completed at least 24 months prior to your child's camp session)
- 6. Click the "upload document" button
- Our team will review every upload for accuracy and clarity before approving your document

Questions? Give our team a call at (303) 282-3664. If we don't answer, leave a message detailing the problem you are experiencing and we will return your message as soon as we can.



## **Physical Exam**

Colorado Law requires proof or a physical within the last 24 months of your child attending GVR summer camp. A copy of a recent physical, or a school or Sports physical may be used in place of this form. Please provide a copy for us since we place previous records in permanent storage at the end of each summer.

| Name of C                                       | amper   |  | Sex                | Age                         | Cabin    | Session(s) |
|---|---|--|--------------------|-----------------------------|----------|------------|
| Height  | Weight  | Blood Pressure                               | HGB. Test          |                             | Urinalys | sis        |
| Eye   | Ears  | Nose   | Throat             |                             | Teeth    |            |
| Lungs   | Abdomen   | Hernia                                       | Extremities        |                             | Posture( | Spine)     |
|   |   |  |                    |                             | Skin     |            |
| General App                                     | raisal:   |  |                    |                             |          |            |
| For girls and                                   |   | Has this per                                 | rson menstruated   | 1?                          |          |            |
| If not, has sh                                  | e been told about it?                           | If so, is her                                | menstrual histor   | ry normal                   | ?        |            |
|   |   |  |                    |                             |          |            |
| . 1   |   |  | . 11:4             | 1 1/1                       | 1        |            |
| ne/she is phy                                   | sically able to engage                          | n described and have<br>in summer camp activ | vities except as r | noted abo                   | ve.      |            |
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