

To Medical Service Providers:

Aspiro's Physical Examination Requirements

Due to the inherent nature of the wilderness setting, this student will be involved in physically-demanding and often strenuous activities while in this program. These activities include hiking, camping, carrying packs no more than 30% of the student's body weight, living out-of-doors in cold, hot, or other types of weather, and various forms of adventure activities.

The following information is required before this student may begin the wilderness part of the program:

1. Urinalysis drug screen
2. CBC (blood count)
3. Urinalysis for possible infections
4. CMP (complete metabolic profile)
5. Pregnancy test for all female students
6. Physical stress assessment
7. If detoxification is indicated for student prior to entrance into field program
8. Any other tests deemed to be necessary

As a medical professional I feel that _____ is physically able to perform the above description of this program.

Title: _____ Date: _____

Signature: _____

Print Name: _____