



Health History Form – Girl or Adult – Confidential

This health history is to be completed and signed by parents/guardians of girls or by adult members themselves. *NOTE: A health history is required for participation in physically demanding activities, such as water sports, horseback riding, or skiing. A trip lasting more than three nights requires a health examination in addition to a health history, GSHNC approval, and additional insurance coverage – See *Safety Section of Volunteer Essentials* at <http://hngirlscouts.org/handbooks>.

Name	Date of Birth	Age
Address	Troop No.	
Parent/Guardian	Day Phone	Evening Phone
Home Address	Cell Phone	
Emergency Contact Name – OTHER THAN PARENT/GUARDIAN	Relationship	
Address	Phone	
Name of Family Physician	Phone	
Family Medical Hospital	Phone	
Insurance Carrier	Policy/Group No.	

Part I Chronic/Recurring Illness and Injuries – Check those that apply and give dates.

<input type="checkbox"/> Ear Infection	<input type="checkbox"/> Seizures	<input type="checkbox"/> Diabetes
<input type="checkbox"/> Hypertension	<input type="checkbox"/> Bleeding/Clotting Disorders	<input type="checkbox"/> Musculoskeletal Disorders
<input type="checkbox"/> Asthma	<input type="checkbox"/> Heart Defect/Disease	
<input type="checkbox"/> Other – Explain and Give Dates		

Date of last health examination _____ (Month/Date/Year)

Were any complicating medical problems noted in last health examination? Explain.

Is participant currently under the care of a physician or psychologist? Explain.

Since the last health examination, has the participant had any of the below? Check those that apply and give dates.

<input type="checkbox"/> A serious injury requiring medical attention?	<input type="checkbox"/> An illness lasting more than 5 days?
<input type="checkbox"/> Any prescribed or over-the-counter medication?	<input type="checkbox"/> A surgical operation or fracture?
<input type="checkbox"/> Treatment in a hospital or emergency room?	<input type="checkbox"/> Any restrictions concerning physical activities?
<input type="checkbox"/> Any exposure to a contagious disease?	<input type="checkbox"/> Other _____

If you checked any of the above, please explain and include dates:

Part II Allergies

Check all that apply and specify nature of allergic reaction.

<input type="checkbox"/> Plants	<input type="checkbox"/> Insect Stings	Immunization	Year Primary Series Completed	Year of Last Booster
<input type="checkbox"/> Pollen	<input type="checkbox"/> Food	DTP		
<input type="checkbox"/> Animals	<input type="checkbox"/> Hay Fever	Diphtheria		
<input type="checkbox"/> Medicines/Drugs	<input type="checkbox"/> Other (specify)	Pertussis (whooping cough)		

Part III Other Health Conditions

<input type="checkbox"/> Bed Wetting	<input type="checkbox"/> Menstrual Cramps	Tetanus		
<input type="checkbox"/> Nosebleeds	<input type="checkbox"/> Emotional Disturbances	TD		
<input type="checkbox"/> Hearing Impairment	<input type="checkbox"/> Special Dietary Regimen	Measles		
<input type="checkbox"/> Constipation	<input type="checkbox"/> Motion Sickness	Mumps		
<input type="checkbox"/> Sleep Disorders	<input type="checkbox"/> Fainting	Rubella (German Measles)		
<input type="checkbox"/> Sickle Cell Trait or Disease	<input type="checkbox"/> Wears Glasses or Contact Lenses	Oral Polio		
<input type="checkbox"/> Other (specify)		Hib		
		Hepatitis B		
		Tuberculin Test (most recent)		
		Other (specify)		

Please explain any items that are checked. Indicate any information useful to the adult in charge in relation to any of these health conditions. Also indicate any activities to be encouraged, discouraged or restricted.

This health history is complete and accurate. I know of no reason(s), other than the information indicated on this form, why my daughter should not participate in prescribed activities except as noted.

Signature of Parent/Guardian: _____ Date: _____

This health history is complete and accurate. I am able to engage in all prescribed activities except as noted.

Signature of Adult: _____ Date: _____