The Annual Health and Medical Record for KOCH CUP

Q. Who needs to complete an Annual Health and Medical Record?
A. For any and all Scouting activities, all participants must complete Part A / Part B / Part C and is required for participation in the KOCH CUP program.

We review each participant's health history.

We review any treatment plans that may exist with participants. Examples might include plans for asthma, food or other allergies, anaphylaxis treatment, behavior, hypertension, and other health risks and medical restrictions that may require accommodations. Knowledge of a participant's use of an inhaler would allow us to prompt for its use.

We must be knowledgeable of a participant's restrictions. This will help us to find ways to extend the Scouting program to those with restrictions while also protecting others and providing a positive and safe experience for everyone.

Assist leaders to better coordinate ongoing medical care, such as administration of medications or bandage changes, with authorized and trained leaders on the course who agree to assist the participant. This kind of assistance is especially necessary during events lasting longer than 72 hours when a parent or guardian may not be present and the youth member must take regularly scheduled medication.

Q. Can I use last year's Annual Health and Medical Record with a physical conducted in July 2019?
A. NO. THE Annual Health and Medical Record that contains a valid physical exam. It is suggested that those individuals who do not have a current (C) participation exam use the latest version now. The old medical MUST be the BSA form that we have presented and part C cannot expire prior to July 31, 2020.

Q. Can I use the Annual Health and Medical Record for participation at the high-adventure bases?
A. Yes. There is only one health record for the BSA no other form can be used or attached and must not expire prior to July 31, 2020.

Q. Can I use another medical exam, such as a school sports exam, and attach it to the Annual Health and Medical Record?
A. NO. The Annual Health and Medical Record is designed to address the risks in the KOCH Cup program. We would encourage participants who need both types of exams to complete them at the same time.

Q. What should I do if the participant's health status changes significantly between the time he/she has the physical exam and the Koch Cup event?
A. The medical form is a snapshot of your health at the time of the physical. Don't put yourself and others at risk by failing to recognize and disclose changes in your health status. New medicines, surgery, illness, and changes in disease process are all reasons to ask your provider to reassess the participant's health status and fitness to participate. Please advise the Koch Cup Medical Director prior to arriving for the course.
Q. What does it mean by "adults authorized to take youth to and from events"?
A. You should place none, the parents or legal guardians will release participants to the Koch Cup Staff (Wik-International Sea Scout Cup) and retrieve them from the Koch cup, before and after if they arrived by car. Those that fly, bus in or use Amtrak are under our supervision at all times for the duration of the vent.

Q. What do I do if the medications listed on the form change between the physical and the Koch Cup event?
A. You should update the information and be sure that the prescribing physician verifies that the new medication does not alter the participant health status and ability to participate and you MUST notify the Medical Director.

Q. Do I really need to explain everything about my child, such as learning disabilities or depression? I don't want my child to be treated differently.
A. As hard as it may be to share these aspects about your child, this information is needed to keep our participants safe and is imperative when giving emergency care. Please be thorough and honest. A Scouting activity is not the place to change or stop medications. We should be made aware of KOCH participants with ADH and learning disabilities so that we can assist them with all rules and regulations as well as instructions for racing.

Q. We have a KOCH Cup Candidate whose family does not want him immunized against Tetanus, which is required. What should we do? CONTACT THE KOCH MEDICAL DIRECTOR FOR FUTHER GUIDLINES

Q. If a KOCH CUP participant’s family does not believe in the use of doctors, how can he complete the medical form to attend the Koch Cup Course?
A. The family would complete Parts A and B of the Annual Health and Medical Record and CONTACT THE KOCH MEDICAL DIRECTOR FOR FUTHER GUIDELINES. Medical Director will also conduct a visual exam on arrival to determine that a communicable disease is not present.

Q. Can I decline medical treatment? NO. The Koch Cup is a high adventure program that will protect all Staff and Participants for injury and medical issues as needed due to the nature of this program

Please make sure all signatures are present and the medical practitioner has signed, dated and stamped the medical form where appropriate

You must also fill out and return your concussion statement/form

Scan to a PDF and email, do not send as a jpeg or cell phone picture

Or snail mail to: 34-32 75th street, Jackson Hts., NY 11372-1150

Any further questions or thoughts please contact the KOCH CUP Medical Director. Please use the BSA medical form attached

Noel Guzman
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WIK-International Sea Scout Cup
Galveston, TX 2018
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DANGERS OF CONCUSSION
Concussions at all levels of sports have received a great deal of attention and a state laws has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor “ding” to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

Participants and parental education in this area is crucial – that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in William I. Koch International Sea Scout Cup events. This copy needs to be returned to the medical director along with your medical form.

COMMON SIGNS AND SYMPTOMS OF CONCUSSION
- Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness
- Nausea or vomiting
- Blurred vision, sensitivity to light and sounds
- Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments
- Unexplained changes in behavior and personality
- Loss of consciousness (NOTE: This does not occur in all concussion episodes.)

CONCUSSION POLICY: Any participant who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the racing event and shall not return to competition until an appropriate health care professional has determined that no concussion has occurred. No crew member is allowed to return to a race or a practice on the same day that a concussion (a) has been diagnosed, OR (b) cannot be ruled out.

a) Any crew member diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation. The formulation of a gradual return to play protocol shall be a part of the medical clearance.

b) Koch Cup Medical Team will be responsible for monitoring the participation of the staff and crews in the nautical environment for the duration of the event, and shall keep a record of those who participate.

I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT.

SIGNED: ___________________________ (Full Name Participant) ___________________________ (Print name)

______________________________ (Parent or Guardian if crew member is under 18 years at Koch Cup) ___________________________ (DATE)

**LEARN CONCUSSION SIGNS AND SYMPTOMS**

SEE FULL LIST OF SYMPTOMS @

www.cdc.gov/Concussion