



DRILL CAMP

Health Acknowledgement

Please read carefully. The NU Drill Camp is physically demanding and acceptance into the programs is contingent upon the applicant being physically and mentally capable of participating safely in all activities. Applications and their parent(s) and/or guardian(s) must accurately complete this Health Form, the attached medical Release and Waiver Form, and obtain a physician's signature certifying the applicant is in good health and physically capable of participating in all aspects of the program. Physical activities during the program will include, but are not limited to:

Drill: Marching and spinning rifles weighing up to 9 lbs. for long periods of time

Daily Calisthenics: Pushups, sit-ups, leg lifts, jumping jacks, stretching, etc.

Running: Up to two-miles each day

Walking: Up to four-miles each day including stairs

Obstacle Course: Includes climbing, jumping, leaping, crawling, lifting

Climbing Wall: Climbing, leaping, lifting, jumping

Olympic Challenge: Running, jumping, leaping, crawling, lifting, throwing, balancing, pulling, pushing

Swimming: Water Survival (Accommodations made for non-swimmers)

Hiking: Up to 6-miles on steep terrain

Required Acknowledgements

PARTICIPANT: I, _____ hereby acknowledge that I am willing to participate
First Name Middle Name Last Name
in all the aforementioned activities during the Norwich University Drill Camp.

Applicant's Signature & Date

PARENT/GUARDIAN: I, _____ hereby acknowledge that my son/daughter
First Name Middle Name Last Name
is fully capable of participating in the aforementioned activities during the Norwich University Drill Camp and is not currently under the care of a physician for any injury or illness that would prevent his/her safe participation.

Parent/Guardian's Signature & Date

PHYSICIAN: The above named applicant is in good health and physically capable of participating in the aforementioned activities during the Norwich University Drill Camp.

Physician's Signature & Date

Phone (802) 485-2531 • FAX (802) 485-2739 • nurdt@norwich.edu