
COVID-19 RETURN TO ACTIVITY

Participant Name: _____ Expedition: _____

Date of COVID diagnosis: _____ Hospitalized (Y/N): _____

Philmont Scout Ranch recognizes some patients who have had COVID-19 may continue to have symptoms many months after the infection. The strenuous activity at high elevations required on a Philmont trek could exacerbate these symptoms.

Philmont recommends anyone who has been diagnosed with COVID in the last 6 months or has ever been hospitalized due to COVID consult with their primary care physician before embarking on their Philmont adventure. This Return to Activity overview can form the basis for your discussion with your PCP. It is for your own information and safety – there is no need to bring it to Philmont.

Notes for your physician:

Philmont Scout Ranch is a 7- to 12-day wilderness backpacking or horseback riding experience in northeastern New Mexico. Your patient will be:

- Hiking, riding, and camping at elevations between 6,500 and 12,441 feet.

- Hiking (or riding) strenuously up to 10 miles each day.

- Carrying a backpack weighing 30% of their body weight.

- In remote locations where medical care may be several hours away.

Post-COVID symptoms that could indicate concern for your patient on a Philmont trek:

- Chest pain – especially with exertion or that worsens when laying down.

- Shortness of breath.

- Palpitations.

- Dizziness or fainting.

- Ongoing fatigue.

Please discuss the risk factors associated with post-COVID strenuous exertion at high elevations with your patient. Help them determine if a Philmont adventure is appropriate at this time.