

PHILMONT SCOUT RANCH

HEALTH & SAFETY CODE OF CONDUCT

To ensure a healthy experience for everyone at Philmont Scout Ranch I will:

- Be forthright and transparent with the Philmont staff – including the medical history and information on my health form as well as any medications I may take regularly.
- Know the signs and symptoms of contagious illnesses and be straightforward with my leaders and the Philmont staff if I feel any of the following symptoms:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- Wash my hands with soap and water as often as I can, especially before eating and after using the restroom. If soap and water is not available, I will use an alcohol-based hand sanitizer.
- Cover mouth and nose with a tissue or my elbow when I cough or sneeze and wash my hands afterwards.
- Not share food, water bottles or other personal items.
- Do my best to keep my crew and myself distanced from others when in a large crowd or in a line of people I do not know.
- Use sunscreen or protective clothing whenever I am exposed to the sun for an extended period of time.
- Take time at the beginning and end of my day to stretch to avoid injuries.
- Be an advocate for myself and others for the health and safety of my crew.
- Have fun!

Please sign and submit this form during the check-in process upon your arrival at Philmont.

Printed Name

Signature

Date

Parent or Advisor Signature (if under 18)

Date