



Outdoor Adventures & Wheelchair Sports Program

MEDICAL RELEASE

The patient listed below is medically stable and able to participate in a full day of Outdoor Adventures (ODA) and/or Wheelchair Sports activities. ODA and wheelchair sports activities include but are not limited to adaptive kayaking, sailing, surfing, climbing, camping as well as wheelchair basketball, tennis, pickle ball, football, rugby, hockey, archery and hand cycling.

Patient's Name

Patient's Date of Birth

In the space provided below, please list any restrictions:

Physician Name

Date of Physician Signature

Physician Signature

Date of Medical Release Expiration
(One Year from Date of Physician Signature)

Physician Phone Number

NOTE: An annual medical clearance is required to participate in the Casa Colina's Outdoor Adventures & Wheelchair Sport Program. **If, within the year, the participant experiences any significant change in medical status, it is incumbent upon the participant to provide an updated medical clearance to continue participation in the ODA & Wheelchair Sports Program.** Please direct any questions pertaining to programming or practices to the Director of Outdoor Adventures, Lisa Hilborn MA, CAPE, at 909/596-7733, ext. 4131, or cell at 949/701-7893, or email lhilborn@casacolina.org.

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