



Info@dragonskin.nswscouts.com.au



Dragon Skin – Letter for Doctors

Dear Doctor

Your patient is requesting to attend the **Venturer Scout Activity - Dragon Skin** with a pre-existing injury or recent surgery, in these cases we ask for a certificate from their Doctor indicating they are fit to participate. This is a short note to describe what **Dragon Skin** involves so that you can make an informed decision about your patient.

Dragon Skin runs for four days over the Easter long weekend.

Dragon Skin is a Hiking and Camping competition. Participants organise themselves into teams and teams must carry all of their own equipment, tents, clothes and food for the entire event in their backpacks. Participants are advised that their backpack weight should not exceed 20% of their body weight.

Teams are dropped into a NSW State Forest with a map and the grid coordinates for all Campsites and Activities. Teams must navigate through the forest finding and completing as many activities as they can and getting points for their efforts, and must camp at a different campsite each evening, where we provide entertainment and support services.

- We run four Campsites around the perimeter of the pine forest and around fifty daytime activities within the forest.
- Participant teams will walk between 10 km and 25 km per day for each of three activity days.
- Campsites are up to 7 km apart and activities about 1 km apart
- We set a minimum of around 25 activities for the weekend with an appropriate daily minimum, however it is up to each team to choose how many activities they do and whether they do above or below the minimum.
- Activities may involve lifting, crawling, running, jumping and other physical tasks.

We can transport the backpack of any participant between campsites for them, however they must carry in a day pack, or have carried for them by their team, daily personal items (eg. wet weather gear, a jumper, lunch, water and any medication required).

Whilst we can transport equipment, it is not in the spirit of the event to transport participants recovering from pre-existing injuries or recent surgery during the event.

Doctors Certificate

If you consider that your patient can participate in this Hiking and Camping Competition for the three activity days walking in the event, please issue them with an appropriate certificate citing any conditions you may have regarding carrying a backpack or the distance they should hike or restrictions on activities.

Please also cite this “Dragon Skin – Letter for Doctors” in your certificate

It is OK to refuse a certificate, or to issue a certificate that states your patient is not fit to participate.

We will support any participants with a permanent disability to the best of our ability and encourage them to attend, participants with a permanent disability or special need should contact us directly.

I would be happy to answer any questions you may have.

Yours truly,

Damian Ryan
Chairman
Dragon Skin

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