

YMCA CAMP BELKNAP

YOUR SON'S HEALTH

At Camp Belknop, we are committed to the health and safety of all members of our community. This sheet describes how you can best partner with us to achieve that goal. Please read it carefully.

The more detailed you can be with the information you provide, the better position we will be in to provide care for your son. If you believe that you have left something out on your son's Health Form, please let us know.

1. Prior to Camp

- Contact us if you have questions about how we will support your son's particular health issue(s) at camp. (603) 569-3475. If our health staff has questions or concerns they will be in contact with you, as well.
- Obtain a physical exam record for your son, dated within 12 months of his last day at camp this summer. If his physical exam record is outdated, take him for a physical exam.
- Discuss your son's camp stay with his physician. If your son takes any medications during the school year, we strongly recommend he stay on those medications at camp. Your son's physician may recommend changes in dosage or administration. *Please see reverse side for instructions pertaining to all medications at camp.*
- If your child has a restricted diet, document this clearly on the electronic camp health form. Then, contact camp to determine how we can handle these restrictions and to ensure the proper foods can be ordered and prepared.
- Teach and reinforce good hygiene habits at home, including hand washing, showering, changing clothes, brushing teeth, putting on sunscreen, administering bug repellent, dressing for the weather and staying hydrated.
- Your son will be living and playing at camp in the outdoors. He is therefore at risk for tick and bug bites. Teach your son how to check for ticks in areas that are hard to reach and see. Remind him that he needs to come to the Health Center if he feels or sees a tick on his body. Tick repellents (non-aerosol wipes and sprays) are permitted at camp. Consider packing and wearing bug/tick repellent clothing (permethrin).
- Remind your son to come to the camp Health Center if he does not feel well or gets injured. Our staff is here to help.

2. Before May 1

- Complete your son's online health record. **Your child will not be able to start camp without full completion of these records.**
- You should have received an email from CampDoc with your account access information. If you have not received this email, please be in contact with camp immediately. (603) 569-3475.
- In order to complete the health records online, you will need a copy of the immunization records and a record of the most recent physical exam with current medications listed. Please upload the immunizations records and physical exam form to the CampDoc site.
- For technical issues with CampDoc system please contact them directly at (734) 636-1000.

3. On Opening Day (Check-In)

- Do not bring your camper to camp sick.** We ask that you call us (603) 569-3475 and keep him home until he is no longer contagious. If we determine your child is sick on the first day of the session, we will request you take him home until he is better. He will not lose his spot at camp.

- If your camper takes ANY medications (prescription or non-prescription, scheduled or as-needed), vitamins or supplements, it is mandatory for the parent/guardian to bring these to the nurse at the Health Center on the day he arrives at camp.** PLEASE NOTE:
- All medications, vitamins or supplements must be in their original container with original label. These must be listed on the physical exam form completed and signed by your camper's physician, along with clear instructions for administration.
 - All prescription medications must be current – not expired – in the appropriate container and prescribed for the camper for which they are intended. These medications must be listed on the physical exam form completed and signed by your camper's physician.
 - All medications (prescription, non-prescription, vitamins, supplements) must remain in the Health Center while your son is at camp. The only exceptions to this are inhalers or Epi-Pens® for severe allergies, in which case a specific permission form must be downloaded from CampDoc or the Camp Belknap website, completed and signed by your son's physician and parent/guardian. Additionally, a back-up inhaler or Epi-Pen® must be provided to be kept in the Health Center, in addition to the one your son carries.
 - **Any medications that do not meet the above criteria will NOT be accepted or administered.**
 - If there have been any **medication changes** since submitting your forms, Please log back into the Camp Doc health record two weeks prior to attending camp and update the accurate medications types and dosages.
- If you have any health concerns please check in with the Health Center staff on check-in day. One of our nurses will be happy to answer your questions and provide assistance.

4. While at Camp

- In order to prevent interruption of camp activities and to help your son to remember to take his medications, these are the routine medication administration times:
- 7:45 am (Before breakfast)
 - 12:45 pm (Before lunch)
 - 5:30 pm (Before dinner)
 - 8:45 pm (Before bedtime)
- Under the guidance of our camp provider (nurse practitioner, PA or physician), we evaluate health problems/injuries in our Health Center.
- If necessary, our camp provider evaluates or treats campers at camp or they are taken to Huggins Hospital in Wolfeboro, NH or other local clinic.
- Urgent cases are often treated in the Emergency Room at Huggins Hospital (about 7 miles from camp).
- If a physician/NP/PA evaluates and treats your child, you will be notified as soon as possible about the situation, diagnosis, and treatment.
- If your child spends the night in the Health Center you will be notified.
- We stock non-prescription medications in the Health Center, such as acetaminophen, ibuprofen, antihistamines, cough/cold remedies and antacids. We dispense these medications as deemed medically necessary. If there is any medication that your child cannot take please make sure this is listed on his record.

5. On Closing Day (Check-Out)

- Medications (both prescription and non-prescription) must be picked up in Conlon Lodge at the Health Center table upon checkout.

Our goal is to ensure a healthy session for all campers. Contact camp if you still have questions or concerns. Phone: (603) 569-3475 Email: admincb@campbelknap.org