



YMCA CAMP BELKNAP - YOUR SON'S HEALTH

At Camp Belknap, 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 at 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 If his physical exam record is outdated, take him for a physical exam.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 healthcare provider. If your son takes any medications during the school year, we strongly recommend he stay on those medications at camp. Your son's provider may recommend changes in dosage or administration. *Please see additional instructions included that pertain to medications at camp and directions for using a pharmacy for pre-packaging medications.*
- ☐ If your son has a diet that is restricted for a health condition, document this clearly on the electronic health form. Contact camp to determine how we can handle these diet restrictions and ensure the proper foods can be ordered and prepared. Look out for an email and attend a virtual session for campers with food allergies.
- ☐ 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. Reinforce bedtime routines that can be done in the camp environment and to avoid technology.
- ☐ 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).
- ☐ Communicable Diseases/COVID – Please see the communicable disease plan on the website for information on entering and staying at camp. Any requirements or changes to this plan will be posted online and sent via email.
- ☐ 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. By April 15

- ☐ Complete your son's online health record (CampDoc). 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 by mid-March, 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. Please upload the immunizations record and physical exam form to the CampDoc site.
- ☐ In his CampDoc record, please include any psychiatric, mental health, or behavioral diagnoses your son has been given, even if he is not taking medication for these diagnoses. Be assured that his health information is confidential at camp, and we want to be able to support your son optimally during his Belknap experience should he need support.
- ☐ For technical issues with the CampDoc system please contact them directly at (734) 636-1000.
- ☐ If your son is on medications please follow the instructions for mandatory use of prescription packing. The plan and instructions are NEW this year and different than 2023.

3. On Opening Day (Check-In)

- ☐ **Do not bring your son to camp sick.**

If your camper has had any of the following in the 10 days prior to attending camp, we ask that you call and talk with the health staff at (603) 569-3475 prior to arriving: COVID positive test, fever, fatigue, headache, cough, sore throat, congestion, difficulty breathing, loss of taste, loss of smell, nausea, constipation, diarrhea, rash, or started on an antibiotic. **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.**

- ☐ **If your son takes ANY medications (prescription or non-prescription, scheduled or as-needed), vitamins or supplements, you must check in with the Health Center Staff on the day he arrives at camp. PLEASE NOTE:**

- See handout related to medications and **mandatory use of packing/prescription company.**
- Important information to understand about medications at camp:
 1. All medications, vitamins or supplements must be in their original container with original label/packed by PackmyRx or your home pharmacy in pre-packed dispensing strips/packs. 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.
 2. 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. If you want your child to carry an epi-pen or inhaler at all times during camp, you must download a form from CampDoc or Camp Belknap website and have a Physician/Medical provider complete it. We also require that a back-up inhaler or Epi-Pen® be provided to be kept in the Health Center, in addition to the one your son carries.
 3. **Any medications that do not meet the above criteria will NOT be accepted or administered.**
- If any medication changes occur after submitting your forms please contact camp.

- ☐ If you have any health concerns please check in with the Health Center staff on check-in day. Someone from our health team will be happy to 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, We offer the following **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.
- ☐ Emergencies are usually 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 ibuprofen, acetaminophen, cetirizine, loratadine, diphenhydramine and guaifenesin. 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. And please do NOT pack an individual supply of these medications with your child.

5. On Closing Day (Check-Out)

- ☐ Medications (both prescription and non-prescription) must be picked up from the Health Center team 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