Keeping My Camper Healthy

**Here are some things you can do to help your child have a great camp experience.**

1. If your child is showing signs of illness such as running a temperature, throwing up, has diarrhea, nasal drainage and/or coughing/sneezing, keep the child home and contact the camp. This greatly reduces the spread of illness at camp but also supports your child’s recovery.

2. Teach your child to sneeze/cough in his/her sleeve and to wash his/her hands often while at camp, especially before eating and after toileting. Increased handwashing times have been added as part of the camp’s daily activities. Remind campers to keep their hands away from their face.

3. If your child has mental, emotional, or social health challenges, talk with a camp representative before camp starts. Let’s minimize potential problems by discussing the challenges and how we can better serve the camper.

4. Should your child need a particular nutrition plan because of allergies, intolerances or a diagnosis (e.g., diabetes), note these on the Health History form. Also, contact camp to make sure (a) they have noted that need and (b) it can be addressed appropriately.

5. Make sure your child has and wears appropriate close-toed shoes for activities. Talk with your child about wearing appropriate shoes to avoid slips, trips and falls that, in turn, can result in a visit to the Nurse’s office.

6. Be prepared for the day, send enough clothes so your child can dress in layers. Mornings can be chilly, and afternoons get quite hot. Dressing in layers allows your child to remove clothing as s/he warms while still enjoying camp.

7. Remember to apply and send bug spray and sunscreen with your camper. Please label both the bug spray as well as sunscreen with your camper’s name. Teach your child how to apply both his/her sunscreen and bug spray safely. Remember to include how often to do so.

8. Staying hydrated is important to a healthy camp experience. Send a reusable water bottle. Instruct your child to use it and refill it frequently during their camp stay. Please label the bottle with your camper’s name.

9. Talk with your child about telling their counselor, the nurse or camp director about problems or things that are troublesome to them at camp. The staff can’t be helpful if they don’t know about the problem – so talk to them.

10. Talk with your child about social distancing and the importance of wearing masks when unable to maintain the 6ft physical distance.
Keeping Campers Safe This Summer

DAILY HEALTH SCREENINGS

Both campers and staff will be undergo a health screening before being allowed to stay at camp. Staff will actively monitor campers throughout the day for any symptoms throughout the camp day. All screenings will follow CDC, DPH and EEC guidelines.

CLEANING, DISINFECTING AND SANITIZING

Camp areas will be cleaned and disinfected regularly throughout the camp day. We will pay extra attention to those areas and objects that are frequently touched. We will minimize the use of shared equipment and clean and disinfect shared equipment at the end of each activity.

HANDWASHING AND HYGIENE

Additional handwashing and sanitizing stations have been installed throughout camp. Handwashing times will be incorporated into the regular daily activity schedule.

SOCIAL DISTANCING

All outdoor areas of camp are able to accommodate the 6ft social distancing practice. Campers will be reminded regularly to keep the appropriate distancing. Masks are encouraged to be worn by both campers and staff. There will be times throughout the day when masks will be mandatory.

GROUP COHORTS

Campers will travel with their counselors in groups of 10 to and from each activity. We have over 20 different areas at camp that your child will rotate through.