

CAMPER HEALTH UPDATE



THIS FORM MUST BE COMPLETED WITHIN 48 HOURS OF CAMPER ARRIVAL AT CAMP AND MUST BE TURNED IN AT CHECK-IN. A PARENT/GUARDIAN SIGNATURE IS REQUIRED.

CAMPER NAME: _____

- 1. List any health issues of camper not previously indicated on your original registration form:**
- 2. Has the camper been ill, been exposed to illness, or seen a physician for an illness in the past two weeks?**
- 3. List any medications, pain relievers, or vitamins the camper will bring to camp. All listed prescription medications must be turned in to the health care staff in their original bottles with doctors' orders printed on the label.**

NOTE: Our infirmary stocks a supply of various over-the-counter pain relievers, decongestants, antacids, etc which will be dispensed by the health care staff on an as-needed basis as guided by the information that you have provided to Camp Lebanon.

- 4. Check below if your child will carry and administer the following types of medication on his or her own. It is Camp's policy that all medication is to be turned into, kept by and administered by Camp's health care staff. If the situation is serious and the camper needs to have the medication with them at all times, special permission may be granted. By checking and signing below, you are giving permission for your child to carry and administer the medications and acknowledging that Camp Lebanon is not responsible for the administration, location and/or care of the medication.**

asthma inhaler

epi-pen

- 5. I have checked my child's head for lice and he/she is lice-free.**

Yes

No

Thank you for taking the time to complete this Health Update. This is an essential step in helping us to provide a safe and positive atmosphere for every camper.

PARENT/GUARDIAN SIGNATURE: _____ **DATE:** _____

FREQUENTLY-ASKED-QUESTIONS



What if my child has a food allergy or intolerance or illness?

Our goal is to provide delicious, nourishing food that will delight the majority of our campers. However, we recognize that food issues can be a hardship for some. While we are not able to plan menus around particular individuals, we welcome your questions and will do our best to address your child's specific needs. If you have any special dietary needs related to a medical condition, please call Camp at 320.573.2125 the week before your arrival and we will be happy to explain how we can accommodate your situation. Some guests have found it necessary to bring a supply of their own food (dairy free, gluten free, etc) to supplement Camp's offerings as necessary. Refrigerated storage and a microwave are available in the dining room for this purpose.

What if my child gets sick or injured while at camp?

Camp staff is committed to excellence and safety and is trained in First Aid and CPR. Our waterfront is staffed by certified lifeguards, and an EMT or nurse is on-site. Health care staff may administer over-the-counter medication and prescribed medication as guided by the information provided on the camper's registration and health update forms. Parents will be contacted for any extended illness or injury.

What if my child struggles with wetting the bed?

Bedwetting is a common issue we encounter at Camp. Our counselors are trained and well-prepared to deal with it discreetly, and campers are encouraged to use the bathroom before bedtime. If this is a particular struggle for your child, we would recommend that an extra set of bedding be sent along for the week. In the event of an accident, the second set of bedding could be used while the first set is being laundered.

What if my child gets homesick?

Staff members are well-prepared to help your child overcome their case of the "lonelies" and make the most of their camp experience. Kids will often take their cue from your preparations for Camp. Keep things positive by reminding them about all of the fun they'll have at camp and why they wanted to come in the first place. Assume that your child will give Camp a try and will make it through the session. In our experience, reassuring them that "If you don't like it, we'll come get you" sets kids up for thinking they won't like it and will want to leave, often leading to an unhappy and early departure. If your child does experience severe homesickness, you will be contacted by Camp staff to discuss the situation.