

# YOUR SONS'S HEALTH

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Dear Belknap Parents,

WELCOME! The health staff welcomes you to the YMCA Camp Belknap community. Our priority is the health and safety of all campers. In order to ensure the health and safety of all campers, we ask your cooperation in helping us get to know your son.

**A health history and physical are mandatory to attend camp. We cannot accept campers without complete health information signed by a parent/guardian and signed by a physician. This health information is important if he is taking prescription medication or you have other medical concerns. Campers must be firmly established in their medical routines.**

**Please use the following guidelines to ensure that your son's health information is submitted properly:**

- 1. If your son is required to take medication or has a medical condition please mail the **MEDICATION CONSENT TO YMCA CAMP BELKNAP, PO BOX 1546, WOLFEBORO NH 03894 no later than May 1<sup>st</sup>** Please note: If your son is not receiving medication or has a health condition, you **DO NOT** need to return the Medication Consent Form.**
- 2. You (the parent/guardian) must complete and sign the **PERMISSION TO TREAT/HEALTH HISTORY** form. This does not need to be sent in advance. **PLEASE BRING WITH YOU TO CHECK-IN.****
- 3. BY LAW, every camper must have a physical dated 24 months prior to the date of the session he is registered to attend, so please use the date guidelines below to determine whether your son will require an updated physical prior to attending camp.**

**Session 1 - physicals dated prior to June 26, 2008 will not be accepted.**  
**Session 2 – physicals dated prior to July 10, 2008 will not be accepted.**  
**Session 3 – physicals dated prior to July 25, 2008 will not be accepted.**  
**Session 4 – physicals dated prior to August 7, 2008 will not be accepted.**  
**Specialty Camp – physicals dated prior to August 23, 2008 will not be accepted.**

Your child's physician must complete and sign the **PHYSICIAN'S STATEMENT/ IMMUNIZATION RECORD** form **and** attach a copy of your son's most recent physical according to the date guidelines above and **BRING WITH YOU ON CHECK-IN DAY.**

- 4. Please note that in order for your son to carry an Epi-Pen or asthma inhaler on his person while at camp, both you **AND** your son's physician must complete and sign the **PERMISSION TO POSSESS & USE EPINEPHRINE AUTO INJECTOR AND /OR ASTHMA INHALER FOR EMERGENCY CARE. THIS SECTION ONLY APPLIES IF YOUR CHILD IS USING EITHER OF THESE MEDICATIONS.****
- 5. If there are any changes to your child's health after his health information has been submitted, you may discuss these changes on check-in day with the health staff.**

**Please be advised that we strongly discourage campers with even occasional bedwetting issues or restricted diets, as our staff is not trained for special needs campers.** For referral to accredited camps that accommodate special needs campers, please contact the American Camp Association for the New England area at (781) 541-6080 or visit the ACA-NE on the Internet at [www.acane-camps.org](http://www.acane-camps.org).

**PRESCRIPTION MEDICATION:** Our **routine medication times** are as follows – **7:45 AM** (before breakfast), **12:45 PM** (before lunch), **6:30 PM** (after supper); and, **8:45 PM** (prior to bedtime). We try to limit routine medication administration to these times because it does not interrupt activities and is easiest for the campers to remember. Also, routine medication times make it easier to locate a camper who fails to come for his medication. We will then remind him to come to the Health Center for his medication. Please consider our routine medication times when you and your child's physician are completing the medication instruction sheet. In many cases, your child's medication times will differ from those during the school year.

**OVER THE COUNTER MEDICATIONS** For the safety of all campers and staff, no one at YMCA Camp Belknap is allowed to keep prescription or over-the-counter (OTC) medications with them. **The exceptions to this rule are inhalers for asthma and Epi-Pens for severe allergies. For these, one must be kept BY LAW with the health staff, AND the second one can be kept by the camper and is acceptable with written physician AND parent/guardian permission. YOU ARE STILL REQUIRED TO CHECK IN WITH THE NURSES UPON ARRIVAL.** This rule assures that your child will receive prescribed medication on a monitored basis, and it keeps medication out of the hands of other children. We stock OTC medications such as acetaminophen, ibuprofen, antihistamines, cough/cold remedies, and antacids. We dispense these medications on request, as deemed necessary, so there is no reason for any camper to keep medications in his cabin.

**TREATMENT:** Under the guidance of our camp doctor, we evaluate all health problems and injuries. We treat most camp health problems in our Health Center. Other times, our camp doctor treats campers at his office. Urgent cases are treated in the Emergency Room at Huggins Hospital in Wolfeboro (about 7 miles from camp). If a physician treats your child, you will be **notified as soon as possible** about diagnosis and treatment.

**TIPS FOR A HEALTHY CAMP STAY:** Our goal is for everyone to have a safe and healthy stay while at camp. With that in mind, we offer these additional guidelines:

- **On check-in day,** if your child takes medications (**this includes inhalers for asthma and Epi-Pens**), you will meet with the health staff at the Health center to discuss your child's health issues and drop off his medications in their **original prescription containers**. Your pharmacy will give you empty bottles with the proper labeling upon request. If your child does not have health concerns or prescription medications, you are welcome to meet with the health staff but are not required to do so.
- **Review** with your child the procedure for getting his medications each day.
- **Reinforce habits of good hygiene and health with your son.** Discuss the importance of hand washing; showering; proper diet; keeping hydrated while active; using bug repellent and sunscreen; dressing appropriately for the weather; and changing out of wet or dirty clothes.
- **If your child is to carry an inhaler,** with written physician AND parent/guardian permission, you may bring the extra inhaler that he may keep on his person **marked with his name on both the mouthpiece and canister**. BY LAW, we must keep at least one inhaler in the Health Center should he need it.
- **If your child is to carry an Epi-Pen at all times,** with written physician AND parent/guardian permission, you may bring the extra Epi-Pen that he may keep on his person **marked with his name on both the Epi-Pen and its plastic case**. Please be sure to make us aware of your son's allergy/allergies on his health information.
- **At the end of the session,** PICK UP MEDICATIONS BY THE STAGE AT CONLON LODGE AFTER YOU CHECK OUT.

Our experience has shown that families who have information plan effectively and enjoy smooth stays at YMCA Camp Belknap. If you have any questions, please call (603) 569-3475. See you soon!

Sincerely,

*YMCA Camp Belknap Health Staff*