



Pine Haven Christian Assembly
16508 Hwy 87
Park Rapids, MN 56470
218-732-9419 (JUN-SEP)
218-237-3605 (OCT-MAY)

Campers with Special Needs

My camper has Food Allergies

- *Please be sure to list any food allergies on your camper's registration with details of allergic reaction.*
- *Two weeks prior to camp please contact our Food Service Director to plan for your campers' particular needs. At check-in we will talk with the camper about those needs and confirm adequate arrangements have been made. We will also ensure your camper knows who to go to with any questions during mealtimes.*

My camper has Gluten-Free or Dietary Needs

- *Although we have a limited staff, we are making a strong effort to offer a gluten-free menu along with our regular menu. There are a few times, however, where there are less gluten-free options. We will gladly work with you to help provide for your child's nutritional needs and find alternatives for those times.*
- *Several of our meals will easily accommodate gluten allergies by simply making the right food choices from the options available. We will offer gluten-free substitutes when possible.*
- *Substitute options are also available in our fruit and full salad bar every lunch and supper meal. We offer gluten free Chex cereal in our cereal bar at every breakfast, along with hard boiled eggs and string cheese.*
- *Please contact the camp manager to discuss any special arrangements needed to provide for the nutritional needs of your camper. All arrangements will be approved and implemented by our Food Service Director.*
- *Our Food Service Director can email you a tentative menu ahead of time for your preparation as well.*

My camper has Diabetic Needs

- *Please be sure your camper brings all their diabetic supplies in a small bag/backpack to camp.*
- *Please call the camp manager to discuss the specific needs of your child. While we make every effort for your camper to attend camp, we have a limited number of staff and need to assess beforehand whether we can provide the level of care your child needs.*
- *You can send extra snacks along with your camper to help maintain blood sugar levels between meals. Please send these in a small container that can seal. We will make arrangements with your camper for easy access to their snacks.*

- *We can accommodate a limited number of small juice drinks in our nurse's station refrigerator. Please make prior arrangements for this with our camp manager or medical personnel.*
- *If your camper needs Insulin injections, our medical personnel will make arrangements for your camper to take care of these needs in the privacy of our nurse's station. We have a sharps container there where they can safely dispose of their needles.*

My camper has *Bed Wetting Concerns*

- *We will handle any bedwetting incidents with care and discretion. Please encourage your camper to tell their cabin leader if they have an accident. The staff will wash their bedding and return it to their bunk discreetly.*
- *Many of our bunk mattresses have blue waterproof/antibacterial covers. Please encourage your camper to find a bunk with one of these mattresses as it will aid in a quicker, more sanitary clean up.*

My camper needs a *Personal Care Attendant*

- *If your camper needs a PCA to attend camp, please contact the camp manager to discuss options.*
- *All adult leaders are required to go through our faculty application and screening process before they are permitted to work with our campers. Any PCA would need to make faculty application and be cleared through our screening process to be at camp as well.*
- *Please be sure to contact the camp with plenty of time to process background checks and endorsements.*

My camper needs *Handicap Accessibility*

- *We have a handicap accessible bathroom with a shower in our bathhouse facility.*
- *While the terrain at camp is rugged, we do have an asphalt pathway that connects our Dining Hall, Bathhouse and Chapel. The Chapel and Lodge have doors with ramps for easier access. We can arrange for a ramp for ease of access to our Dining Hall and cabins as well.*
- *Please call the camp manager to discuss specific needs and arrangements.*

My camper has *Special Emotional Needs*

- *Our faculty and staff are loving and caring people. Your camper will find the leaders at Pine Haven to be supportive and encouraging.*
- *Please call the camp manager to discuss your child's specific needs and we will be sure the appropriate leaders are aware and ready to care for your child.*

My camper may experience *Homesickness*

- *We work very hard, especially in our younger weeks, to keep the campers involved and active in the camp program. When campers are engaged, they tend to have less homesickness.*
- *On the occasion that a camper is experiencing homesickness we comfort and reassure while making every effort to get them engaged and involved to divert their focus.*

- *Having the camper call home is our last resort as this typically escalates the emotions instead of calming the child. If we are unable to help the camper work through their homesickness, we will call the camper's parents to discuss how we proceed.*

My camper has Behavioral Concerns

- *Please be sure to include any concerns in your camper's registration information. The more details we have regarding your camper's needs, the better equipped we are to help your camper have a great week of camp.*
- *If your camper has an IEP (Individualized Education Plan) at school in light of behavioral concerns, please let us know of that and include any information from that which would help us lead your camper and help them succeed throughout the week.*
- *Being away from home, changing schedule, participating in all the activities and staying in a cabin with several other campers can be overwhelming to a camper adding to their difficulty in dealing with behavior. Please be sure to talk through with your camper a plan to handle the different atmosphere and schedule in light of their needs. Any information you can pass along regarding these tips will be helpful to the camp leaders as well.*
- *If you have any further questions or concerns, please call the camp manager to discuss them before your camper arrives*