



A Healthy Camp Begins and Ends at Home!

A healthy camp really does start at home. Here are some things you can do to help your camper have a great camp experience. Review the camp criteria for participation at camp. This includes mental, emotional, and social health (MESH) criteria that outlines behavior expectations, social interactions, and functioning within a community setting.

1. If your camper 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 text Tay at 218-366-1391 to discuss situation and make arrangements. This greatly reduces the spread of illness at camp but also supports your child's recovery.



2. Teach your camper to sneeze/cough in his/her sleeve and to wash his/her hands often while at camp, especially before eating and after toileting.

3. Are there situations at camp that could potentially elicit a strong emotional response from your child? If your child has mental, emotional, or social health challenges, please fill inform us in the medical forms and email us before camp starts. Proactively discussing camp's ability to accommodate a camper can help minimize – if not eliminate – potential problems.



4. Talk with your camper about telling their counselor, the Dean or Staff about problems or things that are troublesome to them at camp. We are ready to help campers learn to handle being lonesome for home or cope with things such as losing something special. Encourage your camper to trust their camp leaders and ask their cabin or family leaders for help.



5. Talk to your camper about what they do when they have uncomfortable feelings (anger, sadness). What are three things they can do to de-stress while at camp?

Talk with your camper about how to take care of themselves at camp. This includes eating well, sleeping enough, and making friends.

6. Should your camper need a particular nutrition plan because of allergies, intolerances or a diagnosis (e.g., diabetes), note these on the Health and Consent form. Don't hesitate to contact the camp to make sure (a) we know of the need and (b) we can address it. Discuss how your camper will receive appropriate meals and snacks then explain that to your camper. Should your child be uncomfortable with the plan, arrange for a camp staff member to assist/monitor the process until the child is comfortable.





7. Make sure your camper has and wears appropriate close-toed shoes for sport activities, and that your child understands they need to wear shoes everywhere at camp. Talk with your child about wearing appropriate shoes to avoid slips, trips and falls that, in turn, can result in injuries such as sprained ankle. Please pack flip flops or water shoes to wear to the waterfront.



8. 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.



9. Fatigue plays a part in both injuries and illnesses – and camp is a very busy place! Explain to your camper that camp is not like a sleepover; they need to sleep, not stay up all night!

10. Remember to send sunscreen and bug spray/lotion that your child has tried at home. Teach your child how to apply his/her sunscreen and how often to do so.



11. Send a reusable water bottle or have them buy one at the Canteen. Instruct your child to use it and refill it frequently. Staying hydrated is important to a healthy camp experience, something your child can assess by noting the color of their urine (“pee”); go for light yellow.

12. Should something come up after camp experience– you see an unusual rash on your child or the child shares a disturbing story – please contact Tay and let us know. Camps want to partner effectively with parents and caregivers; sharing information makes this possible.



13. Want to learn more? Talk with your us! We want to partner with you to help your child have the best camp experience possible!

THE DAY BEFORE CAMP - Return to your account and fill out the Check-In Health Screening Form.