

## 2009 Camp Easter Seals Virginia Acceptance Guidelines

Please read thoroughly to better understand camp policies and what to expect at camp.

### **"How and what should I pack for camp?"**

#### **Clothing and Toiletries**

Camp provides linens, blankets, pillows and towels. The following is a suggested packing list. The number of items will be up to each individual; keep in mind such issues as length of stay, times per day the camper normally changes and various weather conditions. Laundry services are available at camp but not on a daily basis. If you do NOT want clothes washed while at camp, bring enough clothing to last the entire session, and make your wishes known to cabin staff when you check in.

- \*T-shirts/shirts (short & long sleeved)
- \*Pajamas
- \*Jacket
- \*Aqua-socks (pool shoes)
- \*Hat (especially if prone to sunburn)
- \*2 pairs of shoes (1 pair of leather for horseback riding is recommended)
- \*Attends (undergarments) and under pads (for the entire session)
- \*Toiletries (toothbrush, toothpaste, brush/comb, shampoo, soap, razor/shaving cream, deodorant, etc.)
- \*Any adaptive/assistive equipment or devices that the camper normally uses.
- \*Socks
- \*Shorts
- \*Raincoat
- \*Sunscreen
- \*Insect repellent
- \*Long pants
- \*Underwear/bras
- \*Sunglasses
- \*Swimsuit (no bikinis)
- \*Sweaters/sweatshirts

**All clothes and adaptive equipment MUST be clearly labeled with the camper's first and last name.**

#### **Personal Items**

- \*Flashlight
- \*Stationery
- \*Books
- \*Camera
- \*Pictures from home

Personal music and gaming systems may be brought to camp as long as headphones are brought also. We strongly urge you to consider the risks of sending such items (Game Boys, personal CD or MP3 players, cell phones, etc) given the fact that sometimes items get broken or lost.

**Please label all personal items as well!**

#### **Items not allowed at Camp**

- \*No knives, guns or weapons of any kind are allowed on the camp facility. This includes pocketknives.
- \*No alcohol or illegal drugs are allowed on the camp facility.
- \*No roller blades/skates or bicycles. We cannot provide supervision or safety equipment for these activities.
- \*Except for guide/companion dogs, campers are not permitted to bring animals.

**Every effort will be made to keep track of personal items but loss of clothing or mix-ups do occur. Camp Easter Seals assumes no responsibility for the loss or damage of clothing or personal items.**

#### **Frequently Asked Questions**

##### **"Do I need to send money with my camper?"**

Camp Easter Seals items, sodas and snacks will be available for purchase during Canteen. Campers should not bring a large amount of cash to camp. Money may be kept in the safe in the office.

##### **"Does the camp provide transportation?"**

Transportation to and from camp needs to be arranged and provided by the family.

##### **"Who will be my camper's camp counselor?"**

Camp counselors are typically American or international college students. The majority of our staff members are female. Male campers may have female counselors taking care of them, because recruitment of male counselors is difficult. Please let us know well in advance if you think this will be a problem for your camper.

##### **"What about medication?"**

Healthcare staff are on site and available to administer prescription medication to campers. Make sure all medication is in original containers and are clearly labeled as to correct dosage. Medication will only be administered according to the label on the prescription bottle. If your camper's medication dosage has changed, a new prescription label must be obtained and sent with the camper to camp. During check-in, parents will sign a medication form that lists the medications the camper is taking and will give Easter Seals Virginia permission to administer the prescription medicine according to the prescription label.

##### **"How does check-in work?"**

Our goal is to provide quality care for all of our campers and to achieve this we must have comprehensive information. A parent/caregiver who is very knowledgeable about the camper must accompany that camper to answer any and all questions regarding their needs. If there is no one to appropriately check the camper in, we will send the camper home. We will try to get everyone through the check-in process quickly. We cannot always control the speed at which things move so we ask for your patience and understanding. Here is a breakdown of the check-in process:

1. Campers will sign in at the front office upon their arrival at camp. When check-in begins at 1:30 PM, we will begin calling camper names in the order that people signed in.
2. All of the camper's luggage should be brought to the wishing well between the office and dining hall. Camp staff will label luggage and transport it to the cabin. **Remove medications from the luggage, they will need to be checked in with a nurse.**
3. When called, please come to the office where the camp director will double-check emergency information. It is imperative that we be able to reach the parent(s)/primary caregivers at all times; if this is not possible, we must be able to reach a relative or friend who has personal knowledge of the camper and his/her physical, medical and emotional needs.
4. A cabin counselor will meet you at the office and escort you to the next step of check-in process. The counselor will have questions regarding the likes/dislikes and needs of the camper. It is important that they get as much information as possible so they can provide quality care for the camper.
5. The nurse will conduct a brief physical exam and ask questions regarding the camper's present health. **If the medical staff observe any signs of illness/other medical concerns or if the camper's temperature is over 100° F, the camper will not be allowed to stay at camp.** The nurse will also check-in all of the camper's medications.
6. After the counselor has finished asking any questions and you feel confident that the camper will be well cared for, check-in is complete. However, anyone attending a Therapy Camp will need to meet with the therapists regarding therapy goals.

### ***"Something came up and I need to cancel!"***

Please notify the Camp Director as soon as possible of a cancellation. Requests for refunds must be made in writing to the camp director with two weeks advance notice, stating specific reasons for cancellation. Requests for refunds with less than two weeks notice will be honored only under extraordinary circumstances. Once a camper has been accepted into the camping program the application fee of \$50 is non-refundable.

### ***"My son/daughter has a strict diet. Can this be accommodated?"***

Written requests detailing specific requirements of such diets must be submitted for review well in advance of your arrival at camp so that adequate time can be taken to determine if these needs can be met. Participants who use dietary supplements such as Ensure must bring their own supplies, and enough for the entire session.

### ***"What's your policy on contact with my son/daughter while they're at camp?"***

First, it's important to be sure that you and your son/daughter are ready to be away from one another for this period of time. Letters and care packages are encouraged over phone calls as frequent calls can reinforce homesickness. If you are concerned about how the camper is doing, call the camp director; he will know if there are concerns or problems. Do not expect to speak immediately with the camper or their counselor, as they may be involved in an activity. Although we first encourage campers to write a letter, we do allow them to call home if we feel that it will not cause homesickness. Campers will not be able to call home everyday. **All camper calls will be collect calls.**

### ***"My camper has become ill or been injured while at camp. What is the procedure for handling this?"***

Our main goal is for campers to have a safe and happy time while at camp. However, accidents may happen, or a camper may become ill. Easter Seals staff will notify parents immediately of any incidents or if the camper is seen frequently in the infirmary. If a doctor or hospital visit is necessary, we will go to Fincastle Family Practice, Lewis-Gale Hospital or Carilion Clinic, and will let you know immediately. If it is determined that it is not in the best interests of camp or the camper for them to stay at camp, you will be required to take them home.

### ***"Camp called me and told me that my camper is having a difficult time. What happens now?"***

The majority of campers have a very positive experience at camp. Sometimes, however, a camper will have behavioral difficulty at camp. There may be a variety of reasons for this: change in routine, change in location, not being used to living in a group. We will do whatever we can to assist the camper in adjusting to the camp environment. If the camper continues to exhibit harmful behaviors (such as hitting, kicking, biting, swearing, hair pulling, etc.) or anxiety we will contact the parents/caregivers and discuss different strategies that can be tried to help the camper adjust. If the strategies are not effective, we will contact the parents/caregivers again and talk about the next course of action, which may be sending the camper home. We have the right and responsibility to immediately require the removal of anyone who may be at risk for harming themselves or others. Refunds are not provided if a camper departs early under these circumstances.