

Junior Camp/Quad

Health & Nutrition

Junior Camp/Quad is dedicated to helping children grow, learn and have fun in a safe and healthy environment.

Allergies/Asthma

- Many children are seriously allergic to peanut products. Therefore camp is a **peanut-free zone**. We are diligent in preventing as much exposure to allergies and cross-contamination as possible.
- Children are required to wash hands with soap and running water prior to logging in and getting settled for the day.
- A permission slip must be signed before medication can be given or applied (including cough drops or topical creams). All medications must be in the **original container** labeled with the child's name and stored in the office.
- Children may not carry or store inhalers in backpacks. Emergency inhalers will be carried by the staff person responsible for the child, or stored in the camp office.
- Children may self-administer inhalers only with written permission of the parent AND under staff supervision.
- Medication authorization forms must be updated weekly unless waived by the director.

Illness

- Parents have one hour from time of notification to pick up their child in the event of any of the following:
 - A temperature of 101° or more
 - Repeated occurrences of diarrhea
 - Inflammation or discharge from the eye
 - Any unusual rash
 - Vomiting
 - Any known or suspected communicable disease
- In event of illness, all efforts will be made to reach a parent. If a parent cannot be reached within the hour, an authorized escort will be contacted to pick up the child.

- Children may not return to camp until they are symptom-free for 24 hours without the aid of a fever-reducing medicine or other medication that can mask symptoms.
- Parents are required to inform us of any exposure to any known or suspected communicable disease.

Sunscreen

- All children at camp are required to wear sunscreen unless a sun/sunscreen allergy has been diagnosed by a physician. Most of our activities are conducted outdoors; it is imperative that your child be protected as much as possible.
- All other children will use the sunscreen and repellent provided by the camp unless they provide their own. A fee will be billed for Quad sunscreen/repellent & itch cream.
- Children are allowed to self-apply sunscreen or repellent only with a parent's written authorization. Sunscreen and repellent are re-applied as needed depending on the activity and length of time outdoors.

Nutrition

- Junior Camp/Quad provides all snacks and meals for your child.
- Hot, nutritionally balanced meals are provided on the days that children are at base camp.
- When all-day trips are planned, a cold lunch buffet is provided so that children can assemble their own lunches prior to departure. Anyone not arriving by 8 a.m. will receive a pre-made sandwich.
- If your child has a food allergy or sensitivity, please provide documentation of the medical condition on the Health History Form. In some severe allergy situations, we may ask that you provide all food for your child.

