

WELCOME TO CAMP SOLELIM

"A touch of Israel in Ontario's North"



Parent's Handbook 2010

Please keep this handbook for future reference.

Camp Director's Message

Looking out the window and seeing all the snow and slush it is hard to believe that camp is already on my mind and that I have been working on the summer of '10 since I came home from summer of '09. Staff have already begun their work. The theme is chosen, the play is being written and bookings are being made. We had a wonderful time last summer and anxiously await another camping season.

I have been involved with Camp Solelim since the late 70's when I was a camper, later as a madricha and now as the Camp Director. I have spent most of my adult career dedicated to informal Zionist and Jewish education and it is that passion that I will bring to Camp this summer

The staff and the committee have been hard at work preparing not only the program but also the site for the summer. We very excited about our plans to enhance our bathrooms and beach front to further beautify our camp.

Most importantly we are all keenly aware of what a special place Solelim is and how it touches all who are part of it. I welcome back all of our former campers and promise another magical experience and I welcome all of our new campers and look forward to the special journey we will also take this summer.

I look forward to seeing you all at Camp.

Sincerely,

Risa Epstein
Camp Director

Camp Personnel

Camp Director	Risa Epstein
Asst. To Camp Director	Jen Levy, Shaun Wolch & Justin Tock
Program Director	Dennis Beker
Head Counsellor	Annie Gamliel

Important Dates to Remember

Payment in Full	No later than April 1, 2010
Completed Forms and Waiver	No later than April 1, 2010
Camp Begins (Posts)	July 04, 2010
(Rookies)	July 06, 2010
Camp Ends	August 17, 2010
Visitor's Day	Saturday July 24, 2010 – Sunday July 25, 2010

Contact Information

During the summer (at camp) (705) 522-1480
Fax (at camp) (705) 522-4450

Toronto Office (416) 781-5156

Toronto Office Fax (416) 787-3100

Web Site www.campsolelim.ca

Hours of Office Operation Sunday to Thursday 9am – 5pm
@ Camp during the summer. Friday 9am – 3pm
Shabbat Closed

Camp Solelim Summer Mailing Address:

6490 Tilton Lake Rd., Sudbury, Ontario. P3G 1L5

Camp Dates

Posts (2nd year campers, 15yr. olds) depart for camp: Sun. July 04, 2010 – 8:00 am
Rookies (1st year campers, 14 yr. olds) depart for camp: Tues July 06, 2010 – 10:00 am
Campers return: Tues. Aug. 17, 2010 - 11:30am - noon

Clothing and Packing List

To avoid over-crowding in the tents, we recommend:

“If In Doubt, Leave It Out”

The following list is a general guide.

Send:

- **Warm Clothing**
- **Sufficient clothing to change daily**
- **Colourfast & machine washable clothing**

All clothing and articles should be clearly marked or labelled with camper’s name.

white shirts for Shabbat	2	hiking shoes	1 pr.
sweatshirts	3	running shoes	1 pr.
jeans	4	beach thongs	1 pr.
underwear	12	sandals	1 pr.
t-shirts	12	bathrobe	1
socks	12 pr.	pyjamas	2 pr.
raincoat/poncho	1	swim suits	3
rubber boots	1 pr.	beach towels	4
warm jacket	1	bath towels	4
shorts	4	hand towels	3
sweaters	2	sun hat	2
mess kit (cutlery, dishes etc)	1	backpack	1 (school size)

Bedding: 1 sleeping bag; 4 sheets; 2 blankets; 2 pillow cases; 1 pillow

If your camper plays a musical instrument that can be transported to camp, please send it along.

Sundries:- shower caddy to store and carry toiletries such as soap, toothpaste, toothbrush, hair shampoo, laundry bags, flashlight, stationery and stamped envelopes.

Don’t forget Sunscreen/sun tan lotion
Insect repellent (stick/liquid)

NOTE: MAKE SURE ALL BELONGINGS ARE PROPERLY LABELLED

Laundry

Clothing should be colourfast since it is machine laundered. It should be well labelled/marked as the laundry is done outside of Camp once a week. All Campers will be given the opportunity to claim lost and found articles during camp and at Camp end. **NO UNCLAIMED ITEMS WILL BE RETURNED TO TORONTO AT CAMP END.**

Camp Fee Balance and Forms and Waivers

Balance of camp fees is due no later than April 1, 2010. You will be charged a fee of \$50.00 for NSF cheques.

As well, all of the camp forms that are in the separately enclosed handbook – i.e. Waiver and Medical forms, must be returned to the Camp Office no later than April 1, 2010.

NO camper will be permitted to board the Camp Bus without completing ALL requirements – full payment of camp fees and all camp forms.

Telephone Calls

Campers are NOT permitted to receive or make any phone calls to or from Camp. We urge parents to write to their camper frequently. No cell phones are permitted in the campsite. *Camp Solelim will not be responsible for lost or confiscated cell phones. All confiscated cell phones will be donated at the conclusion of the summer.* IF MUSIC DEVICES SERVE FOR ANY OTHER PURPOSE OTHER THAN PLAYING MUSIC THEY WILL BE CONFISCATED.

Letter Writing

Incoming mail is distributed daily at Camp (Monday to Friday). The campers look forward to receiving news from home and we urge you to write your campers regularly. Please give pre-stamped envelopes to your child to make it easier for him/her to write you. IMPORTANT – if you are sending a parcel to your camper this summer, please ensure that it is clearly marked as to whom it has come from and for whom it is intended. **PLEASE USE CANADA POST ONLY**. All parcels will be opened in front of a staff member and contraband items will be confiscated.

Tuck

Tuck is included in camper fee. Parents will be contacted to make additional payments should their camper's tuck account exceed \$100.00.

Medical Forms

The Medical form is to be completed and returned to the Camp Office no later than **April 1, 2010**. Special medical conditions, medications and instructions must be noted on the medical form and or by attaching a note from the parent or family physician to the form. Medication to be taken at camp will be stored in the Infirmary refrigerator if required. Campers will not be permitted to board the bus without having submitted a medical form to our office. We are hoping to avoid parents waiting for copies of prescription charges and having to send them into their insurance companies at camp end.

Waiver Form

Please read and discuss this with your camper so that you will both understand and be aware of what is deemed unacceptable behaviour at camp. Your cooperation will help Camp Solelim maintain its high standard and ensure an enjoyable summer for all.

Read – Sign and return to our office no later than April 1, 2010.

Religious Services

Shabbat Services are held every Friday night and special programs are held on Saturday to celebrate the Sabbath.

Please ensure your child has appropriate clothing for Camp Solelim's Friday night services. Boys must wear a Kipa on Friday night. If they do not bring one to camp, they will have to purchase from the Camp Tuck Shop

Our Menu

Camp Solelim is a Kosher camp. In addition to our regular menu, a supplementary vegetarian menu is also available. An independent nutritionist reviews both menus.

If your camper requires a special diet due to medical or other reasons, please consult with the Camp Office prior to the start of camp and we will do our best to accommodate you if your camper requires special food products, it may be necessary that the camper bring his/her own supply to Camp for their use only.

Solelim campers reside in tents, these are **NOT** pest proof! In past years we have encountered problems with squirrels, mice and raccoons due to food in the tent area. Please ensure your camper **does not** bring any kind of food to Camp. Also, please **do not send Hot Plates or Electric Pots** – these are dangerous in a tent site!

Camp Solelim is a peanut-sensitive environment. We therefore ask for your co-operation- **PLEASE DO NOT SEND FOOD WITH YOUR CAMPER TO CAMP!**
ALL PERSONAL BELONGINGS WILL BE CHECKED UPON ARRIVAL AND FOOD WILL BE CONFISCATED.

Musical Instruments

Campers are encouraged to bring their musical instruments to Camp. We look forward to forming a Camp Band and encourages those with musical talents to step up and bring music and song to Camp Solelim.

Valuables

Please make sure that your Camper does not bring any valuable items to Camp. Camp Solelim will not be held responsible for loss or damage to campers' belongings. This includes: IPODS, DIGITAL CAMERAS AND ANYTHING ELSE OF VALUE.

In the event of a loss, your camper must report it immediately to the Camp Director so that there is no delay in dealing with the issue and reporting it to the proper authorities.

Visitor's Day – Saturday/Sunday July 24 & 25, 2010

All visitors are welcome to Camp Solelim. Our Camp Visiting Day is designed for both parents and campers to share an experience on the campsite, meet our Staff and enjoy some entertainment and refreshments. Campers look forward to showing their families and friends their achievements and surroundings.

Please remember you will be permitted to visit your camper ONLY on the designated visiting day unless the Camp Director is informed of special circumstances and alternative arrangements made.

**Visiting Hours: - Saturday July 24, 2010 – 6:30pm to 9:30pm
Sunday July 25, 2010 – 9:00am to 4:00pm**

Parents are permitted to take their campers out of camp on the Sunday until 4:00pm. However, campers can return to camp beginning at 2:00pm.

There is **NO PARKING** on the campgrounds. We arrange for a shuttle bus service from Sudbury Four Corners Plaza (in front of Food Basics Supermarket) located on Regent Street South, to transport visitors to and from Camp.

Time Schedule for Shuttle Bus Pick-Up

Saturday July 24, 2010	Shuttle commences 6:00 pm to 9:30 pm
Saturday July 25, 2010	If your family is Shomer Shabbat please contact Jennifer to make arrangements 416-781-5156 x. 221.
Saturday July 24, 2010	Shuttle returns to Food Basics at end of evening 9:30pm
Sunday July 25, 2010	Campers will be dropped off at Four (4) Corners Plaza (in front of Loeb's) at 9:00am and parents are requested to return campers to the campsite no later than 4:00pm.

Visitor's Day Schedule

On the evening of July 24, parents are invited to join us for Mifkad followed by entertainment provided by their camper's, followed by light refreshment.

PLEASE HELP US TO MAKE YOUR VISIT AS ENJOYABLE AS POSSIBLE BY:

1. If you find it necessary to bring your family pet to Camp, please make sure it is kept on a leash.
2. With the increase in population at Camp on Visitor's Day, it is important to keep the Campgrounds clean. Please co-operate by depositing all garbage in the large containers placed around Camp for this purpose.
3. **NO SMOKING** is the Camp Policy on Visitor's Day. Your strict compliance would be greatly appreciated.
4. **NO FOOD** is permitted into Camp on Visitor's day.


Accommodations in Sudbury

Please make your hotel/motel reservations early if you are planning to visit your camper for the weekend. Here are some suggestions:-



AMBASSADOR HOTEL
Tel: 705-566-3601
Toll Free: 1-800-859-4442
www.ambassadorhotel.ca
225 Falconbridge Road




BEST WESTERN
Tel: 705-673-7801
Toll Free: 1-800-783-2879
www.bestwestern.com
151 Larch Street 



COMFORT INN
Tel: 705-560-4502
Toll Free: 1-800-424-6423
www.comforinnsudbury.com
2171 Regent St. South



DAYS INN SUDBURY
Tel: 705-5674-7517
Toll Free: 1-800-329-7466
www.daysinnsudbury.ca
117 Elm Street




FAIRFIELD INN & SUITES
Tel: 705-560-0111
Toll Free: 1-888-236-2427
www.marriott.com
490 Barrydowne Road



QUALITY INN
Tel: 705-675-1273
Toll Free: 1-800-461-1120
www.qualityinnsudbury.com
390 Elgin Street 



RADISSON
Tel: 705-675-1123
Toll Free: 1-800-333-3333
www.radisson.com/sudbury.ca
85 Ste. Anne Rad



HAMPTON INN
Tel: 705-523-5200
Toll Free: 1-800-HAMPTON
www.sudburyontario.hamptoninn.com
2280 Regent St. South



HOLIDAY INN
Tel: 705-522-3000
Toll Free: 1-800-461-4822
www.hisudbury.ca
1696 Regent Street



HOWARD JOHNSON
Tel: 705-675-5602
Toll Free: 1-800-461-1144
www.hjosudbury.ca
50 Brady Street




TRAVELODGE HOTEL
Tel: 705-522-1100
Toll Free: 1-800-578-7878
www.the.travelodge.com/sudbury09669
1401 Paris Street



TRAVELWAY INN
Tel: 705-522-1122
Toll Free: 1-800-461-4883
www.travelwayinnsudbury.com
1200 Paris Street

Health and Safety

Camp Solelim is very proud of the level of care we provide to our campers and staff. We adhere to strict policies and procedures on health and safety set out by the Ontario Camping Association and the Camp Solelim Board. All Solelim Staff undergo first aid training and ongoing education on the health and safety of campers. If at any point you would like to discuss your child's health please contact the Director.

Medical Forms

A *Health Information and Consent Form* (included) is to be completed and received at the Camp Office by **April 1, 2010**. Campers will not be permitted to board the bus without having submitted a medical form to our office. We recommend, but do not require, that your child be examined by a physician prior to camp. All information on this form is confidential, however in some instances; health information may need to be shared with camp staff in the interest of health and safety. Failure to disclose any significant medical/health issues of the camper may result in dismissal of the camper at the discretion of the Camp Director.

It is the responsibility of the parents/legal guardians to notify the Camp Office, in writing, if there is any change in the health of your child between the time of completion of this form and the start of camp. Camp must also be notified if the camper is exposed to an infectious disease prior to the start of camp.

Health Centre

Our fully equipped *Health Centre* is staffed by a dedicated registered nurse 7 days a week (during the day). The nurse will be responsible for administration of all medications (prescription and non-prescription), treating minor medical problems and monitoring health trends in camp. The nurse will contact parents if; the camper has an unscheduled consultation with a physician, has a new prescription filled or is required to stay in the *Health Centre* overnight. When the nurse is not available, a staff member(s) designated by the Director and trained in first aid, will provide basic care.

Medications

All prescription medication brought from home must be in a "blister pack" prepared by a pharmacy. Medications not brought in a blister pack, will be taken to a local pharmacy to place in a blister pack at the expense of the camper. All medication will be held in the *Health Centre* and administered by the nurse. Medications must be in the original package with labels that are readable and include the name of the recipient, the name of the medication and the dosage information.

Routine over the counter medications (such as Tylenol, Benadryl and laxatives) may be administered according to the directions on the label by the nurse or designated staff member without a physician consultation.

In Case of Illness/Emergency

In case of illness or medical conditions requiring a physician consultation, campers will be assessed at the Medical Clinic at “Four Corners” in Sudbury – a 10 minute drive from camp. In case of emergencies, campers will be taken to Hospital Emergency Department in Sudbury. In the event a parent cannot be reached, the camp staff will take whatever steps it deems necessary to ensure the safety and health of the camper.

Sun and Heat

All campers and staff will be educated about the dangers of the sun, including; dehydration, sunburns, heat exhaustion and heat stroke. All campers will be expected to wear sunscreen and appropriate protective clothing (including hats and shirts).

Prevention of Mosquito Bites

We continuously strive to provide the safest possible environment. Although current research suggests that on a statistical basis, the risk of being bitten by an infected mosquito and becoming seriously ill with West Nile Virus is extremely low, we have implemented a number of measures to further minimize the remote possibility of infection. These include:

- Long sleeve shirts and pants to be worn after dusk.
- The safe use of personal insect repellents containing DEET (registered for use in Canada) to be used after dusk. Parents that do not want their children using insect repellents containing DEET will need to inform camp in writing.
- Mosquito coils will be lit by staff at night in tents as required.
- All tents and screens will be in good repair.
- Potential breeding pools of mosquitoes will be reduced (eliminating pools of standing water, clearing debris etc.)

Allergies

Please ensure camp is aware of any serious allergies your child may have. All campers with serious allergies will be required to wear a *Medic Alert* bracelet at all times and bring an Epi-pen to camp. Parents will be required to sign a waiver form for campers with serious allergies to participate in out-trips.

Out-Trips

Out-trips (overnights and canoe trips) are a fundamental part of camp life. Although every precaution is taken and campers’ health and safety is the first priority, access to immediate advanced healthcare is limited (and may be several hours away). In most cases, the tripping staff, who are trained in first aid, will be providing care. The tripping staff will have a basic first aid kit (including an Epi-pen), basic over the counter medications stocked in camp and individual participant medications. They will be able to treat minor medical conditions. The safe administration of medications by the tripper will be reviewed by the nurse

A signed consent will be required for all campers with serious allergies in order to take part in out-trips. It may be necessary to prohibit some campers with serious allergies or other medical conditions from taking part in out-trips when their safety is in question.

WELCOME TO CAMP SOLELIM 2010



Waivers & Forms

The attached forms must be downloaded, completed by participants and his/her parent/guardian. Please take the time to ensure that all of the information that you have provided for us is complete and accurate. The medical form does not have to be completed by a physician.

ALL FORMS MUST BE RETURNED TO OUR OFFICE BY APRIL 1, 2010.

CAMP SOLELIM

Code of Conduct Agreement

Introduction:

The success of Camp Solelim (the “Camp”) depends in large part upon the commitment and participation of every camper. To that end, it is understood that the undersigned (the “Camper”) has chosen to be a willing and integral participant in the building of our very special community at the Camp. In order to best attain this goal, the Camp has determined that all campers and their parents/guardians must agree to comply with the following Code of Conduct.

Code of Conduct:

In order to ensure that the camper will derive the greatest benefit from the Camper’s experience and to help ensure the safety and security of all participants, the Camper and their Parents/Guardians hereby acknowledge and agree to the following:

1. The Camper will not use or be in possession of alcohol, drugs (other than drugs prescribed to the Camper before or during the Camp and which are under the supervision of the Camp’s medical professional), or drug related paraphernalia, including but not limited to rolling papers and pipes.
2. The Camper will respect all areas of the Camp that are considered off limits and will not leave the campgrounds unless it is part of the program and under staff supervision.
3. The Camper will not pierce or tattoo any part of the Camper’s body during the summer.
4. The Camper will not gamble.
5. The Camper understands that all aspect of the Camp’s program is mandatory and agrees to be a positive and active participant in all of the Camp’s programs.
6. The Camper will not vandalize, steal or abuse any property that is not his/hers.
7. The Camper will not use or be in possession of a cellular telephone, pager or other communication devices during the Camp session.
8. The Camper will not light matches, lighters, burn mosquito coils and/or operate a hot pot or kettle unless a Camp staff member has given permission to do so.
9. The Camper will refrain from any behavior that Camp staff deem to be unacceptable and/or detrimental to the Camp program.

The Camper understands that violation of any of these rules by the Camper will result in disciplinary action and/or dismissal from Camp.

The Camper understands that if the Camper is dismissed from Camp due to possession and/or use of alcohol and/or drugs the Camper will be suspended from all Canadian Young Judaea activities and camps for a period of one year including the following summer.

The Camper understands that the Camp reserves the right to check all personal belongings of the camper upon arrival at camp and that the Camp furthers reserves the right to do random checks throughout the camping season.

This agreement shall be interpreted and be subject to the laws of the Province of Ontario. The parties further agree to attorn to the courts in the Province of Ontario in respect of all actions arising out of this Agreement.

I, the undersigned, have read the above Camp Solelim Code of Conduct Agreement and agree to comply with the terms contained therein.

Dated at _____ this day of _____, 2010.

Witness

Signature of Camper

We have read the Code of Conduct and fully understand that the Camper's participation in this program is contingent on the Camper's adherence to the above noted rules and policies. We further confirm that we have reviewed the Code of Conduct with the Camper and we are satisfied that the Camper understands the terms of the Agreement and we have no reason to believe that the Camper will be unable to comply with such terms.

We understand that the Camp will not refund any portion of the camp fees or related costs if the Camper is dismissed from Camp. While the Camp will cooperate with the parents/guardian with respect to the Camper's return home, the Camp cannot and will not assume any liability in connection therewith. All costs and expenses, including, but not limited to, lodging out of camp, transportation and food necessarily incurred in connection with the Camper's dismissal from the Camp (including, if applicable, any costs of a Camp staff escort) shall be billed to and immediately paid for by the undersigned who agree to be jointly and severally liable for all such costs. Furthermore, we agree to be responsible for all costs or charges or damages incurred by the Camp or any of its campers or staff as a result off any vandalism or theft for which the Camper is responsible.

Dated this _____ day of _____, 2010.

Witness

Name of
Parent/Guardian

Witness

Name of
Parent/Guardian

Parent & Camper Consent Form

As of January 1, 2004, new federal legislation has been put in place to protect your personal information. To comply with the new guidelines we request that you sign the form below.

Our camp understands the importance of protecting your personal information. To help you understand how we are doing that, we have outlined here how our office is using and disclosing your information.

Our camp will collect, use and disclose information about your child for the following purposes:

- To deliver safe and efficient camper care.
- To identify and to ensure continuous high quality care.
- To assess your child's health needs.
- To provide health care for your child.
- To enable you to contact us.
- To establish and maintain communication with you.
- To communicate with health care professionals before or during the camping season who may be treating your child.
- To comply with the law.

Furthermore, parents agree that Camp Solelim may use any photograph, video image, likeness, utterance or statement in which the camper may appear to be involved, in whole or in part, in any media, including the internet, for promotional or other purposes, without approval by or compensation to the camper or parent.

Camper Name: _____

Signature of Parent/Guardian

Signature of Parent/Guardian

Date

Date

TENT PLACEMENT

Camp Solelim will be arranging the tent placement for campers this summer. In order to accommodate the needs of your camper please indicate your child's 1st and 2nd choice of tent mates. Please note that we do not guarantee your child's choice. Tent placement is not done until the end of June at camp.

Camper Name: _____

1st choice: _____

2nd choice: _____

If you would like to register your child in Instructional Swim please fill in the form below.

Instructional Swim is not mandatory, if your child does not participate in Instructional Swim he/she will choose another activity.

Please discuss with your child prior to filling out the forms. No changes will be made once the camper arrives at camp.

Name of Camper: _____

___ I want my child to participate in Instructional Swim

___ I would like to discuss the swim program with the camps swim staff

___ My child will not be participating in Instructional Swim

Swim Level as
Of April 1/10 _____

Please notify the camp office if your child's swim level changes prior to July 1, 2010.

Parent's Signature

Camper's Signature

Camp Solelim Sweatshirt, DVD and Calendar Order Form

Sweatshirt

This will be your only opportunity to order a Camp Solelim Sweatshirt. The sweatshirts are top quality. Sweatshirts will be available for pick up at the camp office in Toronto before camp begins. The cost is \$50.00 each. Please complete form below if you wish to order a sweatshirt for you camper/s.

DVD

Every summer, campers and the staff of our camp create a movie that serves as a visual diary of our summer together. The cost is \$25.00.

If you wish to have a copy of this DVD, please complete the form below.

All DVD's will be mailed your home in early September.

Solelim Camper & Staff Calendar

A beautiful way to remember your friend's special day. Each month has a full colour picture of Solelimniks born in that particular month. The cost of the calendar is \$25.00.

Name: _____

- I have enclosed my cheque payable to Camp Solelim in the amount of \$_____
- Visa/MC/AMEX _____
Card Number Expiry date

Sweatshirt: S M L XL (adult sizes)

DVD: Yes No

Calendar: Yes No

Camp Solelim Care for Kids Packages

(Please duplicate form if necessary)

Thank you for ordering a "Care for Kids Package". All the profits from these packages will go towards our Financial Assistance Program so when you order a treat from us, everyone wins!

Please fill in the following form and submit it to the Toronto Office, along with a cheque for the amount owed for the packages/s, by June 1st 2010 (We will not be able to make any more packages past the due date). We will ensure that our package is delivered to your camper on the date requested.

Thank you for your support.

Camper's Name: _____

Sender's Name: _____

Date you would like this package delivered: _____

Please place a check mark next to the package you would like to order (you may order more than one package):

Package Size:	No. of Packages:
<input type="radio"/> Small Pkg.-\$25.00	_____
<input type="radio"/> Medium Pkg.-\$40.00	_____
<input type="radio"/> Large Pkg.-\$55.00	_____
<input type="radio"/> X-Large Pkg.-\$75.00	_____

Packages will include both games and treats:

Games will include items such as brain teasers, mini board games, balls, water toys, Frisbees, diaries, funky pens, yo-yos, sponge balls, etc.

Treat will include items such as cans of Pringles, lollypops, sour candies, chocolate bars, etc.

Please submit a message that you would like your child to receive:

CAMP USE ONLY

Tent _____

Current year _____

CAMP SOLELIM



HEALTH INFORMATION AND CONSENT FORM

No camper will be allowed into camp if a completed Health Form is not received

For your child's protection and for the protection of other children, we recommend, but do not require, that your child be examined by a physician prior to camp. All Health forms must be completed by a parent/guardian.

Camper Information

Camper Name _____ Male
 Female

Date of Birth _____ Age _____
Month Day Year as of camp

Address _____

City _____ Postal Code _____ Phone _____

Health Card Number (including version code) _____

Emergency Contact Information

Parents'/Guardians' Names _____

Phone (home) _____ (work) _____ (cell) _____

Address _____
If different than above

City _____ Postal Code _____

Emergency Contact Name _____ Relationship _____
(if parents cannot be reached)

Phone (home) _____ (work) _____ (cell) _____

Address _____

City _____ Postal Code _____

Name of Regular Physician _____ Phone _____

Date of last examination _____
Month Day Year

Health History

Allergies

Medications _____

Food _____

Insects _____

Seasonal _____

Other _____

Does your child carry an Epi-Pen? Yes No

Current Medical Conditions

Recent illness, operations or injuries _____

Is camper under any form of treatment/medication for any illness, condition or injury?

Yes No

If yes, please explain _____

Will this condition limit or affect participation in activities?

Yes No

If yes, please explain _____

Immunization History (year of last immunization)

Td (Tetanus, Diphtheria) _____ Hepatitis B _____

IPV (Polio) _____ Hib (Hemophilus Influenza) _____

MMR (Measles, Mumps, Rubella) _____ Pneumococcal _____

Varicella (Chicken Pox) _____ Influenza (H1N1) _____

Men C (Meningococcal) _____ Other _____

Other Health issues

Please review the following list and check all that your child has experienced.

- | | | |
|--|--|--|
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Hearing difficulties | <input type="checkbox"/> Seizure disorder |
| <input type="checkbox"/> Bedwetting | <input type="checkbox"/> Heart disease | <input type="checkbox"/> Sinusitis (frequent) |
| <input type="checkbox"/> Behavioral concerns | <input type="checkbox"/> Homesickness | <input type="checkbox"/> Skin conditions |
| <input type="checkbox"/> Chicken Pox | <input type="checkbox"/> Hypertension | <input type="checkbox"/> Sleepwalking |
| <input type="checkbox"/> Clotting disorders | <input type="checkbox"/> Kidney problems | <input type="checkbox"/> Urinary tract infection |
| <input type="checkbox"/> Dental problems | <input type="checkbox"/> Lice (frequent) | <input type="checkbox"/> Vision difficulties |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Measles | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Eating disorders | <input type="checkbox"/> Mononucleosis | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Ear infections (frequent) | <input type="checkbox"/> Mumps | |
| <input type="checkbox"/> Fainting spells | <input type="checkbox"/> Nightmares | |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Nosebleeds (frequent) | |
| | <input type="checkbox"/> Physical limitations | |

Does the camper wear glasses/contact lens?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Does the camper have dental appliances?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Does the camper require hearing devices?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

For female campers:

Has the camper menstruated?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If no, has she been told about it?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If yes, is the menstrual history normal?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Special considerations _____		

Medications

Medication being sent with camper (including non-prescription medication)

All medication (including non-prescription medication) will be stored in the Camp Health Centre unless specific arrangements are made with the Camp Director or designate.

Medication Name	Dosage	Administration times	Reason for taking
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

All medication must be in original containers and clearly labeled.

Does the camper take any other medication that will not be sent to camp? Yes No

If yes, please explain _____

Camper's weight _____

Dietary restrictions _____

Specific activities to be encouraged or limited _____

