

Attention Parents:

Saguaro Camp Cedarbrook is accredited by the American Camp Association (ACA).

To meet the ACA standards there are certain regulations that we follow. If necessary, we will transport your child to the local hospital or call 911 in the event of a medical emergency. Yavapai Regional Medical Center is located four miles from camp, and the local EMS station is 3.5 miles away. In case of such an emergency we will, of course, notify you at the phone number you provide. For non-emergency treatments that are not available at camp, we will call you to discuss a plan of action.

The camp nurse can give your child prescription medicines that you bring with you to camp. **All** prescription meds must be in their original containers with the child's name and instructions on them. These meds must be turned in to the camp nurse upon check-in. Please keep in mind that you need to bring enough medication for 7 days. A nebulizer is available for those children who bring SVN meds.

The camp nurse can also provide "over-the-counter" (OTC) medicines as appropriate. Please be sure you notify the camp nurse at check-in of any allergies your child has. There is no additional fee for these OTC meds or first aid supplies provided by camp. Some of the OTC meds available at camp are: Tylenol, Ibuprofen, Aspirin, Imodium, Colace, Gas-X, Tums, Claritin, Allegra, Benadryl, Calamine Lotion, Neosporin, Athlete's Foot spray, and Solarcaine spray. Please inform the camp nurse on your health form if there is a specific OTC med you **do not** want your child to have.

There is a check-in process upon arrival at camp. Each camper must be screened by the camp nurse for head lice and any pre-existing conditions. Please be aware that any child who arrives at camp ill or with head lice will be sent home. For the safety of all those at camp we ask that you not bring a child who has a communicable disease or has recently been exposed to a contagious person. A photo will be taken at check-in and affixed to the health records while at camp.

*Upon check-out, you will be given any remaining prescription meds that were brought to camp.

In addition to the Consent To Transport form and the Parent Questionnaire form, there are three health form pages you will need to print, fill out, and bring with you or mail in at least one week prior to the start of camp. The first page is the form we use for check-in, check-out, and any progress notes. All you need to do is write your child's name on that page. The next two pages are the Health History forms. Please read these carefully and fill them out completely. Note that there are two or three places for a parent's signature. Please note: a window will pop up upon printing that tells you the margins are outside of the printable area. It will ask you if you want to continue: click "YES".

Lastly, to maximize your child's camp experience, we recommend that all campers hydrate at least two weeks prior to camp. One of the biggest health issues we see year after year is dehydration. **The heat, change in elevation and increase in daily activity all require a lot of fluids. If you are unsure how much water your child should be drinking multiply their weight times 1.5 and the answer you get will be how many ounces your child should be drinking per day. It is very important they start doing this BEFORE camp as well as during camp.**

We look forward to seeing you at camp and providing a safe and healthy experience for your child.

Saguaro Camp Cedarbrook Nursing Staff

Rev 11/14

