

Junior Camp/Quad Health and Nutrition



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

Allergies/Asthma/Hygiene

- 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 and labeled with the child's name. All medications must be 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 bi-monthly 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 one (1) 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 medications that can mask symptoms.
- It is important that parents inform us of any exposure to any known or suspected communicable disease.
- Children testing positive for, or in close contact with someone testing positive for COVID, must quarantine for 5 days and mask for 5 additional days.

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, repellent & anti-itch cream provided by the camp unless they provide their own. A fee will be billed for Quad sunscreen/repellent.
- 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

- Jr. 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 8:00am will receive a pre-made sandwich.
- If your child has a food allergy or sensitivity, please provide documentation of the condition on Health History Form. In some severe allergy situations, we may ask that you provide all food for your child.