



## **A Healthy Camp Begins and Ends at Home!**

Here are some things you can do to help your child have a great camp experience.

1. If your camper is showing signs of illness, keep them home and contact the camp manager or director. This greatly reduces the spread of illness at camp and helps assure that your camper recovers.
2. Teach your child to sneeze/cough in their sleeve and to wash hands often while at camp. Speaking of hands, teach them to keep their hands away from their face.
3. If your child has mental, emotional, or social health challenges, talk with our camp manager before camp starts. Proactively discussing our ability to accommodate your child can help minimize-if not, eliminate-potential problems.
4. Make sure your camper wears appropriate closed-toe shoes. Wearing the appropriate shoes will help avoid slips, trips, stubbed toes, and falls that, in turn, can result in injuries such as sprained ankles.
5. Be sure your child dresses in layers. Programing will happen both indoors and outdoors. Dressing in layers allows your child to remove clothing as they want to remain comfortable at camp.
6. Fatigue contributes to both injuries and illnesses. Please be sure your camper gets enough rest at night.
7. Send a reusable water bottle. Instruct your child to use it and refill it during the day. Staying hydrated is important to a healthy camp experience.
8. Talk with your child about telling their counselor, camp director, or manager about problems or things that bother them at camp. Our staff will coach your child in managing their feelings, but we can't be helpful if we don't know about the problem. Make sure your child knows they can talk about it.
9. Should something come up during the camp experience or afterward-you see an unusual rash on your child, or they share an upsetting story-contact the camp manager and let them know. We want to partner effectively with you and sharing this information makes this possible.

This document is a modified copy of the American Camp Associations Healthy Camp Flyer For Parents. For more information or to read the original document please visit [www.ACA.org](http://www.ACA.org)