



We're so excited you are joining us for a fun filled week
at Camp Timberline's

OUTTA BOUNDS

Please read all of the enclosed information.

You will find answers to frequently asked questions to prepare you and your camper for a successful week of camp.

You will need to complete ONLINE FORMS PRIOR TO ARRIVAL and fill out
PAPER FORMS TO BE TURNED IN on Opening Day.

Please see below for clarification:

PRESENT THESE FORMS ON OPENING DAY:

Forms enclosed for you. Please do not fax or mail.

- Day Camp Health Statement of Participation - Please turn in at check in on opening day.
- Doctor's Orders for Prescriptions Form – Please turn in with medications on Opening Day. Copies generated by your physician's office or school will also be accepted.
- Colorado Allergy and Anaphylaxis Emergency Care Plan – If your child has any allergy that would require this type of plan, please submit this form on Opening Day. Copies generated by your physician's office or school will also be accepted.

COMPLETE THESE FORMS ONLINE:

You will find required forms to be completed on the dashboard of your camper's account. These forms **MUST BE COMPLETED ONLINE**. Please make sure all blanks are filled in and each form has your electronic signature at the bottom. Some forms are multiple pages – always look for the "Save/Next" button at the bottom of each screen to complete.

- Camper Health Form
- OB Liability and Photo Release Form
- Permission for Pick-up
- Medications and Allergies - Click on "Add Medication" and "Allergies" boxes under the Medical section to get started!

DAY CAMP | PARENT INFORMATION – PAGE 1



OPENING DAY MONDAY – PLEASE ALLOW EXTRA TIME FOR CHECK-IN ON OPENING DAY! We will be taking camper temperatures and completing a 24-Hour Health Screening form beginning at 8:30am. *With your help in having all of your online forms completed ahead of time and having tuition paid in full, we can reduce unnecessary delays.*

DAILY CHECK IN TIME – 8:30am – NOT BEFORE

Camper check-in and screenings begin at 8:30am and continue until our program begins at 9:00am or until all campers are processed. If you arrive before our scheduled time, please wait in your car or in line until our scheduled opening at 8:30am. Please allow extra time on Opening Day only for the health screening and temperature check. Thank you!

DAILY CHECK OUT TIME – 4:00pm *Please do not arrive later than 4:00pm to pick up your child.*

Check out time is 4:00pm but you are welcome to arrive around 3:45 and listen while we finish the fun! If you need to pick up your child earlier in the day or afternoon, let one of the staff know and we can accommodate you. We appreciate your cooperation by adhering to our security card protocol to release your camper by showing the physical security card to the camper's counselor AND signing them out. This two step process is for their safety and our peace of mind! Thank you!

DAILY CHECK OUT PROCEDURE – SECURITY CARDS

During Opening Day check-in, we will provide you with a sheet of multiple security cards. You may give a card to anyone who will be authorized to pick up your camper, including you. Keep this card for the week and reuse daily. *This card MUST be presented to the counselor daily for your camper(s) to be released. Photos of the card on a phone will not be accepted.* If the adult does not have their security card, we will check their name on your Permission to Pick Up list that you completed online. If they are on the list, we will check their photo ID and issue them a new security card. If necessary, we will call you to confirm your camper can leave with that person. Be sure to provide all names of anyone (friend, relative, spouse) who may be picking them up -- including YOU! Once the card is shown, the camper MUST be signed out as well to be released.

CLOSING DAY CEREMONY FRIDAY – 3:00-4:00pm for all family to attend

A very meaningful Closing Day ceremony will be held on Friday at 3:00pm. The celebration involves the weekly video, camper awards, counselor and cabin introductions, songs, a group dance performance and more! The ceremony will end at the usual pick-up time of 4:00pm. Please notify us if your child will be missing the ceremony due to early pick-up or an absence so we can coordinate presenting his/her camper award with you at another time. Please pick up any medication from the Director at this time. If any items are left behind, a lost and found collection will be left at the church, so please contact them for retrieval.

EVERY DAY – (activities may change/be canceled pending weather conditions)

Campers will be assigned to a cabin group pending their age/grade/gender. These groups will be doing adventure activities, sports, programming and lunch together throughout the week as well as large group games, skits, worship, talks and more. Campers will have the opportunity to learn and develop skills in a variety of team sports (listed below) that they will get to choose daily. Our goal is to make sure each child feels comfortable and successful trying a brand new sport and the adventure elements (climbing wall, giant slide, obstacle course) we have to offer!

SPORTS OFFERED – each sport is coed (pending guidelines). For all sports, we recommend athletic/running shoes. NO cleats please. *Please note that sports may be canceled due to adverse weather or temperature conditions.*

- Basketball
- Lacrosse (bring a stick if you have one)
- Flag football (no contact, so there is no need for pads)
- Soccer
- Volleyball
- Dance (camper must attend dance each day to perform at the Closing Ceremony)
- Arts and Crafts (camper may choose to do arts and crafts as one of their sport rotations)



DAY CAMP | PARENT INFORMATION – PAGE 2

SUMMER CAMP SAFETY - #1 PRIORITY –

We take your child's safety and well-being very seriously at Camp Timberline. It is our TOP PRIORITY. We recognize that a safe environment is the foundation for everything we do at Camp Timberline and we seek to provide this standard through the following areas:

- Staff Hiring & Training – We hire the best staff in the country through a rigorous, 4-step screening process
- Staff to Camper Ratio – Your child is known and protected by staff 24/7. Our goal is to have a 1 to 4 ratio of counselors to campers in every cabin. There are times when that ratio will differ, but it will never be less than a 1 to 6 ratio.
- Health – Staff are CPR certified, in-depth arrival screening, sanitization procedures, and updated illness and disease prevention protocols in accordance with the local health departments at each location.
- Activities – Regularly certified and accredited
- Facilities – Each location maintains their facilities and has an emergency action plan in place.
- Food – A light snack (goldfish, fruit chews, etc.) is provided daily and purchased in bulk, which may contain gluten, dairy or nuts. If allergies or sustenance are a concern, please provide your own snack daily.
- Weather - if conditions warrant any safety or health concern, we will adjust activities accordingly.

For questions or concerns regarding our safety policy please contact 970.484.8462 or office@camptimberline.com.

Please refer to our Health/Behavioral Policy to ensure a successful and safe experience for camper eligibility and participation.

EMERGENCY ACTION PLAN –

Camp follows ACA and state guidelines with regard to an emergency response. These protocols are in place in the rare case that there is an emergency at the church facility. The action plan, method of communication, and procedures regarding campers and staff are available on our website. If you have any questions regarding this matter, please contact our Fort Collins office at 970.484.8462 or office@camptimberline.com for further details.

HEALTH SERVICES –

Each staff member at Camp Timberline is trained in CPR and First Aid. The Day Camp program does NOT have a registered nurse/medical personnel on site, but the Day Camp Director or Healthcare Assistant can administer basic medications and emergency prescriptions such as inhalers and EpiPens. If your child needs insulin or medication requiring a syringe, please have a parent commit to being present to administer medication/care as needed.

Please also review the Health/Behavior Policy in this packet so you and your camper are familiar with the essential functions listed for participants, including our bullying and dismissal policy and what the program is unable to accommodate. Our Day Camp is unique in its structure of activities, pace and energy level, so compliance with these functions is critical for the safety and experience of both campers and staff. If you have any questions related to this policy, please do not hesitate to contact the Director: diane@camptimberline.com.

MEDICATION –

Each Day Camp location will have Advil, Tylenol, Benadryl, and Tums available. These over-the-counter medications are kept in a locked box and accessible only by the Camp Director or authorized staff. State childcare regulations require that all medication brought to camp must be in the original prescription bottle or box with doctor's orders for each item. We cannot accept unlabeled medication or items without a copy of your doctor's orders and will have to turn away these items.

Physicians must also sign inhaler and EpiPen use forms before these items can be administered at camp. If your child will need an inhaler, EpiPen or other prescribed medication while at camp, please see the appropriate forms in this packet and bring them with you on Opening Day.

ALLERGIES & DIETARY RESTRICTIONS –

If your child has an allergy (drug, insect, plant and/or food) or dietary restriction concern that could result in a reaction while at camp, we want our staff to be knowledgeable about your child's situation. Please complete the Colorado Allergy and Anaphylaxis Emergency Care Plan prior to your child's arrival at camp (form included in the packet) and contact the Outta Bounds Director at 303.359.2218 or diane@camptimberline.com to talk about how to make this a positive and safe experience for your child. Your child will be bringing their own lunch daily; however, we will be serving bulk snacks such as goldfish, fruit snacks, etc., that may contain gluten, dairy or nut residue, so plan to provide a camper



DAY CAMP | PARENT INFORMATION – PAGE 3

BIRTHDAYS –

It is an honor to celebrate your child's birthday at camp!!! We celebrate each birthday with creativity and excitement during lunch or snack time on your child's birthday. Our staff will sing a fun and energetic song to your child and provide your child/cabin with a birthday treat. If you would like to do something in addition to this for the big day, please contact the Camp Director and we would be happy to assist you in making this day extra special.

COMMUNICATION and VISITATION WITH CAMPERS –

We are very aware of the great responsibility in caring for your child. In case of an emergency on site, either physical or otherwise, you will be notified immediately. Should a family emergency arise and you need to contact your camper quickly while they are at camp, you may contact our Camp Director or call the church office (numbers listed at the end of this packet).

We do not allow visitation (eating lunch) or phone calls, (either incoming or outgoing) due to interruption in our daily schedule and the effect on camper morale. Unfortunately, this includes birthdays and other special occasions. It has been our experience that these rules are in the best interest of each camper. As noted above, exceptions will be made only in an absolute emergency.

REMINDER ABOUT BUDDY REQUESTS –

Campers are placed in small groups based upon gender, age and grade. Within these parameters, we strive to honor ONE buddy request per camper. The requested "buddy" must be within 12 months of the other camper's birth date, and first priority will go to reciprocal requests. All groups are balanced between campers with buddy requests and those without buddy requests. All will be grouped within the same 12-month age group pending an unusual breakdown of age ranges in camper registrations.

SESSION PHOTOS AND VIDEO –

Pictures of activities from each session will be posted on our secure photo site daily. You will be given the login information to have access and enjoy! In addition, you will receive a camper cabin picture on Closing Day. Each session's video will be accessible through Vimeo and emailed to you.

BALANCE DUE –

Balances are to be paid in full by March 15. Please log into your account and make your final payment online. If you prefer to pay by check, you can do that online as well through e-check. After March 15 we will begin charging all unpaid balances to the last credit card on file. This is a time-consuming process so we appreciate your promptness in taking care of your balance in a timely manner.

- If you signed up after March 15, the balance is due within 30 days after registering or prior to your camp session starting, whichever comes first. If payment is not made in that time frame, the credit card on file will be automatically charged for any balance due.
- If you made arrangements with the participating church to receive a scholarship and applied your code during online registration, please confirm with our Registrar at office@camptimberline.com that you are all signed up. If arrangements were made after online registration was completed, our registrar MUST be advised prior to arrival to ensure your camper's registration and/or scholarship credit. We will not be able to admit your camper without scholarship verification, otherwise FULL payment will be required to attend camp, no exceptions.



CANCELLATION/WITHDRAWAL REFUND POLICY –

Camp Timberline greatly values each family's investment in camp. We strive to honor your funds and also cover fixed costs to make this the best experience for your child. With this consideration, our cancellation policy is as follows:

- If a camper cancels for any reason, the \$75 deposit is non-refundable.
- If a camper cancels for any reason prior to May 1st, all monies paid over and above the initial \$75 non-refundable deposit will be refunded.
- If a camper cancels for any reason after May 1st, no monies will be refunded.
- Camp Timberline will always try to work with camper families to reschedule the camper's session, pending availability.

DISMISSAL DUE TO CAMPER BEHAVIOR – Please refer to the Camper Health/Behavioral Policy for guidelines on successful participation at camp. This explains our protocol for any social/emotional/behavioral issues that require one-on-one supervision which Camp Timberline staff cannot provide in this setting, in addition to our bullying prevention and response. The Camp Director will contact the parent to discuss concerns regarding this policy and reserves the right to dismiss any camper who becomes in any way detrimental to the best interest of the other participants at camp. We cannot give refunds for dismissals that fall under these policy guidelines.

BULLYING POLICY - Camp Timberline is a place where each and every person is known and loved. Our core values promote inclusion, kindness, patience, positivity, gratitude, forgiveness and safety. Therefore, behavior that contradicts these actions in the form of direct or indirect bullying that causes physical, verbal, social or emotional harm to a camper will **NOT BE TOLERATED** at Camp Timberline. The Camp Director will immediately address any incident of reported bullying and reserves the right to dismiss a camper from camp without refund based upon the severity of the behavior. Each incident will be evaluated and reviewed on a case-by-case basis.

CARING FOR OUR CAMPERS –

Camp Timberline is licensed and regularly renewed by the Child Care Division of Colorado and required by law to report any suspected case of child abuse discovered while a child attends camp. Parents/guardians are also free to file a complaint with the Colorado Department of Human Services and the Division of Child Care by mailing to 1575 Sherman Street, Denver, CO 80203-1714 or calling 303-866-5958 or 1-800-799-5876.

CONTACT INFORMATION –

REGISTRATION QUESTIONS

Year-Round Office Address
430 Canyon Avenue
Fort Collins, CO 80521
Office – 970-484-8462

ON-SITE QUESTIONS

Camp Director - Diane Dahm
Cell Phone – 303.359.2218
diane@camptimberline.com

CHURCH OFFICE PHONE NUMBERS

- Week One - June 3-7: Parker Evangelical Presbyterian Church, Parker - 303-841-2125
- Week Two - June 11-14: Faith Church, 3920 S. Shields, Ft. Collins - 970- 226-2095
- Week Three - June 17-21: Shepherd of the Hills, Littleton - 303-798-0711
- Week Four - June 24-28: Mission Hills, Littleton - 303-794-3564
- Week Five - July 1-5: Eastside Church, 5905 Flintridge Drive, Colorado Springs - 719 - 598-0344
- Week Six - July 8-12: Cherry Creek Presbyterian, 10150 E. Belleview, Greenwood Village - 303-779-9909
- Week Seven - July 15-19: Cheyenne Hills, 7505 US Hwy 30, Cheyenne, Wyoming - 307-778-6431
- Week Eight - July 22-26: Plum Creek, 960 I-25, Castle Rock - 303-663-1714
- Week Nine - July 29 - August 6: Grace Commons, 1820 15th St, Boulder, 303-402-6400
- Week Ten - August 7-11: Discovery Christian, Broomfield - 303-604-6280



OUTTA BOUNDS PACKING LIST

WHAT TO BRING EVERY DAY – label all belongings

- ___ Lunch and beverage. Healthy snack if desired; camp snack is light and purchased in bulk.
- ___ Water Bottle – we have coolers of water available all day
- ___ Bible and pen
- ___ Backpack to store all items
- ___ Sunscreen – please put on before arriving
- ___ Hand Sanitizer – small bottle to have on hand
- ___ Athletic Shoes (closed toed are required for adventure activities)
- ___ If choosing lacrosse – stick. NO other sports require equipment.

WHAT TO BRING FOR WATER DAY –

- ___ Swimsuit – Modest one piece for girls, swim trunks for boys. Two-piece suits may be covered with a t-shirt.
- ___ Towel
- ___ Goggles for shaving cream fight – optional protection
- ___ Sandals, or water shoes for water activities – campers will also be running and playing in the grass/field areas.

WHAT TO BRING FOR PARTY DAY & HOE DOWN –

- ___ Costume for theme party to change into! The theme will be in parent materials/emails and on our website.
- ___ Western wear for Hoedown: cowboy boots, cowboy hat, bandana, etc.

WHAT NOT TO BRING –

- ___ Cell phones, radios or iPods
- ___ Water guns, fireworks or weapons of any kind
- ___ Please no clothing advertising alcohol, tobacco, marijuana, etc.
- ___ Camp Timberline reserves the right to search bags if deemed necessary to maintain safety for campers.

DAILY SNACK –

We will provide a snack each afternoon. These are purchased in bulk (goldfish, fruit snacks, etc.) and may contain gluten, dairy or produced in a plant manufactured with nuts. *Please pack a snack if your camper avoids these ingredients or if you would prefer a more substantive alternative.*

LOST AND FOUND –

Lost and found items will be displayed on a table on Closing Day. Please be sure to check the table when checking out. All unclaimed items will be left at the church. Please contact the church office to pick up any items, including medicine, left behind. We strongly advise parents/guardians to label all of their child's belongings and not send anything valuable to camp.



DAY CAMP HEALTH STATEMENT OF PARTICIPATION

CAMPER HEALTH EXPECTATIONS FOR SUMMER PROGRAM -

All campers should be able to participate in athletic activity at 5,000 to 6,000 feet above sea level. The Day Camp program does not have a registered nurse/medical personnel on site, but the Day Camp Director can administer basic medications and emergency prescriptions such as inhalers and EpiPens. If the camper needs insulin or medication requiring a syringe, a parent will need to be present to administer medication/care when those items are needed. Camp Timberline also expects campers to have their health and behavior well managed. Please see our Health/Behavioral Statement for more information.

CAMPER NAME: _____

The above-named camper is current on his/her DTaP/Tdap and/or DT/Td immunization. YES / NO

In my opinion, the camper named above is in satisfactory physical condition and capable of active participation in a regular camp program.
YES / NO

The camper is under the care of a physician for the following conditions (please be specific and list any physical limitations, health concerns, or special care needed with current treatment): _____

Does the camper use an inhaler, EpiPen, or other emergency medication? YES / NO

If YES, please list the items that the camper is authorized to carry with them at all times: _____

Please list any known drug reactions and allergies that the camper has:

The above named camper may take Advil, Tylenol, Benadryl, and Tums provided by Camp Timberline (only as needed): YES / NO

If NO to any of these items, please list those the camper may NOT have:

CAMPER'S PREFERRED MEDICAL FACILITY: _____

ADDRESS: _____ **PHONE:** _____

In the event of an emergency, I hereby give my permission for the Day Camp staff to access emergency medical services for my child, including transportation to the nearest health care facility, to receive emergency medical or surgical care and treatment. It is understood that a conscientious effort will be made to locate me, and I accept the expense of care and transport.

PARENT/GUARDIAN SIGNATURE: _____ **Date:** _____

DOCTORS ORDERS - PRESCRIPTIONS & REGULAR OTC



REQUEST FOR MEDICATION/ MEDICAL PROCEDURES TO BE GIVEN AT OUTTA BOUNDS DAY CAMP

State child care regulations require prescriptions, regular over-the-counter medication (OTC), and any OTC not provided at Day Camp to be in the original container and doctor's orders concerning the following appropriateness and method of administration to be submitted with the information below.

IMPORTANT NOTES: If your child is not bringing one of these items, you do NOT need to complete this form.

If your physician's office or school has a version of this available, a copy can be given to us in place of this form on Opening Day.

Doctor's Orders are required for EACH prescription, regular OTC, and any OTC not provided at Day Camp.

Camper Name: _____ Date of Birth: _____

Session: _____

Name of Medication/Medical Procedure: _____

Dosage: _____ Time Each Day (please circle): Morning Lunch Dinner Bedtime

Date to Begin: _____

Date to End: _____

Medical Diagnosis: _____

Expected Action of Medication/ Medical Procedure/Side Effects (please write on reverse if additional space is needed or attach additional pages:)

The undersigned understand and agree that the above medication/medical procedure may be administered by the Day Camp Director in accordance with the above instructions.

PHYSICIAN:

Name: _____ Phone: _____

Physician Signature: _____ Date: _____

PARENT/LEGAL GUARDIAN:

I hereby give permission for the Day Camp Director to administer the medication and treatments as prescribed above.

I also give permission for Camp Timberline to contact the above health care provider regarding the administration of this medication/medical procedure and share the above the information with pertinent camp staff.

Name: _____ Phone: _____

Parent Signature: _____ Date: _____

Colorado Allergy and Anaphylaxis Emergency Care Plan and Medication Orders

Student's Name: _____ D.O.B. _____ Grade: _____

School: _____ Teacher: _____

ALLERGY TO: _____

HISTORY: _____

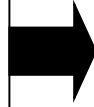


Asthma: YES (higher risk for severe reaction) NO

◇ STEP 1: TREATMENT ◇

SEVERE SYMPTOMS: Any of the following:

- LUNG: Short of breath, wheeze, repetitive cough
- HEART: Pale, blue, faint, weak pulse, dizzy,
- THROAT: Tight, hoarse, trouble breathing/swallowing
- MOUTH: Significant swelling of the tongue and/or lips
- SKIN: Many hives over body, widespread redness
- GUT: Repetitive vomiting, severe diarrhea
- OTHER: Feeling something bad is about to happen, confusion

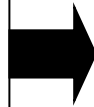


1. INJECT EPINEPHRINE IMMEDIATELY

2. Call 911 and activate school emergency response team
 3. Call parent/guardian and school nurse
 4. Monitor student; keep them lying down
 5. Administer Inhaler (quick relief) if ordered
 6. Be prepared to administer 2nd dose of epinephrine if needed
- *Antihistamine & quick relief inhalers are not to be depended upon to treat a severe food related reaction . **USE EPINEPHRINE**

MILD SYMPTOMS ONLY:

- NOSE: Itchy, runny nose, sneezing
- SKIN: A few hives, mild itch
- GUT: Mild nausea/discomfort



1. Alert parent and school nurse
2. Antihistamines may be given if ordered by a healthcare provider,
3. Continue to observe student
4. If symptoms progress **USE EPINEPHRINE**
5. Follow directions in above box

DOSAGE: Epinephrine: inject intramuscularly using auto injector (check one): 0.3 mg 0.15 mg

If symptoms do not improve _____ minutes or more, or symptoms return, 2nd dose of epinephrine should be given

Antihistamine: (brand and dose) _____

Asthma Rescue Inhaler: (brand and dose) _____

Student has been instructed and is capable of carrying and self-administering own medication. Yes No

Provider (print) _____ Phone Number: _____

Provider's Signature: _____ Date: _____

If this condition warrants meal accommodations from food service, please complete the medical statement for dietary disability

◇ STEP 2: EMERGENCY CALLS ◇

1. If epinephrine given, **call 911**. State that an allergic reaction has been treated and additional epinephrine, oxygen, or other medications may be needed.
2. Parent: _____ Phone Number: _____
3. Emergency contacts: Name/Relationship Phone Number(s)
 - a. _____ 1) _____ 2) _____
 - b. _____ 1) _____ 2) _____

EVEN IF PARENT/GUARDIAN CANNOT BE REACHED; DO NOT HESITATE TO ADMINISTER EMERGENCY MEDICATIONS

I give permission for school personnel to share this information, follow this plan, administer medication and care for my child and, if necessary, contact our health care provider. I assume full responsibility for providing the school with prescribed medication and delivery/monitoring devices. I approve this Severe Allergy Care Plan for my child.

Parent/Guardian's Signature: _____ Date: _____

School Nurse: _____ Date: _____

To be completed by healthcare provider



Behavioral Health Management Outta Bounds Day Camp

The safety, well-being, and health of your camper is top priority at Camp Timberline. We want camp to be a successful experience for each camper! We appreciate your review of the information below that describes the essential functions necessary for campers to attend Outta Bounds. Please consider your camper's age, communication level, medical, physical, mental, emotional and/or behavioral limitations if you would like your child to attend day camp. Any kind of assistance with these functions, including interpreters or personal caregivers, cannot be accommodated. If your child requires assistance please contact our camp office prior to the camp dates you have selected to determine eligibility. Thank you for partnering with us to ensure the best decision for your child!

Essential Functions of a Camp Timberline Camper:

For the Outta Bounds Program, campers who have completed Kindergarten through 6th grade are expected to:

- **Function Independently** – Campers will be involved in an active environment for a full week without requiring one-on-one supervision. All health, cognitive, language and behavioral issues need to be self-managed without a parent/guardian/caregiver present. This includes all activities of independent daily living (dressing, eating, toileting and hygiene).
- **Interact Cooperatively with Others** – Campers must be able to effectively interact in a group-based community environment; not isolating themselves or treating others in an unkind or unsafe manner.
 - **Bullying Policy:** Camp Timberline is a place where each and every person is known and loved. Our core values promote kindness, patience, positivity, gratitude, forgiveness and safety. Behavior that contradicts these actions in the form of direct or indirect bullying that causes physical, verbal, social or emotional harm to a camper will **NOT BE TOLERATED** at Camp Timberline. A Camp Director will immediately address any incident of reported bullying and reserves the right to dismiss a camper from camp without refund based upon the severity of the behavior. Each incident will be evaluated and reviewed on a case-by-case basis.
- **Be Attentive and Follow Directions** – Campers need to respond well to authority and follow directions of the Camp Timberline staff over a sustained period of time. This includes the ability to communicate verbally without language barriers. Many activities at camp require a cognitive understanding of procedures, safety instructions and potential risks before participating. Safety is a priority and each camper is responsible to follow the guidelines and rules set forth by the Camp Timberline staff.
- **Maintain Physical Activity at 5,000-6,000 Feet Above Sea Level** - Our program is very active for campers. The daily schedule is high paced, which includes sports, inflatable obstacle courses, climbing walls, high energy games, interactive groups and more. Campers must be able to independently engage in activities within these conditions.

Medical and/or Dietary Concerns:

Please notify staff of any conditions listed below that may apply to your camper:

- **Medical Concerns:** Diabetes, Cystic Fibrosis, Hemophilia, Epilepsy, and heart conditions need to be reviewed by our directors. The Day Camp program does not have a registered nurse on site, but the Day Camp Director or Healthcare Assistant can administer basic medications and emergency prescriptions such as inhalers and EpiPens. If your child needs insulin or medication requiring a syringe, please have a parent commit to being present to administer medication/care when those items should be taken.
- **Dietary Concerns:** Celiac Disease, peanut allergies and dairy allergies need to be reviewed with our director, administrative assistant and health assistant. Snacks provided are purchased in bulk so please

provide your own snacks to avoid cross contamination or if your camper needs a more substantive snack.

Social/Emotional/Behavioral Concerns:

Please notify staff of any conditions listed below that may apply to your camper:

- Separation Anxiety, Depression, Suicidal Tendency, Learning Disability, Language Delay, Observed Behavior Challenges, Autism, Asperger's, and Down's Syndrome.

Thank you for reviewing this information. As mentioned, please consider your camper's age, communication level, medical, physical, mental, emotional and/or behavioral limitations if you would like your child to attend day camp. Any kind of assistance with these functions, including interpreters or personal caregivers, cannot be accommodated. Please contact our camp office at 970.484.8462 as soon as possible to determine eligibility if this is a concern. Thank you for partnering with us to ensure the best decision for your child!



Outta Bounds Day Camp Illness Prevention & Health Policy

Camp Timberline is dedicated to keeping our campers and staff as healthy as possible while they are on camp property. As such, we continue to take a proactive stance on all communicable and influenza-like illnesses. In accordance with CDC resources, the American Camping Association (ACA), the Association of Camp Nursing (ACN), as well as our state and local health department guidelines, the following procedures have been put in place to minimize the spread of illness and are subject to change with fluctuations in our county and state.

- Upon arrival on Opening Day, Monday, campers will receive a temperature reading along with a 24-Hour Health Screening form to address current symptoms, exposure, and medication.
- If a camper has ONE of the MAJOR symptoms below, the camper will be immediately isolated and may be sent home as recommended by our health staff and county health department for
 - a. New or worsening cough or
 - b. Shortness of breath or difficulty breathing or
 - c. GI Issues (nausea/vomiting/diarrhea) or
 - d. Temperature of 100.4° or greater
- If a camper has TWO of the MINOR symptoms listed below, the camper will be evaluated by our health staff, deferring to the most current County Health Department guidelines to determine the appropriate next steps.
 - a. Runny nose or congestion
 - b. Headache
 - c. Sore throat
 - d. Does not feel well (achy/fatigued)
- If a camper is placed in isolation, the parent/guardian will be notified to pick up their child.
- If a camper is sent home to isolate, he/she may return for a different session during the current summer, pending availability.

Other Camp Safety Measures:

- Campers are monitored by their counselors throughout the week for any symptoms.
- Staff will be pre-screened before arrival and follow all public health guidelines while employed.
- Staff are educated on the importance of hand washing and guide their campers in this effort throughout the day.
- Alcohol based hand cleaner is provided, as well as soap, in each church bathroom.
- The common camp areas will be cleaned and sanitized regularly by our staff.

Safe Re-Entry to Camp: Campers may return for a different session during the current summer pending availability. Camp Timberline's health team will need to be contacted to verify the camper is healthy enough to attend camp.

For other illnesses, a camper may return if symptoms are improving, Camp Timberline's health staff have been consulted, and the camper is fever-free for 24 hours without fever reducing medications, unless the fever is caused by an illness that requires them to stay home longer.

Agency Connections for More Information:

National: Center for Disease Control & Prevention - www.cdc.gov and American Camp Association –

www.acacamps.org

State: Colorado Department of Public Health - www.cdphe.state.co.us

Local: Larimer County Department of Public Health - www.larimer.org/health

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