



We're so excited you are joining us for Camp Timberline's

SHIFT

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 fill out forms both online and on paper to be turned in on Opening Day**, so please see below for clarification:

FORMS TO PRINT – enclosed

Do not fax or mail. **Please hand in Opening Day.** Thank you!

- Doctors Statement of Participation – 2 pages
Please only use camp's physical form; 1st page must be signed by a physician/NP/PA and turned in at Check-In
- Certificate of Immunization OR Statement of Exemption - 2 pages; **Please bring updated shot records to Check-In; this can be in a format that best suits your physician's office**
- Doctor's Orders for Prescriptions Form – **Please turn in with medications on Opening Day or use copies already generated by your physician's office or school.**
- Food Allergy Action Plan – **Please complete and bring with you to Check-In if applicable**
- 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 or use copies already generated by your physician's office or school.**

ONLINE FORMS – under camper registration account

You will find required forms to be completed on the dashboard of your camper's account. **THESE FORMS MUST BE COMPLETED ONLINE.** Email notifications will be sent to remind you if forms are incomplete. 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
- Video and Photo Release Form
- Liability Waiver
- Communicable Disease Waiver
- Permission for Pick-up
- Camper Flight Schedule – complete flight info, or check "no" and sign at bottom
- Medications and Allergies – **NEW** program available to enter these items before arrival! Click on "Add Medication" and "Allergies" boxes under the Medical section to get started!

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OPENING DAY –

PLEASE ALLOW EXTRA TIME FOR CHECK-IN ON OPENING DAY! Due to new health standards, we are asking parents/guardians to arrive at scheduled times and remain with their vehicle in the parking lot. We will make sure your child(ren) feel welcome and comfortable, as well as personally escort them to their cabin and help them with their belongings. **We will also be taking camper temperatures and completing a 24-Hour Health Screening upon arrival. Please see our Illness Prevention and Health Policy regarding these guidelines.** With your help in having all of your online forms completed ahead of time, tuition paid, and bringing your camper's **SIGNED doctors forms**, we can reduce unnecessary delays.

These groups ROTATE EACH YEAR so be sure to note your time of arrival. If campers with different last names will be arriving in the same vehicle, please default to the later time.

- Last names beginning with G-K will arrive between 2:30pm – 3:00pm
- Last names beginning with L-P will arrive between 3:00pm – 3:30pm
- Last names beginning with Q-U will arrive between 3:30pm – 4:00pm
- Last names beginning with V-Z will arrive between 4:00pm – 4:30pm
- Last names beginning with A-F will arrive between 4:30pm – 5:00pm

Please also note, the RMNP Service can issue a \$75 fine for cars lined up or parked in the Longs Peak Campground and cars that are blocking the entrance to the campground or trailhead. Unfortunately, they do not dismiss tickets given to our Camp Timberline families. Please enjoy the sites and scenery of Estes Park and the surrounding area rather than arriving early.

CLOSING DAY –

We will have another rotation of groups driving through the parking lot to pick-up campers by cabin. We will verify the person picking up the camper with a **photo ID**, help load your camper and luggage, and provide camp store items for final purchases. A special certificate will be given to your child to take home from their counselors and a link to the session video will be sent to you by email.

Please note your Pick-Up time below. If you have campers in multiple cabins, please default to the later time.

- Meadow Mountain, Lily Mountain, Wild Basin, and Trail Ridge depart at 11:00am
- Twin Sisters, Sundance Mountain, Signal Mountain, and Shadow Mountain depart at 11:30am
- Otis, Hallet Peak, Thunder Mountain, and Stormy Peak depart at 12:00pm
- Oso, Oogalala, Shift, and Beyond Timberline depart at 12:30pm

Prior to attending camp, please complete the online "Permission for Pick-Up" form so we know the names of the person(s) permitted to pick up your child on Closing Day. Be sure to provide ALL NAMES of anyone who may be picking them up, including YOU. If someone arrives other than a person provided on the list, your child will not be allowed to leave camp until we have contacted you, the parent/guardian.

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 (1:5) – Your child is known and protected by staff 24/7.
- Health Services – 24-hour health staff, in-depth arrival screening, increased sanitization procedures, current protocol on illness prevention and Covid guidelines. Please visit our website for the most up to date guidelines.
- Activities – Activities at Camp Timberline are regularly certified and accredited.
- Facilities – Certified by the State of Colorado.
- Food Service – Healthy and balanced with consideration for individual food allergies.

Our main goal is to share the transforming message of Jesus Christ with kids, and this can only be done if a child knows that they are in a trustworthy and safe environment. We are greatly concerned and proactive in evaluating our safety procedures each year. We do everything we can to make camp the best week of the year. Please see more information on Safety Protocol on our website.



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HEALTH SERVICES – Each year we screen and hire Colorado licensed Registered Nurses, Nurse Practitioners and Medical Doctors to reside on camp property and oversee the Health Hut. It is our desire to see that your child receives the best health care and knowledgeable administration of medication while he/she is at camp. Along with a Healthcare Assistant, the Registered Nurse, Nurse Practitioner or Physician is available 24 hours a day for medical care of all campers, first aid, assessment, and dispensing of medication. The health team also monitors health and cleanliness standards as well as promoting safety for all participants. More extensive care is provided by the Estes Park Medical Center and/or Timberline Medical Clinic. These facilities are a 15-minute drive from camp. Any care or prescriptions acquired through local medical facilities will be billed under the camper's personal insurance and is not the liability of Camp Timberline. Camp Timberline's insurance is accident (not illness) insurance and secondary to the camper's health insurance. Please also see our enclosed Health Policy on illness prevention and Opening Day screening.

COVID SAFETY INITIATIVE –

We have created a Safety Initiative, both operationally and medically, to ensure that camp is conducted in the best possible way in response to COVID-19. Please refer to the addendum to this packet for detailed information on our current policies. Visit our website for the most up to date guidelines specific to each church/county as well.

EMERGENCY ACTION PLAN & COMMUNICATION – Camp follows state guidelines in regard to emergency response. These protocols are in place in the rare case that there is an emergency at camp. The RN/NP/MD will assess any injury or illness to a camper. If the situation can be resolved in the Health Hut, proper care will be given. If the situation needs greater attention, emergency assistance will be acquired and parent/guardians notified.

Parent/guardians will be notified if their camper:

- Has been involved in an emergency.
- Requires outside care.
- Is being transported to a local clinic or hospital.*
- Has a temperature of 100 degrees or more.
- Has a symptom listed in the Illness Prevention Policy along with high temperature.
- Has stayed in the Health Hut for 24 hours.
- Has a persistent health issue.

If an illness continues under the RN/NP/MD's care, the parent/guardian will be contacted to decide whether to send the camper home or to a local physician.

*If an emergency room or physician visit is needed, the parent/guardians will be notified right away. If the situation is a non-emergency, the parent/guardian will be given the option to either have the child taken to a local physician or be picked up for treatment at home.

MEDICATION – The Health Hut is stocked with over-the-counter medication (i.e., Advil, Tums, etc.) so your child does not need to bring these items unless he/she takes a specific one each day. In compliance with state regulations, all medication brought to camp must be in the **original prescription bottle or box** with a doctor's orders for each item (please see NEW form in this packet). We cannot accept unlabeled medication or items without a copy of your doctor's orders and will have to turn away these items. **On Opening Day please plan to meet with our health staff so we can verify and document all medication brought to camp.** State regulations require all medications be locked and under the supervision of the RN/NP/MD in the Health Hut. On Closing Day your camper's medications will be packed in their luggage so you can be assured that it gets back home. A copy of all stocked medications is included in this packet.

INHALER & EPI-PEN USAGE – 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 health staff and food service team to be knowledgeable about your child's situation. Please email kitchen@camptimberline.com to talk with a director about how to make this a positive and safe experience for your child. **We must be notified of each medical and/or behavior condition prior to attendance.** A **Food Allergy Action Plan** and **Colorado Allergy and Anaphylaxis Emergency Care Plan** must be completed and signed by your physician prior to your child's arrival at camp (please see those items later in this packet). Our Food Service Director is available for information on menus and advice on how to package meals sent to camp. **All meal substitutions will need to be packaged and brought to camp as outlined in the Food Allergy Action Plan.**

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ALLERGIES & DIETARY RESTRICTIONS – If your child has an allergy (drug, insect, plant and/or food) or dietary restriction that could result in a reaction while at camp, we want our health staff and food service team to be knowledgeable about your child's situation. Please email kitchen@camptimberline.com to talk with a director about how to make this a positive and safe experience for your child. **We must be notified of each medical and/or behavior condition prior to attendance.** A **Food Allergy Action Plan** and **Colorado Allergy and Anaphylaxis Emergency Care Plan** must be completed and signed by your physician prior to your child's arrival at camp (forms included in this packet). Our Food Service Director is available for information on menus and advice on how to package meals sent to camp. **All meal substitutions will need to be packaged and brought to camp as outlined in the Food Allergy Action Plan.**

FLYING TO CAMP? – Please schedule flights to arrive and depart from Denver International Airport (DIA). Campers **MUST** fly into DIA between 10 am and 2 pm on Opening Day, and fly out between 1 pm and 5 pm on Closing Day. If your camper arrives before this time frame, you will need to make arrangements with the airline to have someone stay with your child until we arrive. If your camper arrives after this time frame, you will need to make arrangements with the Estes Park Shuttle for transportation to camp (shuttle information available upon request). A Camp Timberline staff member will meet your child at the main terminal entrance at the top of the escalators. They will have a Camp Timberline sign and also be wearing a Camp Timberline staff shirt so they will be easily recognizable. If your child is flying as an unaccompanied minor, and will be held at the gate until we arrive, please let us know ahead of time so that we can arrange for a pass to go to the gate to pick them up. If we do not have that information, we are assuming your child will meet us at the main terminal entrance. Camp Timberline shuttles are provided to and from DIA at a cost of \$25 each way. Flight itineraries **MUST** be completed via the online form by June 1st. We cannot be responsible for picking up your child if we do not have a flight itinerary on record.

All Camp Timberline staff are trained in accordance with our Transportation Policy when operating shuttle vans, and campers are expected to follow passenger rules as communicated by those drivers for the safety of all concerned.

CAMPER MAIL – Camper mail such as letters, postcards or packages, can be dropped off at the camp store on Opening Day and will be given to your camper throughout the week; or you can mail them to 1207 Longs Peak Road, Estes Park, Colorado 80517. Campers can receive mail Monday through Friday of each session. It is best to send mail earlier in the week. Please do not mail food items to camp as food is not allowed in the cabins. If food items are brought or mailed, these items will be thrown away.

E-MAIL – You may e-mail your child by sending your e-mails to camperemail@camptimberline.com. Please put your child's full name in the subject line to insure proper delivery to them. Due to the number of campers each session, please limit your emails to **THREE** submissions per session.

CAMP STORE – Campers love the CT store! The store features clothing, gifts, necessities and snacks. Campers will have an opportunity to visit the camp store during their session at camp and parents will be able to purchase items in the parking lot on Opening Day and Closing Day, plus have the option of shopping the online store anytime: <https://camp-timberline-store.myshopify.com>. A new feature this year is that after a camper makes a purchase, a receipt for such items will be sent to the primary email on file! All camper store accounts will be closed on the Friday before the session ends. Any purchases made on Saturday during pick-up will need to be paid by credit card.

BIRTHDAYS – It is an honor to celebrate your child's birthday at camp!!! We celebrate each birthday with creativity and excitement! At one of the meals on your child's birthday we have a team of staff sing a fun and energetic song to your child and provide his/her cabinmates with a birthday dessert. If you would like to do something extra for this day, we would suggest pre-packaged party favors for each person in their cabin but please, no food items. These items can be dropped off on Opening Day.

VISITATION/PHONE USE – We are very aware of the great responsibility in caring for your child. In case of emergency, either physical or otherwise, you will be notified immediately. Consequently, we **DO NOT** allow phone calls, either incoming or outgoing, because of the interruption to the schedule and effect on camper morale. Unfortunately, this includes birthdays, Father's Day and other special occasions. Exceptions will be made only in an absolute emergency. It has been our experience that these rules are in the best interest of each camper.

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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 May 1st. 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. If payment is not made by May 1, the credit card on file will be automatically charged for any balance.

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, here is our cancellation policy:

- If a camper cancels for any reason, the \$200 deposit is non-refundable.
- If a camper cancels for any reason prior to May 1st, all monies paid over and above the initial \$200 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. If necessary, 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.**

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.

WINTER ADDRESS –

430 Canyon Avenue, Fort Collins, CO 80521
Office - 970-484-8462
Fax - 970-416-7878

SUMMER ADDRESS –

1207 Longs Peak Road, Estes Park, CO 80517
Office - 970-586-7777
Fax - 970-586-3629

www.camptimberline.com
email - office@camptimberline.com



SHIFT PACKING LIST

- Use this checklist as a guideline to help you pack for the most incredible two weeks of your life!
- Remember, there are no laundry facilities at camp, so we will take you into Estes Park to do your laundry in between sessions.

PLEASE REMEMBER TO LABEL ALL CLOTHING AND BELONGINGS!

-
- | | |
|--|---|
| <input type="checkbox"/> Suitcase or large/duffle bag (for belongings) | <input type="checkbox"/> Jacket or Fleece |
| <input type="checkbox"/> Sleeping bag (warm!) | <input type="checkbox"/> Raincoat or Poncho |
| <input type="checkbox"/> Blanket (warm) | <input type="checkbox"/> Shoes (athletic and comfortable for walking/hiking) |
| <input type="checkbox"/> Set of single sheets (twin) | <input type="checkbox"/> Daypack/backpack for Day Hike |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> Swimsuit (see clothing guidelines) |
| <input type="checkbox"/> Bath towel/Shower shoes | <input type="checkbox"/> Water shoes or durable sandals |
| <input type="checkbox"/> Washcloth(s) | <input type="checkbox"/> Toiletry items |
| <input type="checkbox"/> 6 Masks that cover nose & mouth securely | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Pajamas | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Hand Sanitizer (small and portable) |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Labeled laundry bag (for dirty clothes) |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Bible, pen and paper |
| <input type="checkbox"/> T-shirts (see clothing guidelines) | <input type="checkbox"/> Water Bottle |
| <input type="checkbox"/> Jeans and/or sweatpants | <input type="checkbox"/> Party costumes for two weeks (party themes outlined in spring newsletter and online) |
| <input type="checkbox"/> Sweatshirts | |
-

CLOTHING GUIDELINES

- Males should not wear short (track) shorts except for competitive running events or practice. Please no underwear showing or sagging and no Speedo briefs for swimwear.
- Females should not wear spaghetti strap tops, shorts that have an inseam shorter than 3 inches, halter tops, low neckline, see-through shirts or overly tight shirts/pants/shorts to camp. Swimsuits should either be one-piece or a tankini where the top touches the swimsuit bottoms. Leggings are acceptable **only if the shirt length covers buttocks and upper thighs**
- **Please leave clothing at home with inappropriate advertisements or questionable statements.**

WHAT NOT TO BRING

- Tobacco products, iPods, MP3 players, cell phones, electronic games, expensive accessories (i.e. sunglasses, watches, necklaces, etc.) money, food, candy and improper magazines or books. Alcohol, animals, weapons or drugs (marijuana, illegal drugs) are strictly prohibited.
- For the safety and concern of other campers, staff will make a thorough search through each campers luggage on Opening Day. Any items labeled above will be confiscated. Valuables will be locked in the camp office until Closing Day and food items will be thrown away.
- Ultimately, if any of the items mentioned in this section are brought to camp, they are the camper's responsibility and Camp Timberline is not liable for any loss incurred.



Safety Initiative for Base Camp

Since 1997, Camp Timberline has existed to reach and strengthen kids for Christ through sports and mountain adventure. Our purpose is no different in 2021. Even though camp's daily operation may look different this summer, the feel of camp and our intentional care for your children will stay the same. Thus, in order to continue safe individual care for your children, we have created this Safety Initiative, both operationally and medically, to ensure that camp is conducted in the best possible way in response to COVID-19.

Before sending your child to Camp Timberline, you acknowledge that your child is attending under the conditions which follow and are subject to abrupt change at any time. Camp Timberline cannot promise or guarantee that COVID-19 or any other pathogen will not enter camp. By the very nature of the personal interaction that takes place in the camp environment, there is always a risk of your child becoming ill with this or any other communicable disease.

Safety Initiative Guidelines:

Federal and State Health Guidance: We will continue to rely on expert guidance for COVID-19 provided by CDC resources, the Environmental Health and Engineering (EHE) Guidebook, the American Camping Association (ACA), the Association of Camp Nursing (ACN), as well as our state and local health department guidelines, with the goal of providing a safe and fun environment for campers and staff. Doing so will allow us to customize practical steps to help prevent the entry of COVID-19 and limit the impact on campers and staff if entry occurs. **All current strategies will be reviewed and evaluated on a weekly basis. Camp Timberline reserves the right to update and adapt this initiative as guidelines are announced and are changed.**

Camper Pre-Screening: To provide safe entry and minimize exposure, we ask all campers to keep interactions to a minimum for 7 days prior to their week at camp. Parents/Guardians will need to monitor for any symptoms and/or exposure, together with completing an online 7-Day Screening form answering questions as to your child's health. We need parents/guardians to keep child(ren) home if symptoms and/or exposure are present and commit to rescheduling the camper's session instead of bringing their child(ren) to camp.

Our staff will also provide a symptom checklist and conduct a temperature check upon arrival. If there are symptoms present, the camper will be isolated by a medical staff member and the camper will be asked to return home and reschedule to attend a different session pending availability. The camper will need to follow the Safe Re-Entry to Camp policy below to return to camp.

Staff Screening: We believe in our ability to provide safe and knowledgeable staff for your child(ren). Although guidelines for testing and vaccines are changing rapidly, we plan to isolate staff in small groups during staff training, test them for COVID-19 prior to arrival, and test staff weekly throughout the summer. Staff will also work within their cohort groups, practice social distancing, wear masks, and reside on camp property to reduce the risk of exposure during camper sessions.

Opening and Closing Days: Our efforts to keep your child safe include minimizing contact with anyone outside of the camp community. Although we understand the importance to both you and your child with our Opening and Closing Day ceremonies, the safety of the camp community must come first. On Opening and Closing Days we are asking parents/guardians to arrive at scheduled times and remain with their vehicle in the parking lot. We will make sure your child(ren) feels welcome and comfortable, as well as personally escort them to their cabin and help them with their belongings. Health staff will be available in the parking lot to receive medications and answer questions as well.

In lieu of our normal Opening and Closing Day events, we will be offering other ways to interact with your child and the staff during the session(s), such as dropping off packages or letters on Opening Day, sending messages through our camper email program, and viewing photos through our secure photo site.

Safety During Session: As part of our efforts, in partnership with county guidelines, to provide a safe environment and make activity modifications your child(ren) will enjoy, cabin groups will operate as a single cohort by doing meals, activities, and programming with their group. Masks and social distancing will be required when other cohorts are present. Large group gatherings for programs and games will not take place. Thankful for our mountain environment, outdoor activities will be offered whenever possible. We will also practice regular hand washing with our cabins and utilize sanitizing stations provided throughout camp. We will make this part of our daily routine and sing songs or do cheers to make it fun! The camp property will also be sanitized throughout the day, making an extra effort to clean shared spaces and commonly touched surfaces. Ventilation will be increased in all cabins and indoor areas. Staff will be equipped with health standards and ways to monitor campers for symptoms and promote healthy behaviors.

Quarantine Provisions: If your child exhibits symptoms for COVID-19 or other communicable disease during a camp session, the camper may be quarantined in the Health Hut as recommended by our medical staff and the county health department. If additional cabin groups/cohorts display symptoms, necessary determinations will be made on quarantining other campers and/or staff members, including the potential cancellation of a camp session. Parents/guardians will need to have someone available during each session in case the call is made to pick up their child with options for rescheduling another session under the Safe Re-Entry to Camp policy below.

Safe Re-Entry to Camp: If a camper is sent home to quarantine, he/she may return for a different session during the current summer pending availability and the following criteria are true:

- It has been 10 days since symptoms first appeared and
- 24 hours with no fever without the use of fever-reducing medications and
- Other symptoms of COVID-19 are improving

Proof of test results may be requested from the camper as well.



Overnight 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 Environmental Health and Engineering (EHE) Guidebook, 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 as more information becomes available.

- Each camper is pre-screened with an online 7-Day Health form that will be evaluated by our health staff. Upon arrival, 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 any of the symptoms below, the camper will be immediately quarantined and may be sent home as recommended by our health staff and county health department.
 - a. temperature above 100° ***or***
 - b. cough and/or shortness of breath ***or***
 - c. Loss of taste or smell ***or***
 - d. GI Issues (nausea/vomiting/diarrhea)
- If a camper has any of the symptoms 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***
 - b. Headache ***or***
 - c. Does not feel well (achy/fatigue) ***or***
 - d. Sore throat
- If a camper is sent home to quarantine, he/she may return for a different session during the current summer pending availability and the Safe Re-Entry to Camp policy is followed.
- Camp will follow county guidelines in regard to contact tracing and exposure within a cabin group/cohort.
- Campers are monitored by their counselors throughout the week for any exposure, along with a daily temperature check.
- 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 cabin and hand-washing stations around camp.
- Tissues and increased ventilation are provided in the common areas of camp and in each cabin.
- The common camp areas will be cleaned and sanitized regularly by our staff.

Ultimately, our biggest goal is for the entire camper group to have an incredible experience at camp and not remember a "sick" week here. We do not want any camper spending several days quarantined in the Health Hut and would rather they recover in the comfort of their own home to protect the group and the camper individually. We are constantly asking, "What is best for your child's experience and the camper group as a whole?"

Agency Connections:

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

2021 DOCTORS STATEMENT OF PARTICIPATION FOR BASE CAMP, BEYOND TIMBERLINE, and SHIFT



CAMPER HEALTH EXPECTATIONS FOR SUMMER PROGRAM -

All campers should be able to participate in athletic activity at 9,400 feet above sea level. A licensed Medical Doctor/NP/RN will be available on the property when campers are in session and more extensive care is provided by the Estes Park Hospital or Timberline Medical Clinic, which are located within 25 minutes of camp. Camp Timberline expects campers to have their health and behavior well managed. Please see our Health/Behavioral Statement for more information.

I confirm that within the preceding 12 months a health screening has been performed on:

CAMPER NAME: _____

Date Examined: _____ Height: _____ Weight: _____ Blood Pressure: _____

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, free from any contagious disease, 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): _____

With camp's altitude of 9,400 feet, has the camper been diagnosed with a medical condition or disease of the blood, respiratory, metabolic, or other system, such as sickle cell disease, COPD/emphysema, etc. that would limit participation? YES / NO

If YES, please explain: _____

Does the camper have any health concerns that would be impacted by a contagious disease like the Coronavirus? YES / NO

If YES, please explain: _____

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:

Are there over the counter medications that the camper may NOT have (please refer to the camp list on the following page)? YES / NO

If YES, please list those OTC items the camper may NOT have:

*I have also provided the camper's **Certificate of Immunization or Statement of Exemption** as required by Camp Timberline and Colorado law.

REQUIRED SIGNATURE OF PHYSICIAN/NP/RN:

Date: _____

PHYSICIAN/NP/RN NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIPCODE: _____

Camper's Session(s): _____



HEALTH HUT OVER THE COUNTER MEDICINE – PAGE 2 of DOCTOR'S STATEMENT

Please Note: All medication is given per instruction, allergies are verified, and only age-appropriate for the camper. These medications are available on an as-needed basis and note intended for daily or weekly use.

Benadryl (liquid & tablets)

Camphophenique

Cepacol

Cetaphil

Claritin (lorantidine)

Dayquil (acetamenophen, dextromethorphan HBr, phenylephrine)

Delsym (dextromethorphan)

Hydrocortisone Cream

Ibuprophen (liquid & tablets)

Miralax

Nasal Saline Spray

Nyquil *acetamenophen, doxylamine succinate, dextromethorphan HBr)

Pepcid (famantodine)

Pedialyte (liquid or popsicle)

Throat Losenges

Robitussin (guaifenesin)

Triple Antibiotic Ointment

Tylenol (acetamenophen)

Tums

Sunscreen Provided by Camp: Neutrogena Pure and Free SPF 45

*Please send your own sunscreen to camp but this will be available as needed.

CAMPER PRESCRIPTIONS: These items will need to be submitted to the RN/NP/MD with Doctor's Orders Form for each item in the ORIGINAL container on Opening Day. If your camper takes any of these over the counter medications regularly, please bring an adequate supply for their time at camp.



Certificate of Immunization

6 CCR 1009—The Infant Immunization Program and Immunization of Students Attending School
Schools shall have on file an official Certificate of Immunization for every student enrolled.

COLORADO LAW REQUIRES THAT THIS FORM BE COMPLETED FOR EACH STUDENT ATTENDING COLORADO SCHOOLS

Name _____ Date of Birth _____

Parent/Guardian _____

COLORADO DEPARTMENT OF PUBLIC HEALTH AND ENVIRONMENT—CERTIFICATE OF IMMUNIZATION

Vaccine		Enter the month, day and year each immunization was given						Titer Date
Hep B	Hepatitis B							
DTaP	Diphtheria, Tetanus, Pertussis (pediatric)							
DT	Diphtheria, Tetanus (pediatric)							
Tdap	Tetanus, Diphtheria, Pertussis							
Td	Tetanus, Diphtheria							
Hib	<i>Haemophilus influenzae</i> type b							
IPV/OPV	Polio							
PCV	Pneumococcal Conjugate							
MMR	Measles, Mumps, Rubella							
Measles	Measles							
Mumps	Mumps							
Rubella	Rubella							
Varicella	Chickenpox					Provider Documentation Date of Disease	Positive Screen Date	
Vaccines recorded below this line are recommended. Recording of dates is encouraged.								
HPV	Human Papillomavirus							
Rota	Rotavirus							
MCV4/MPSV 4	Meningococcal							
Hep A	Hepatitis A							
Flu	Influenza							
Other								

THIS SECTION CAN BE COMPLETED BY CHILD CARE/SCHOOL/HEALTH CARE PROVIDER

- A) Child Care Up to Date**
Up to date through 6 months of age for Colorado School Immunization Requirements
Update Signature _____ Date _____
- B) Child Care Up to Date**
Up to date through 18 months of age for Colorado School Immunization Requirements
Update Signature _____ Date _____
- C) Child Care/Pre-school/Pre-K***
Up to date for Child Care/Pre-School/Pre-K for Colorado School Immunization Requirements
Update Signature _____ Date _____
- D) Complete for K–5th Grade**
Up to date for K–5th Grade for Colorado School Immunization Requirements
Update Signature _____ Date _____

* If age 4 years and fulfills Requirements for Pre-School & Kindergarten, check BOTH Boxes C and D.

Name _____ Date of Birth _____

Parent/Guardian _____

**STATEMENT OF EXEMPTION TO IMMUNIZATION LAW
(DECLARACIÓN RESPECTO A LAS EXENCIONES DE LA LEY DE VACUNACIÓN)**

**IN THE EVENT OF AN OUTBREAK, EXEMPTED PERSONS MAY BE SUBJECT TO EXCLUSION FROM SCHOOL AND TO QUARANTINE.
SI SE PRESENTA UN BROTE DE LA ENFERMEDAD, ES POSIBLE QUE A LAS PERSONAS EXENTAS SE LES PONGA EN CUARENTENA O SE LES EXCLUYA DE LA ESCUELA.**

MEDICAL EXEMPTION: The physical condition of the above named person is such that immunization would endanger life or health or is medically contraindicated due to other medical conditions.

EXENCIÓN POR RAZONES MÉDICAS: El estado de salud de la persona arriba citada es tal que la vacunación significa un riesgo para su salud o incluso su vida; o bien, las vacunas están contraindicadas debido a otros problemas de salud.

Medical exemption to the following vaccine(s):

La exención por razones médicas aplica a la(s) siguiente(s) vacuna(s):

Hep B DTaP Tdap Hib IPV PCV MMR VAR

Signed (Firma) _____ Date (Fecha) _____
Physician (Médico)

RELIGIOUS EXEMPTION: Parent or guardian of the above named person or the person himself/herself is an adherent to a religious belief opposed to immunizations.

EXENCIÓN POR MOTIVOS RELIGIOSOS: El padre o tutor de la persona arriba citada, o la persona misma, pertenece a una religión que se opone a la inmunización.

Religious exemption to the following vaccine(s):

Exención por motivos religiosos de la(s) siguiente(s) vacuna(s):

Hep B DTaP Tdap Hib IPV PCV MMR VAR

Signed (Firma) _____ Date (Fecha) _____
Parent, guardian, emancipated student/consenting minor
(Padre, tutor, estudiante emancipado o consentimiento del menor)

PERSONAL EXEMPTION: Parent or guardian of the above named person or the person himself/herself is an adherent to a personal belief opposed to immunizations.

EXENCIÓN POR CREENCIAS PERSONALES: Las creencias personales del padre o tutor de la persona arriba citada, o la persona misma, se oponen a la inmunización.

Personal exemption to the following vaccine(s):

Exención por creencias personales de la(s) siguiente(s) vacuna(s):

Hep B DTaP Tdap Hib IPV PCV MMR VAR

Signed (Firma) _____ Date (Fecha) _____
Parent, guardian, emancipated student/consenting minor
(Padre, tutor, estudiante emancipado o consentimiento del menor)

DOCTORS ORDERS - PRESCRIPTIONS & REGULAR OTC



REQUEST FOR MEDICATION/ MEDICAL PROCEDURES TO BE GIVEN AT CAMP TIMBERLINE

State child care regulations require prescriptions, regular over-the-counter medication (OTC), and any OTC not on the approved Health Hut list 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 on camp's approved Health Hut list.

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 camp RN/NP/MD in accordance with the above instructions.

PHYSICIAN:

Name: _____ Phone: _____

Physician Signature: _____ Date: _____

PARENT/LEGAL GUARDIAN:

I hereby give permission for the camp to administer the medication and treatments as prescribed above.

I also give permission for the camp 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: _____



FOOD ALLERGY ACTION PLAN

In an effort to provide the safest dining experience for the campers, we abide by this policy to accommodate kids who have dietary allergies. If your child has dietary allergies, we ask that you take the following steps.

1. It is mandatory that your child's RN/NP/MD complete the Colorado Allergy and Anaphylaxis Emergency Care Plan and note all dietary allergies before your child can attend camp.
2. A menu can be requested after May 1st. We ask that parents view the menu and provide alternatives to foods their camper cannot have. In order to ensure safety, we also ask that families who are providing food prepare the components of the meal as much as possible prior to their arrival at camp. We will have a microwave, toaster, refrigerator and freezer available for cooking and storing food items at Base Camp. Please label each container with the camper's name and meal it is replacing so that it can be prepared for them to eat. When on trail, Beyond Timberline campers with allergies will have their food cooked on a separate cook set.
3. Fill out the chart below so our kitchen staff can follow along as the week progresses.
4. Please bring this form with you on Opening Day. We ask that you also discuss your camper's allergy/restrictions with the kitchen staff upon arrival.
5. Camp Timberline opens a Snack Shack daily to campers and this store sells various candy, ice cream, and soft drink items. If your child is allergic to items sold at the Snack Shack, we ask that parents/guardians review the store with their child to discuss what can and cannot be eaten.
6. If you should need further assistance, wish to speak to someone regarding your child's allergies, or would like the menu, please email kitchen@camptimberline.com.

Camper Name: _____

Dietary Allergy(ies): _____

Day	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

TO BE COMPLETED BY THE FOOD SERVICE TEAM:

Camper's Cabin/Group: _____

Assigned Counselor(s): _____

See Next Page for Allergy Emergency Care Plan >

Colorado Allergy and Anaphylaxis Emergency Care Plan and Medication Orders

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

School: _____ Teacher: _____

ALLERGY TO: _____

HISTORY: _____

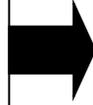


Asthma: YES (higher risk for severe reaction) NO

◇ STEP 1: TREATMENT ◇

SEVERE SYMPTOMS: Any of the following:

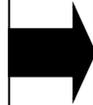
- LUNG: Short of breath, wheeze, repetitive cough
- HEART: Pale, blue, faint, weak pulse, dizzy,
- THROAT: Tight, hoarse, trouble breathing/swallowing
- MOUTH: Significant swelling of the tongue and/or lips
- SKIN: Many hives over body, widespread redness
- GUT: Repetitive vomiting, severe diarrhea
-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



HEALTH/BEHAVIORAL CAMPER POLICY

STATEMENT –

The safety and health of your camper is first priority at Camp Timberline. Our location, environment and staff availability are how we determine the best scenario in meeting camper medical and behavioral needs. We want it to be a successful and safe experience for each camper. **Therefore, our staff must be notified of each medical and/or behavior condition prior to completing registration. Each condition is considered on a case by case basis and final acceptance is at the sole discretion of the Camp Director after consultation with the medical team.**

These conditions may be one of the following:

MEDICAL AND/OR DIETARY–

These are conditions that require careful monitoring of the camper's physical condition.

MEDICAL CONCERNS – Diabetes, Cystic Fibrosis, Hemophilia, Epilepsy, and heart conditions need to be reviewed by our directors.

DIETARY CONCERNS –Celiac Disease, peanut allergies and dairy allergies need to be reviewed with our directors and food service staff.

PROGRAM RESTRICTIONS –

- Due to the remote locations and rustic meal plan for our backpacking program (**Beyond Timberline**), campers who have diabetes and/or severe food allergies should consider a different program.
- The day camp program (**Outta Bounds**) does not have a registered nurse on site, therefore, campers with diabetes or significant health concerns should consider a different program or have a parent commit to being present to administer medication/care.

SOCIAL/EMOTIONAL/BEHAVIORAL –

These are conditions in which the camper and the lives of those around them are impacted. Depression, Anxiety, Suicidal Tendency, Learning Disability, Language Delay, Observed Behavior Challenges, Autism, Asperger's, and Down's Syndrome are some examples.

Ultimately, each child is expected to thrive within the Essential Functions of Camp Timberline as defined below.

ESSENTIAL FUNCATIONS OF A CAMP TIMBERLINE CAMPER –

- **Function Independently** - In a remote, rustic environment for a full week without requiring one on one supervision. All health and behavioral issues need to be self-managed in a successful way.
- **Live Cooperatively with Others** - Campers must be able to effectively interact in a group based or community living environment.
- **Be Attentive & Follow Directions** - Campers need to respond well to authority and follow directions from the counseling staff over a sustained period of time. Safety is priority and each camper is responsible to follow the guidelines and rules set forth by the Camp Timberline staff.
- **Maintain Physical Activity at 9,400 Feet Above Sea Level** - Our program is very active and physically challenging for campers. Daily activities include 3 hours of sports and mountain adventure at a higher altitude. Campers must be able to engage in activities both indoors and outdoors within these conditions, on land and water.
* The Outta Bounds Day Camp program operates at 5,000+ feet above sea level and campers maintain the same level of physical activity as overnight camp.



DIRECTIONS TO CAMP

If you get lost, give us a call! 970-586-7777

FROM DENVER

- Take I-25 North to Hwy 66
- Take Hwy 66 through Longmont to Lyons
- When in Lyons, turn left onto Hwy 7, going to Allenspark
- Stay on Hwy 7 until you come to Longs Peak Road (Mile Marker 9) (20-30 minutes)
- Turn left onto Longs Peak Road
- Drop down into the campground and follow it around to the right.
- We are located half way around the loop on the right.

FROM NORTHERN COLORADO

(DETOURS MAY STILL BE IN EFFECT FOR HWY 34)

- Take Hwy 34 in Loveland towards Estes Park
- When you reach Estes, turn left onto Hwy 36
- Follow the road to the right, which turns into Hwy 7
- Go 9 miles and turn right on Longs Peak Road
- Drop down into the campground and follow it around to the right.
- We are located half way around the loop on the right.

