

# A Healthy Camp Begins and Ends at Home

**A healthy camp starts and ends at home. Here are some things you can do to help your child have a great camp experience:**

1. It is recommended for campers to quarantine 10 days prior to coming to camp.
  - Doing so helps reduce the risk that any camper would unknowingly come to camp with COVID-19.
  - Those in quarantine should stay home, separate themselves from others outside of their household, and monitor their health for any signs of illness.
2. A pre-camp “health check” questionnaire will be sent out the week before your camper’s session.
  - This survey will ask if your camper has been tested for COVID-19, exposed to COVID-19 in the past 14 days, or has shown any possible COVID-19 symptoms in the past 2 or 3 days.
3. If your child is showing any signs of illness such as running a fever, throwing up, has diarrhea, nasal drainage and/or coughing/sneezing prior to coming to camp:
  - Keep the child home and get medical attention as needed.
  - Alert our Healthcare Team at 1-844-WS-CAMPS (1-844-972-2677)-Option 2.
4. Teach illness-reducing habits:
  - Sneeze/cough in sleeve.
  - Wash hands often while at camp, especially before eating and after toileting.
  - Keep hands away from mouth, eyes, ears, and face.
5. If your child has mental, emotional, or social health challenges:
  - Add all details to the camper’s CampDoc Health Profile to avoid or minimize potential issues.
6. If your child has allergies or dietary restrictions:
  - Note these on the CampDoc Health Profile to ensure the information is shared with the Healthcare Team, their Counselor, and Dining Services.
7. Pack necessary items:
  - Appropriate closed-toe shoes for activities such as sports and hiking.
  - Enough clothes so your child can dress in layers- mornings can be chilly and afternoons get quite hot.
  - Sunscreen and bug spray that your child has applied at home- teach how to apply and how often.
  - A reusable water bottle- instruct your child to use it and refill it frequently during their camp stay. Teach that adequate hydration is essential to a healthy camp experience.
8. Teach your child to tell their Counselor or the Healthcare Team about problems or anything that troubles them at camp.
9. Should something come up during or after camp that you would like to share with us, contact our Customer Experience Team at 1-844-WS-CAMPS (1-844-972-2677)- Option 1 and let them know. We want to partner effectively with families.
10. If campers exhibit COVID-19 symptoms within 48 hours of leaving camp and subsequently test positive for COVID-19, parents are asked to notify the Healthcare Team at 1-844-WS-CAMPS - Option 2.

Want to learn more? Talk with the Customer Experience Team or Healthcare Team. Building the partnership between you and the camp leadership team is one way to help your child have the best camp experience possible!

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**Resources:**

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