

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. 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 by calling 1-844-WS-CAMPS (1-844-972-2677)- and selecting Option 2.
2. 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.
3. If your child has mental, emotional, or social health challenges:
 - If this summer is your camper's first WinShape Overnight Camp experience, please contact a camp representative. Proactively discussing a camp's ability to accommodate a camper's needs can help minimize any potential issues.
 - Add all details to the camper's CampDoc Health Profile, so we can support your camper well.
4. 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.
5. 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, refill it frequently during their camp stay, and not to share it with others. Teach that adequate hydration is essential to a healthy camp experience.
6. Fatigue plays a part in both injuries and illnesses – and camp is a very busy place! Be sure your camper gets adequate rest before coming to camp.
7. Teach your child to tell their Counselor or the Healthcare Team about problems or anything that troubles them at camp.
8. 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)- select Option 1 and let us know. We want to partner effectively with families.

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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