



328 Bethel Road, Fincastle, Virginia 24090
phone: 540-992-2940
CampBethelOffice@gmail.com
www.CampBethelVirginia.org



Location: Peters Creek Church of the Brethren
5333 Cove Road, NW, Roanoke, VA 24019

Dear Camper and Parent,

We have received your registration and are now confirming your spot in **Camp Bethel's "Roanoke-Salem Day Camp" at Peters Creek Church of the Brethren, Monday, June 18 through Friday, June 22.**

This program is FREE for you, but providing this program costs us \$38/camper/day (\$190 per week); please donate what you can. Donations can be made at drop off or pick up (payable to Camp Bethel, 328 Bethel Road, Fincastle, VA 24090) or at our secure "Payment" page: www.CampBethelVirginia.org/payment.

Please plan to arrive at Peters Creek Church of the Brethren (5333 Cove Road, NW, Roanoke, VA 24019) between **8:30am-9:00am each morning** Monday through Friday. Check-in begins at 8:30am each morning in the church Fellowship Hall. Please drive slowly into and out of the church parking lot. Parents should accompany their camper through check-in and meeting their group's counselors.

Please be sure that campers eat a good breakfast before arriving at Day Camp, and **pack a big, healthy lunch each day for your child.** Camp Bethel will provide a healthy afternoon snack around 4:00pm. Pick up time is between **4:30pm-5:00pm on Monday, Tuesday, Wednesday and Thursday.** Pick up time on **Friday is 5:00pm** (see family cook-out info below). Only the persons you have listed on your registration are authorized to pick-up your child each day. Let us know at daily check-in if there are any changes to who will pick-up your child.

On **Friday** evening your family is invited to a FREE cook-out dinner and celebration at 5:00pm. So, on Friday, please arrive at 5:00 and plan to eat and stay through the dinner and celebration, which will last about 1 hour until 6:00pm. Please allow your camper to experience our closing celebration with their camp friends; don't leave before 6:00pm. This dinner is FREE for your entire family, and please consider a donation to offset the cost of the meal.

Enclosed with this letter are daily check-in procedures, information about your camp week, forms, and a specific list of items to pack. Please write your name on every item you bring to camp. See pages 6-8, "Camper Health Form" and "Medication Instructions Form." **This Health Form must be turned in on the first day of day camp.**

If you have an emergency and you need to contact the Day Camp Leaders or your child during the camp day, contact the Camp Bethel Office at 540-992-2940 to be prompted to our on-call staff number. *Visitation is not allowed at the church during the camp day from 9:00am to 4:30pm. DO NOT arrive at the church unexpectedly!* Our site is closed to visitors during the camper day. While supervising campers, our staff are trained to stop and question anyone they don't recognize. If you need to visit prior to the official pick-up time (see "Pick-Up Procedures"), you must call ahead.

We have an exciting Day Camp planned for you! Be ready for active days packed with your favorite camp activities and plenty of new fun and learning as we play, live and learn together each day. We've enclosed our Program Booklet, and we encourage you to consider our other available 2018 Summer Camps and Family Adventures.

Between now and camp, stay informed with announcements, news and *"all things Camp Bethel"* by subscribing to our E-News at www.CampBethelVirginia.org/subscribe. If you have questions contact Jenna or Barry at **CampBethelOffice@gmail.com** or 540-992-2940.

We look forward to seeing you on Monday, June 18 at Peters Creek Church of the Brethren!

Together, in Christ our hope,

Barry, Beth, Hannah, Jenna, Mickey, Spencer, Wes and the Summer Staff of Camp Bethel

8 PREPARATIONS FOR YOUR TIME AT CAMP:

1. What to pack: Gear list.
2. Camp rules and policies.
3. Preparing for camp living.
4. Preventing homesickness.
5. Trading Post & Camp DVDs.
6. Daily check-in procedures.
7. Daily pick-up procedures.
8. Health History & Medication Instructions form.

* * * * *

#1: What to pack: Day Camper's Gear List:

Please put camper's name on ALL items! It helps to pack your camper's gear into one single bag or pack that is easily identifiable to your child. Each camper will have a place/cubby to unload their daily gear. Pack lightly enough so that the camper can easily carry all gear by herself/himself.

- Wear active clothing, socks and tennis shoes.
- Light jacket or sweatshirt.
- Swim suit & shorts that can get wet and beach/pool towel for water games.
- Pair of strap-on sandals, water shoes or old shoes to get wet (wear for creek play or water games; NO flip-flops or Crocs).
- A plastic bag for wet swim suit or wet shoes.
- Daily: pack your big, healthy lunch.
- A daypack/backpack pack big enough to carry your water bottle and a sack lunch on a "hike."
- If it's a rainy day, bring a rain poncho/jacket w/ hood; no stopping for rain!
- Hat (with brim to block sun) or bandana.
- Sunscreen (waterproof and at least 30 SPF).
- Water bottle: quart-sized, non-glass, screw-top (*Camp Bethel Nalgene bottles available at check-in for \$15*).
- Completed and signed Health Form (enclosed or on-line).
- Offering money to be given at check-in.

Optional to bring: wristwatch camera/GoPro

Camp Bethel provides all necessary program, camping, first aid & safety gear.

Please consider donating new and gently-used supplies. We're always in need of items listed above and:

- camping chairs ("soccer Mom" chairs)
- disconnected smart phones (w/ chargers) to use as camp cameras and video cameras
- window unit air conditioners
- digital camera or GoPro
- new (in-the-box) bike helmets and/or horse helmets
- canoes & paddles
- chest coolers w/ handles
- kayaks & paddles
- new lifejackets
- brooms/dustpans
- new tents/tarps
- music instruments
- backpacking supplies
- S'mores supplies
- new 1st aid kits & 1st aid supplies
- craft supplies & tools
- box/window fans

WISH LIST: Chest freezer; refrigerator; clothes washer & dryer; Mini-van; chest coolers w/ handles; LCD projector; gas grill; laptop computer (Windows 10); LED light bulbs; "Tree Cookies;" picnic tables. Gifts are tax-deductible! www.CampBethelVirginia.org/donate

Things **NOT** to bring:

- alcohol, tobacco or nicotine products, drugs, smoking/vaping paraphernalia
- weapons, knife, fireworks, matches, lighter
- money, jewelry, valuables of any kind
- food, drinks, candy, snacks, gum
- clothing with inappropriate language/images or is too revealing including girls' bikinis or boys' speedos.
- cell phone/smart phone (see "A Matter of Trust" below), tablet, electronics, video games, pets, toys
- cologne, perfume, scented products, hairspray, because these attract biting insects AND many persons have allergies to scented products
- flip-flops, Crocs, skateboard, hair dryer, curling iron

#2: Camp rules and policies:

Camp Rules to teach your camper:

1. Wear shoes always (even during water games and creek play).
2. Do not throw or kick anything.
3. Walk on pavement or gravel and walk while inside the church.
4. No rough play. Be gentle, especially inside the church.
5. Stay with your group.
6. Obey your counselors.

Behavior Policy:

By requesting enrollment into Camp Bethel programs, you have agreed to abide by our Behavior Policy. All campers, staff and guests at Camp Bethel and on site at the church are expected to behave in a manner conducive to Christian programming and appropriate to child and youth development. Behavior deemed dangerous, inappropriate, intolerable, detrimental to the group or unmanageable by the Camp Directors is grounds for dismissal from camp, (ex: fighting; possession of illegal or harmful item; constant misbehavior; unsafe behavior; etc). Parents will be called as needed. Should it become necessary for your child to return home because of unmanageable behavior, homesickness or other reason, you have agreed to accept the Director's decision and arrange for transportation.

No Camper Cell Phones or Gadgets: A matter of TRUST:

Aside from the fact that phones and gadgets are expensive, can get lost, and the physical camp environment is rough for such items, the main reason we don't allow campers to have phones/gadgets is TRUST. We TRUST that campers who come to camp WANT to be here, and choose to temporarily disconnect from their constant phone/internet communications in order to be FULLY present with us at camp. When children/youth come to camp they (and you) are making a leap of faith, temporarily transferring their primary TRUST from their parents to their counselors. This is a growth-producing, yet challenging aspect of camp. As children/youth learn to TRUST other caring adults, they grow and learn, little by little, to solve some of their own challenges. This emerging independence is one of the greatest benefits of camp! Let your child/youth know that they can always reach out to their counselor and camp leaders. The Camp Director WILL contact you if your child/youth is experiencing a challenge during the day, and the Camp Director WILL contact families in case of any emergency. Counselors do carry charged phones in their backpacks for emergency use if needed. We encourage bringing an inexpensive camera to camp, but you may NOT bring a phone to use as your camera. Thanks, and also read #5 about photo DVDs with photos from our week at Day Camp.

Camper Medications:

If you send any medication for your camper to take during her/his time at camp, YOU MUST RECORD precise instructions on the enclosed "**Camp Bethel Medication Instructions**" form. All camper medications must be checked in to our Health Coordinator upon your arrival daily at check-in. All medications are stored and dispensed by the Camp Health Coordinator unless special arrangements are made through the Health Coordinator and Camp Director. We suggest that you only send a one-day supply each day. **Medications MUST be in the original, labeled container with camper name, medication name & strength, and dosage instructions.** Place all this into a gallon zip-lock bag with camper's name on it to speed the registration process.

Cancellations, Late Arrivals, Early Departure:

Please notify the camp office 540-992-2940 or CampBethelOffice@gmail.com in advance if your camper will not attend any day or the entire session. Late arrival and early departure is discouraged, but allowed in case of illness, family emergency or conditions beyond control, so please contact the camp office (540-992-2940) if you will be late to morning check-in or afternoon pick-up.

Caring for Campers:

We take the safety and care of your children (our campers) very seriously. Allowing us to care for your child is perhaps the greatest act of trust a parent can engage in. That makes Camp Bethel not just a fun program, but also a sacred one. We do everything we can to honor your trust, including our voluntary adherence to over 300 standards of health, safety and programming through our accreditation by the American Camp Association. We know we cannot do this without our excellent counselors who, by joining our summer staff community, are trained and committed to providing a safe and fun week of learning and growth. If a camper is sad or if there is an issue, illness, injury or emergency the Director WILL contact parents.

Emergency Preparedness and Parent Notification During the Camp Week:

Using smart phones, our directors and staff receive instant updates on summer storms or emergencies, and your counselors are trained for camper safety during storms and emergencies. In the case of any emergency in which we are requesting parent action, our office will contact you via e-mail and phone. Otherwise, NO NEWS IS GOOD NEWS, and the camp community is safe. In case of family emergency that must be communicated to your camper during the day, contact Jenna Stacy or Barry LeNoir at 540-992-2940 or e-mail CampBethelOffice@gmail.com.

Visitation not allowed during camp day:

DO NOT arrive at the church unexpectedly! Our site is closed to visitors/guests during the camper day from 9:00am to 4:30pm. While supervising campers, all staff are trained to stop and question anyone they don't recognize on site. If you need to visit prior to the official pick-up time (see "Pick-Up Procedures"), you must call ahead (540-992-2940).

#3: Preparing for daily "Day Camp" living:

Each counselor is trained to help guide your group safely and successfully through each camp day. Also, good parent preparation can give campers the knowledge they need to fully succeed during their camp week.

Physical expectations:

1. **Campers should come to Day Camp able to use the bathroom and clean-up on their own.** Let your camper know that she/he can ask her/his counselor to use the bathroom ANY TIME. Outdoor activities often venture away from bathrooms, so encourage your camper to "go" before they go; counselors will remind.
2. Our campers will be divided into age-group Units (K-2nd graders together; 3rd-4th graders together; 5th-6th graders together). Living all day in a group with 6-10 other persons might challenge our need for individual privacy. Knowing what your camper is used to, discuss how she/he might adapt to a living daily with others.
3. The majority of our Day Camp activities are held outdoors on and around the church property. This is NOT an "indoor" Day Camp, but we will use the indoors for lunch, snacks, bathrooms, and in case of bad weather.
4. We walk everywhere, and we're on-the-go most of each day. Comfortable (dry) shoes & socks are very important. Teach your camper about foot care, and prepare your camper for a highly active week.

- On hot summer days it's important to drink lots of water and apply sunscreen. Pack your water bottle, and remind your camper to hydrate often and apply sunscreen 20 minutes before outdoor activity.

Social/Behavioral/Spiritual expectations:

- Group living: We'll experience all our daily activities **together** as a family unit, including eating meals together.
- Make new friends: Even if coming with friends (campers WILL be paired with their choice of friend from their registration forms), encourage your camper to be friendly, courteous and helpful to others in the group. Family units are co-ed, unless we need to create an all-male OR an all-female group because one sex of campers registers more than the other. Family units are grouped by similar age/grade. Otherwise, your camper should expect to share their group with children of different backgrounds, gifts and abilities. We believe Jesus' message of life, hope, love and unconditional acceptance, and at camp, "Love your neighbor" is part of daily living.
- Learning and following the Camp Rules (on page 2) is essential to a safe and fun week. Most of each day is active and boisterous. Also there are times and events during the day when we're expected to listen and participate calmly & quietly, (Bible study/worship, instructions/announcements).
- Try new things: Camp is a great place to sing different songs, try and practice new skills, play new games, and grow in our relationships with God, with each other, and with Creation.

A sample Day-Camper daily schedule:

8:30-9:00	Check-in for day camp at the Church
9:30-11:30	Unit activities, Bible Study, Nature lesson
11:30	Lunch/songs/announcements

1:30-3:30	Unit activities: games, hiking, creek-play, crafts, etc.
4:00	Pack up; snacks, games
4:30-5:00pm	Parent pick-up at the church
FRIDAY ONLY	5:00pm FREE family dinner at the church!

#4: Preventing homesickness:

Good parent preparation is essential to give campers the confidence needed to fully enjoy a camp experience:

- Set realistic camp expectations based on our information and the activities listed in program description. Reinforce positive camp aspects; encourage new learning.
- In the months before camp, practice time away from home with friends and relatives.
- With your child, come and visit Peters Creek Church of the Brethren, or come visit Camp Bethel. Call us to arrange a self-guided pre-tour.
- Don't force a child to camp who has no desire to go. Only send a willing-and-ready child to back-to-back camps.
- Don't tell campers how much you will miss them. Instead encourage new learning, new friends and new experiences.
- Don't tell campers they can call home; if a camper is sad or if there is an issue, injury, illness or emergency the Director WILL contact parents.

Camp Bethel will never force a camper to stay at camp who does not want to stay.

Our counselors are thoroughly trained in methods to prevent homesickness, and the nature of our program keeps campers active and engaged in camp activities and interpersonal relationships. If, however, your child becomes homesick:

- All staff will do everything possible to address the cause and to encourage the camper.
- If symptoms persist, the Director will call home to discuss options before you speak with your child.
- If all determine the best option is to pick up your child, we will have the camper ready.

#5: Trading Post items for sale daily at Check-In and Check-Out:

Parents can shop with campers daily before check-in and after check-out. Camp Bethel t-shirts cost \$10, \$12, \$17; hats \$10; bottles \$15; photo flash drive \$22; hooded sweatshirts \$25-\$30; blankets \$28; lanyards & carabiners \$2, and other items range from \$2 to \$35. Trading Post earnings directly support the programs and ministries of Camp Bethel.

Each summer our counselors and coordinators photograph the fun of each camp week, and we compile each week's images, videos and video clips into an excellent keepsake. We encourage campers to bring a camera (inexpensive) and to add their shared photos to our weekly batch (shared at lunch on last day of camp). We compile ALL photos from all groups/programs during this week onto one 16GB USB Flash Drive. Flash Drives have 1000+ photos, videos, and video clips of your week at camp and cost only \$22 each. Use the USB Flash Drive in your home computer or device to view, print and creatively share your favorites.



Photo Flash Drives are an important fundraiser for Camp Bethel, and they provide you with an extraordinary record by which to remember your time at camp. Proceeds from sales help offset summer program costs for supplies, energy and staffing, so PLEASE support your camp in this way. After ordering, we will mail your USB Flash Drive to you within 2 weeks of your camp week. Order at the Trading Post, on line at www.CampBethelVirginia.org/photos, OR after camp by sending us a \$22 check.

#6: Daily Check-In Procedures at Peters Creek Church of the Brethren: 5333 Cove Road NW, Roanoke, VA 24019

1. Check-in will is between **8:30am-9:00am each morning at the church**. Enter the parking lot cautiously: there are children and families arriving. Staff are unavailable until 8:30am, and entry into the church is not allowed without your counselors.
2. Please tag or label all bag/pack/gear with your camper's name. PLEASE pack lightly enough so that you and your camper can easily carry all gear.
3. Proceed to the check-in table in the Fellowship Hall. Check-in and turn in forms. Here, you will meet your counselors and your Family Unit.
4. You will receive a CAMPER PICK-UP CARD for use at pick-up each afternoon. Keep this card and bring it with you, OR pass it on to the person you have designated to bring your camper(s) home. Also, you may reserve your place in Friday's dinner for our closing celebration. We accept donations at Friday's dinner to offset the cost of your meal(s).
5. Give any medication and any updates to your Health Form to our Health Coordinator. Place your medication (as instructed on page 3) in a zip-lock bag with camper's name on it to speed along the registration process.
6. Parents: Take time meet the counselors and other campers. After you are comfortable, say your good-byes as your campers begin a great day of Day Camp.
7. Parents: Drive carefully as you leave.
8. These procedures have been established to address issues of camper safety and supervision and to ensure the security of staff and campers' belongings. Thank you for your understanding!

#7: Daily Camper Pick-Up Procedures (note Friday change):

1. Pick-up time is between **4:30-5:00pm on Monday, Tuesday, Wednesday and Thursday** at the church. Bring your CAMPER PICK-UP CARD. In the absence of your CAMPER PICK-UP CARD, only adults listed as authorized may pick-up the camper AND only with a valid driver's license. **Friday family dinner is at 5:00pm; see #3.**
2. Campers will be dismissed between 4:30-5:00 (Mon-Thurs) to their parents' care. In the absence of your CAMPER PICK-UP CARD, only adults listed as authorized may pick-up the camper AND only with a valid driver's license. Any campers whose parents are not present by 5:00 will remain with their counselors at the church until their parents arrive.
3. On Friday evening **your family is invited to a FREE cook-out dinner and celebration at 5:00pm**. So, on Friday, please arrive at 5:00 and plan to eat and stay through the dinner and celebration, which will last about 1 hour until 6:00pm. Please allow your camper to experience our closing celebration with their camp friends; please don't leave before 6:00pm. This dinner is FREE for your entire family, and please consider another donation to offset the cost of the meal. Campers will be dismissed after the meal and celebration to their parents' care.
4. If your camper has medication, pick up meds or containers EACH DAY at dismissal from the Health Coordinator.
5. Parents: Drive carefully as you leave.
6. These pick-up procedures have been established to address issues of camper safety and supervision and to ensure the security of staff and campers' belongings. Thank you for your understanding!

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#8: Camper Health Form; Medication Instructions Form on pages 6-8:

Complete the Medication Instructions form with exact instructions for any medication at camp. You can also complete the Camper Health Form on-line at: www.CampBethelVirginia.org/health.

You can also mail/submit forms BEFORE camp to:

Camp Bethel Registrar, 328 Bethel Road, Fincastle, VA 24090

Camp Bethel 2018 Camper Health & Information Form v. 04.21.2018 Complete this online at CampBethelVirginia.org/health

A parent or legal guardian must complete and submit this form at least 14 days prior to your camp dates or as soon as possible. Keep a copy of this completed form for your records. The intent of this form is to provide information needed in case of emergency care. The directors keep information from this form confidential. Submit additional descriptions if needed via CampBethelOffice@gmail.com, attention Health Coordinator. Provide changes or updates to this information with the Health Coordinator at check-in on the first day of camp. Insurance is not required for camp attendance, and Camp Bethel provides only limited secondary accident insurance for participants. If you have insurance and you have plans to be away or unreachable during your child's camp time, you must e-mail a scan or image of the front & back of your family/child medical insurance card to CampBethelOffice@gmail.com. In any emergency, illness, or injury, we will immediately contact the parent/guardian. All answers on this form are **REQUIRED**.

Camper's FIRST name _____ Camper's LAST name _____

Check the dates that most closely match WHEN your child will attend camp.

June 10-15 (Week 1) June 24-29 (Week 3) July 8-13 (Week 5) July 22-27 (Week 7)
 June 17-22 (Week 2) July 1-6 (Week 4) July 15-20 (Week 6) July 29-August 3 (Week 8)

First & Last Name of custodial Parent/Guardian who is the primary contact for this camper _____

This is the parent/guardian(s) with whom the camper has primary residence and who is our primary contact.

City and State of residence _____

Main phone of custodial Parent/Guardian _____ include area code, (ex: 540-555-1234)

Other phone of custodial Parent/Guardian _____ include area code, (ex: 540-555-1234)

Emergency Contact Information: *If we need to give important information to parent/guardian.*

Who to call if parent/guardian is not available? _____ Relation to camper _____

Their main phone _____ include area code, (ex: 540-555-1234)

Their other phone _____ include area code, (ex: 540-555-1234)

Who will pick up your child? List the first and last names of all adults who are authorized to drive your camper home from camp.

ALLERGIES & RESTRICTIONS: List all known allergies and restrictions. Describe the severity of each including your child's reaction and the best management of the reaction. Describe the best accommodation, adaptations, or limitations of any restrictions. Attach additional paper if needed or send to CampBethelOffice@gmail.com. If none, leave blank or write NONE.

Food allergies _____

Medication allergies _____

Other or environmental allergies _____

Dietary restrictions for this camper _____

Restrictions or exemptions to camp activities _____

Other restrictions or health concerns _____

MEDICAL HISTORY: Describe any injury, illness, medical treatment, or surgery the camp should know in case of emergency.

ADDITIONAL INFORMATION: Describe other physical, emotional, or behavioral concerns, or any conditions requiring medication, treatment, or special restrictions or considerations while at camp. Attach addition pages if needed.

PERMISSION TO ADMINISTER OVER-THE-COUNTER MEDICATIONS: In case of headaches, low grade fever, slight upset stomach, mild diarrhea, mild allergic reactions, aches and pains, or cold symptoms, the Camp Bethel Health Coordinator has my permission to administer the following to over-the-counter medications (or their generic) to my child: Benadryl, Cold/Cough Medicine, Ibuprofen, Imodium AD, Pepto Bismol, Sudafed, Tums Antacid, and Tylenol for Children.

YES to all. Yes, but with these exceptions: _____ NO.

MEDICATION NECESSARY DURING CAMP: If camper will require medication during camp (prescribed, over-the-counter, as needed), you must indicate YES* below AND complete the "Camp Bethel Medications Instructions" form on the next page.

This camper will NOT take medication during camp.

YES* this camper requires medication, and I will complete the Medication Instructions form on the next page.

IMMUNIZATION HISTORY -OR- WAIVER: Families who voluntarily exempt their children from school-required immunizations OR who voluntarily exempt themselves from providing proof of immunization must sign the waiver (#3) below if you do not check YES in #1 or provide tetanus date in #2.

1. Are all immunizations required for school attendance up to date for this camper? If you choose not to answer, you must sign the waiver in #3 below. YES, or I choose to sign the waiver in #3 below.
2. Month and Year of last tetanus shot. If you choose not to answer, you must sign the waiver in #3 below.
 / (MM/YYYY), or I choose to sign the waiver in #3 below.
3. **Immunization Waiver:** If you did NOT check YES in #1 above or did NOT provide tetanus date in #2 above, please sign* and date** the following statement: ***"I understand and accept the potential risks to one who is not fully immunized."***

Parent/Guardian signature* _____, Date signed** _____

GETTING TO KNOW YOUR CAMPER: The following questions will help us ensure a quality camp experience for your camper. Get your camper's opinion, remembering that our program focus is relational small-group community living, and your camper will spend all day each day with her/his group. Attach additional pages of helpful information.

Check all that apply: Returning Camp Bethel Camper. *How many summers total, not including 2018?* _____

1st time camper.

1st overnight away from home.

Have attended other camp before.

Can swim in deep water.

Non-swimmer.

Check here only if choosing NOT to sleep out for Home-in-the-Woods overnight. Call us for information.

Camper's personality when living, playing, & working with others: _____

Camper's interests, hobbies, likes: _____

As your camper thinks about camp, what excites her/him? _____

What concerns her/him? _____

What outcomes from this experience do you hope for your camper? _____

How did you learn about Camp Bethel and/or get this form? _____

I/We chose Camp Bethel because... _____

Church membership, if any (not required for attendance) _____

PARENT/GUARDIAN VERIFICATION OF CAMPER HEALTH & INFORMATION FORM:

The following box must be signed by parent/guardian for camper attendance:

"I verify that the information on this Camper Health & Information Form is complete as far as I know. This form may be copied for camp records. I will provide updates (if any) to this information at check-in on the first day of camp."

Parent/Guardian signature* _____, Date signed** _____

Printed name _____ Phone number _____

CAMP BETHEL MEDICATION INSTRUCTIONS (Complete ONLY if your camper takes medication during camp.)

If you will be sending any medication for your camper to take during her/his time at camp, YOU MUST RECORD precise time and dosage instructions below and return this form to Camp Bethel. All camper medications must be checked in to our Health Coordinator during check-in on the first camp day. All medications are stored and dispensed by the Health Coordinator unless special arrangements are made through the Health Coordinator and Camp Director. Only send enough medication for the camper's time at camp. Medications MUST be in the original, labeled packaging and container naming prescribing physician, camper name, medication name, dosage, and frequency instructions.

Camper's FIRST name _____ Camper's LAST name _____

LIST ALL MEDICATIONS TO BE ADMINISTERED to this camper that you will be transferring to our Health Coordinator at check-in. List names of medications (including non-prescription) and the reasons for taking.

SCHEDULE OF DOSAGES: In the chart below, list the name of each specific medication. Under each medication, list the dose to give beside each day and specific time we should administer it to your camper. See the "Example Column." The Health Coordinator will initial the box for each specific time the dosage has been dispensed. The times listed in the chart correspond to meals: 8:00am breakfast, 12:30pm lunch, 5:30pm dinner; and bedtime 9:30pm.

		Medication #1		Medication #2		Medication #3		Medication #4		"Example Column"	
		Dose to give each time	Health Coord initials	Dose to give each time	Health Coord initials	Dose to give each time	Health Coord initials	Dose to give each time	Health Coord initials	Dose to give each time	Health Coord initials
Write medication names here ==>										Penicillin: 1 tablet twice daily at breakfast and bedtime	
Sunday	5:30 pm										
	9:30 pm									1 tablet	
Monday	8:00 am									1 tablet	
	12:30 pm										
	5:30 pm										
	9:30 pm									1 tablet	
Tuesday	8:00 am									1 tablet	
	12:30 pm										
	5:30 pm										
	9:30 pm									1 tablet	
Wednesday	8:00 am									1 tablet	
	12:30 pm										
	5:30 pm										
	9:30 pm									1 tablet	
Thursday	8:00 am									1 tablet	
	12:30 pm										
	5:30 pm										
	9:30 pm									1 tablet	
Friday	8:00 am									1 tablet	
	12:30 pm										
	5:30 pm										

MEDICATION AS NEEDED: List meds you are checking into the Health Coordinator in case they are needed AND a description of the condition for which you feel they should be administered plus the dosage.
