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

SHIFT

INCLUDED IN THIS PACKET –

- Parent information for campers attending SHIFT
- Camper Packing List
- Directions to Camp Timberline
- Doctors Statement of Participation Form – print 2 pages
  1st page must be signed by your camper's physician/NP/PA and turned in at camp Check-In
- Certificate of Immunization – print 2 pages
  Must be completed by your camper's physician/office and turned in at camp Check-In
- Doctor's Orders for Prescriptions Form – **NEW! Please turn in with prescriptions on Opening Day or use Physician's office or school form with doctor's orders.**
- Food Allergy Action Plan
  Print and mail to Fort Collins office as soon as possible if applicable (2 week minimum prior to attendance at camp)

ONLINE FORMS –

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 two pages – always look for the "next" button at the bottom of each form and click to insure completion.

- Camper Health Form
- Video and Photo Release Form
- Liability Waiver
- Permission for Pick-up
- Camper Flight Schedule – if applicable

SHIFT | PARENT INFORMATION – PAGE 1

OPENING DAY –

Longs Peak Road and the accompanying campground road are for moving traffic only. To prevent backup of cars and parking tickets being given out by the Rocky Mountain National Park rangers, below is the staggered arrival schedule for campers. **These groups will ROTATE each year so be sure to NOTE your time of arrival:**

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

If campers with different last names will be arriving in the same vehicle, please default to the later time. **We will be assigning bunks before campers arrive, so there will be no need to rush to save bunks. In this regard, please do not arrive at camp before your designated check-in time. 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. 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 –

A very meaningful closing day ceremony, including individual awards for each camper, is on the following Saturday, beginning at 11:20am and ending at 2:00pm. You do not want to miss this event! Gates will open at 11:00am.

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, together with up-to-date information on illness prevention.
- 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.

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, both of which are located in Estes Park. 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 see our enclosed Health Policy on illness prevention, Opening Day screening, and refunds.

EMERGENCY ACTION PLAN & PARENT COMMUNICATION –

Camp follows state guidelines with 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, then there will be an emergency room or physician visit.

SHIFT | PARENT INFORMATION – PAGE 2

EMERGENCY ACTION PLAN & PARENT COMMUNICATION (Continued) –

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 two of the symptoms 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 –

Campers are allowed to process and administer prescribed inhalers and Epi-Pens for routine, as needed or emergency use. Devices will be monitored by a supervising Camp Counselor, stored safely away from other campers and available for use. In the case of an anaphylactic reaction, a Camp Timberline staff member will assist in the administration of medication. **Campers should come with an initial inhaler/Epi-Pen PLUS an additional "back-up" device to be stored in the Health Hut.** Any use of medication will be reported to the RN/NP/MD on duty for proper assessment of the camper and documentation.

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 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.** Included in this information packet is a Food Allergy Action Plan that must be completed and signed by your physician prior to your child's arrival at camp. Our Food Service Director is available for information on menus and advice on how to package meals sent to camp. Please plan to communicate these concerns and submit the Action Plan two weeks prior to arrival. **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 with 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.

COMMUNICATION WITH CAMPERS –

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.

CAMP STORE –

Camp Timberline has a camp store that features clothing, gifts, necessities and snacks. Our campers love the CT store! Campers are not allowed to have cash at camp, so each camper will have the option of a store credit to use during their session(s). We recommend a store account of $50. Any remaining balance of $10 or more will be refunded to your credit card on file within two weeks after your child's session. Any account balance less than $10 will be placed in a scholarship fund for future campers needing tuition assistance. Please remember to stop by the store on Closing Day to close out your child's account. If your child's account is not closed out, any remaining funds will be donated to our scholarship fund. **If you have not set up a store account or would like to increase your camper's store account prior to their session, you may do so online or by calling our office at 970-484-8462. You will also have the opportunity to do this in the camp store Opening Day.**

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 delivery to them. Due to the number of campers each session, please limit your emails to three submissions per session.

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 in front of the whole camp and provide the entire cabin with a birthday dessert. If you would like to do something extra for this day, we would suggest party favors for each person in their cabin and/or cupcakes to be eaten at meal time. 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.

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. If you registered your child after March 15, the balance is due within two weeks after registering. If payment is not made in that time frame, the credit card on file will be automatically charged for any balance.

SHIFT | PARENT INFORMATION – PAGE 4

CANCELLATION/WITHDRAWAL REFUND 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.

CANCELLATION DURING CAMPER SESSION –

- If the camper is determined to be sick by Camp Timberline health staff on the Opening Day of camp, the camper will need to be taken home to get healthy, obtain a doctor's note, and return to camp for the same session. If the camper's health does not permit a healthy return during that session, Camp Timberline will make every effort to enroll the camper for another session during the same summer. If there are no vacancies in later sessions, only the camper's deposit will be transferred to a session for the next summer. Due to fixed expenses, no other refund can occur. If the camper cannot attend the next summer, all monies are forfeited.
- Transportation home is at the expense of the parent/guardian.
- If a camper becomes ill at camp and remains in the Health Hut during all or part of the session, then due to fixed costs no tuition refund can be made.
- Camp Store balances are refunded when a cancellation or withdrawal occurs and cannot be forwarded to future summers or events.
- If a camper departs camp early for a reason other than a health concern (i.e. sporting event, wedding, etc.), no portion of the tuition is refundable or pro-rated.
- The Camp Director 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 absences, dismissals or early withdrawal before the end of a camper's session.

CHECK-IN AND CHECK-OUT PROCEDURE –

With safety being our number one priority at Camp Timberline, we have a check in and check out procedure. 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 parents/guardians. On Closing Day, the person picking up your child will need to stop by the Welcome Hut located next to the parking lot and **show a photo ID** in order to proceed into camp. We know this is an extra step on Closing Day, but our goal is to maximize the safety of your child for every moment that they are there.

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!

_____ Suitcase or large/duffle bag (for belongings)
_____ Sleeping bag (warm!)
_____ Blanket (warm)
_____ Set of single sheets (twin)
_____ Pillow
_____ Bath towel/Shower shoes
_____ Washcloth(s)
_____ Pajamas
_____ Underwear
_____ Socks
_____ Shorts
_____ T-shirts (see clothing guidelines)
_____ Jeans and/or sweatpants
_____ Sweatshirts
_____ Jacket or Fleece
_____ Raincoat or Poncho
_____ Shoes (athletic and comfortable for walking/hiking)
_____ Daypack/backpack for Day Hike
_____ Swimsuit (see clothing guidelines)
_____ Water shoes or durable sandals
_____ Toiletry items
_____ Sunscreen
_____ Flashlight
_____ **Labeled** laundry bag (for dirty clothes)
_____ Bible, pen and paper
_____ Water Bottle
_____ Party costumes for two weeks (party themes outlined in spring newsletter and online

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-though 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.

DIRECTIONS TO CAMP

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

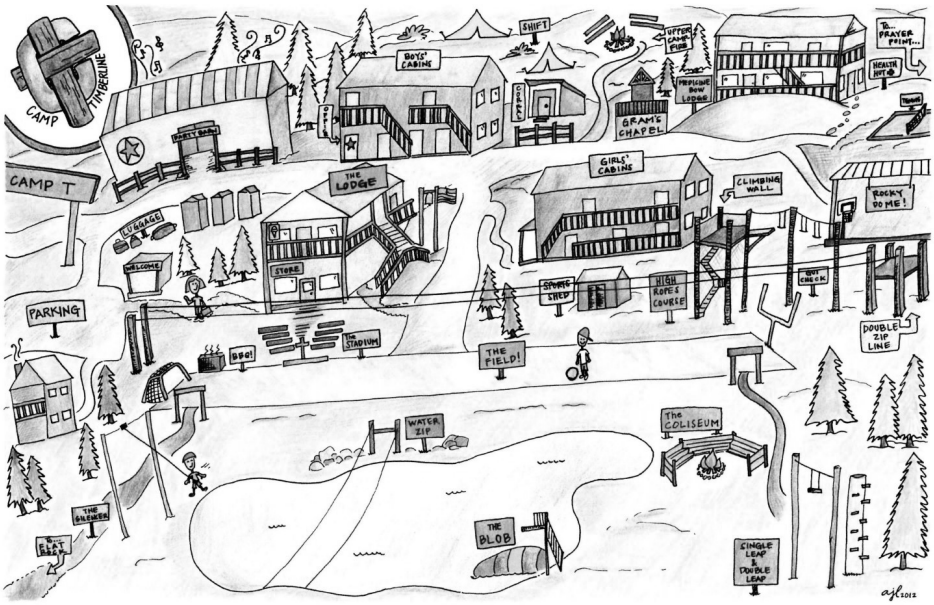
FROM DENVER

- 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.



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.

DOCTORS STATEMENT OF PARTICIPATION – SHIFT – PAGE 1

CAMPER HEALTH NEEDS FOR SUMMER PROGRAM –

All campers should be able to participate in athletic activity at 9,400 feet above sea level. A licensed RN/doctor 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 that are about 25 minutes away. Camp Timberline expects campers to have their health issues well managed. Please see our Health/Behavioral statement fore more information.

I confirm that within the preceding 24 months a health screening has been performed on:
CAMPER NAME: _____
and I found him/her to be in satisfactory physical condition, free from any contagious disease, and capable of active participation in a regular camp program, except as follows – (please be specific and list any physical limitations, problems or special care needs with expected treatment):

_____

_____

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

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 with an altitude of 9,000 feet? YES / NO
If yes, please explain:_____

Is the camper authorized to carry an inhaler, epipen, and other emergency medications with them at all times? YES / NO

List any known drug reactions and allergies that the camper has:

_____

_____

The above named camper may take the stocked over the counter medication provided by Camp Timberline (refer to list provided on the following page): YES / NO

Are there over the counter medications that the camper may not have? YES / NO
If Yes, please list those the camper may not have:

_____

_____

The above named camper is current on his/her DTaP/Tdap and/or DT/Td immunization.
*I have completed the attached **Certificate of Immunization or Statement of Exemption** as required by Camp Timberline and by Colorado law.

REQUIRED SIGNATURE OF PHYSICIAN/NP/PA:

_____ **Date:** _____

PHYSICIAN/NP/PA 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 (powdered or popsicle)
Throat Losenges
Robitussin (guaifenesin)
Triple Antibiotic Ointment
Tylenol (acetamenophen)
Tums
Zyrtec

Sunscreen Provided by Camp: Neutrogena Pure and Free SPF 45
*Please send your own sunscreen to camp but this is 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.

COLORADO
Department of Public Health & Environment

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	*Haemophilus influenzae* 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 of Camp Timberline, we are implementing a new policy to accommodate kids who have dietary allergies. If your child has dietary allergies, we ask that you take the following steps.

1. **Contact the Fort Collins office prior to the summer via email to speak with a Director about any medical and/or dietary needs** so that we can provide a positive and safe experience for your child. This is mandatory before the child can participate in camp.
   Email: kitchen@camptimberline.com.
2. **It is mandatory that your child's RN/NP/MD complete the other side of this form and note all dietary allergies before your child can attend camp.**
3. Pre-pack each meal for your child's session(s). Our kitchen staff is happy to heat food for your camper, however, we will not touch the food otherwise in order to ensure safety. A menu can be provided to you after May 1st by request.
4. Please label each container with camper's name, day, time, and meal to be eaten.
5. Fill out the chart below so our kitchen staff can follow along as the week progresses.
6. Please mail this form to the Fort Collins office before your child attends camp **(minimum of 2 weeks prior)**
7. Camp Timberline opens a Snack Shack on a daily basis 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, our staff must be notified of this in writing** and parents/guardians must review with their child what can and cannot be eaten from the Snack Shack menu. **Parents/guardians are required to stop by the Snack Shack on Opening Day** to see if any items sold might cause an allergic reaction and warn their child not to purchase and consume such items.

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: _____

Assigned Counselor(s): _____

See Page 2 for Emergency Response & Physician Signature >

FOOD ALLERGY ACTION PLAN

PLEASE COMPLETE THIS FORM ONLY IF YOUR CHILD HAS A DIETARY CONCERN THAT COULD RESULT IN A REACTION AT CAMP.

Participant's Name_____ Date of Birth_____ Summer Camp Session_____

ALLERGY TO_____
(for participants with multiple food allergies, consider providing separate Action Plans for different foods)

Asthmatic – Yes* ☐ No ☐ *Higher risk for severe reaction

STEP 1 - TREATMENT

Symptoms	**Further Description**	**Give Checked Medication*** * (To be determined by a physician authorizing treatment)
Mouth	Itching, tingling, or swelling of the lips, tongue, mouth	☐ Epinephrine ☐ Antihistamine
Skin	Hives, itchy rash, swelling of the face or extremities	☐ Epinephrine ☐ Antihistamine
Gut	Nausea, abdominal cramps, vomiting, diarrhea	☐ Epinephrine ☐ Antihistamine
Throat	Tightening of the throat, hoarseness, hacking cough	☐ Epinephrine ☐ Antihistamine
Lung	Shortness of breath, repetitive coughing, wheezing	☐ Epinephrine ☐ Antihistamine
Heart	Weak or thready pulse, low blood pressure, fainting, pale, blueness	☐ Epinephrine ☐ Antihistamine
Other _____		☐ Epinephrine ☐ Antihistamine
If reaction is progressing (several of the above areas affected), give:		☐ Epinephrine ☐ Antihistamine

Potentially life-threatening. The severity of symptoms can quickly change.

DOSAGE
Epinephrine: inject intramuscularly (circle one): EpiPen® EpiPen® Jr. Twinject® 0.3mg Twinject® 0.15mg
Antihistamine: give_____(medication/dose/route)
Other: give _____(medication/dose/route)
IMPORTANT: Asthma inhalers and/or antihistamines cannot be depended on to replace epinephrine in anaphylaxis.

STEP 2 – EMERGENCY CALLS

1. Call 911. State that an allergic reaction has been treated and additional epinephrine may be needed.
2. Dr._____ Phone Number_____
3. Parent_____ Phone Number_____
4. Emergency Contacts –

Name/Relationship	Phone Number(s)	
a. _____	1. _____	2._____
b._____	1. _____	2._____

EVEN IF PARENT/GUARDIAN CANNOT BE REACHED, DO NOT HESITATE TO MEDICATE OR TAKE PARTICIAPNT TO MEDICAL FACILITY:
(ALL THREE Signatures REQUIRED)

Parent/Guardian's Signature_____ Date_____

Physician's Signature_____ Date_____

Food Service Director's Signature_____ Date_____

Form adapted from The Food Allergy & Anaphylaxis Network.

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. The following procedures have been put in place to minimize the spread of illnesses. In accordance with guidelines and recommendations from the national, state and local agencies as listed at the end of this policy.

- Each camper is screened upon arrival. This includes a temperature reading and questions about current symptoms and any exposure to others with a virus.
- If a camper has any two symptoms below, the RN/NP/MD will check the temperature a second time, and if these still stand true, the camper is immediately sent home to recover. Transportation home is at the expense of the parent/guardian. **The child cannot return to camp unless accompanied by a doctor's note stating that they are healthy to return. Our policy on cancellation due to illness is found on the Parent Information sheet.**
    - Oral temperature above 100° **and**
    - Cough and/or sore throat **and**
    - Does not feel well (achy/fatigue)
- Campers are monitored by their counselors throughout the week for any illness.
- Staff are educated on the importance of hand washing and guide their campers in this effort during meals and cabin time.
- Alcohol based hand cleaner is used before every meal as well as soap in each cabin.
- Tissues are provided in the common areas of camp and in each cabin.
- If and when symptoms arise, the counselors will refer the camper to the RN/NP/MD on site for evaluation.
- Any camper or staff member who presents a cluster of symptoms (as listed above), is immediately isolated from others. The parents of the camper are contacted directly to take their child home.
- The cabin occupied by the ill camper is scrubbed down and sanitized immediately by our staff.
- Other campers in that cabin are monitored by taking their temperature each morning. Any additional camper in that cabin that develops a fever is immediately isolated and sent home as well.

Because our guests come to us from various communities and because flu-like illnesses are contagious for 24 hours before people have any symptoms, we are only able to limit exposure but cannot guarantee protection. We will continue to be involved in the ongoing research of flu-like illnesses and do our best to offer the best possible experience for each child.

Ultimately, our goal is for each cabin to have an incredible experience at camp and not remember a "sick" week. We do not want to see any camper spend several days quarantined in the Health Hut; but rather they recover in the comfort of their own homes. This speeds their recovery and protects their cabinmates and all campers from contracting the same illness. We ask ourselves, "What is best for your child's experience, their cabinmates and camp as a whole?"