

# Ski & Snowboard Camp

## Keeping the Kids Healthy

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### BEFORE CAMP BEGINS...

It is extremely important that your children are healthy at the time they arrive to Ski & Snowboard Camp. Campers live in dormitory style bunk-rooms where they share their adventures, stories, laughs... and yes, potentially their germs as well. If a contagious illness appears at camp, the chances of it passing from child-to-child in our close-quartered living environment is more likely than not.

**Please - it is imperative that kids do not come to camp carrying an illness that may be spread to fellow campers.** If your child has been recently sick, the rule of thumb is that they must be FEVER FREE for at least 24 hours prior to their arrival at camp. Although we certainly hope it will not be necessary... for the health of camp... we will send campers home if we find they are sick beyond our comfort level.

Campers who are simply not feeling well during the week may be temporarily moved into separate living quarters. This strategy is in place to minimize any potential spread of germs. Our Starr King Lodge has been set aside to be used for this purpose. Starr King has five individual rooms, each with private shower facilities. A camp staff, usually the camp nurse, will reside in the building whenever campers are recuperating there.

### CAMP LIFE...

Once camp is underway, we will endeavor to keep it illness free. Good hygiene will be encouraged. Dormitory rooms are equipped with private shower facilities, and all buildings provide opportunity to keep faces and hands clean, especially before meals. While camp runs at a fairly quick pace throughout each day, there are times built in for campers and staff to catch their breath. Bedtime at camp varies, typically between 9 – 10PM.

### EATING & NUTRITION...

Campers will be offered three hearty meals each day. Meals are served in buffet style, essentially enabling them to eat as much or as little as they want. A variety of main menu choices are offered, along with a well-stocked salad bar. **The camp menu is nut free.** Dessert is offered with every lunch & dinner. Snacks will be provided by camp at other appropriate times. Fruit is always available... and sometimes cookies or other baked treats.

Opportunities to eat at camp are plentiful. Between meals, campers also have limited access to the snack bar at King Pine if they have brought spending money. For this reason... **we ask that you do not send extra "snack" food to camp.** Following camp policy, we will not permit food to be eaten or stored in dormitory rooms. This is to help keep the rooms clean... and also because we are concerned about the health of our campers!

Some kids feel they are on "vacation" from established eating structure at home. If they bring spending money, the amount of sugared candy and soda potentially consumed in a week of camp can be considerable. Ski Camp is very high energy. The kids will be worn out by the end; we don't want them to return home sick as well. To that end, snacks and soda consumption will be carefully monitored. We appreciate your assistance with this effort!

### PERSONAL MEDICATIONS...

For safety reasons, we do not allow medications to be stored in dormitory rooms with campers. All medications will be collected by our camp nurse on opening day, carefully labeled, and stored in a separate location. Our camp nurse will maintain primary responsibility for distributing prescribed medications. Camp will also keep a supply of generic, over-the-counter remedies for common conditions such as headaches.

### IF INJURY OCCURS...

Despite best efforts, sometimes injuries do occur at camp. Skiing and snowboarding are exciting activities that carry inherent level of risk. King Pine Ski Area is monitored by on-site Ski Patrol, who will respond to any accidents on the mountain. Ski Patrol will make the decision as to whether to call for advanced medical transport.

At times when Ski Patrol is not on duty, camp staff will make decisions regarding care for campers. Parents, of course, will be contacted. Sometimes an injury occurs that makes it difficult for a camper to continue enjoying being at camp. We will work closely with parents in finding the best way to handle these situations. Fortunately, accidents and injuries are rare at camp. Smiles are much more prevalent than tears!