

Healthy Habits at Home for a Healthy Time at Camp

Camp Twin Lakes – 2021

Greetings!

We are excited that your camper will be spending time at Camp Twin Lakes this summer. We have been working hard to put unique plans in place to ensure this summer's camp experience is healthy for our campers, volunteers, and staff. We have missed seeing everyone and are being intentional to protect this wonderful opportunity to be together again!

While the following recommendations should be practiced every year prior to camp, they are even more important this year. Just like every summer, campers, staff, and volunteers will be sent home if they develop symptoms that are believed to be associated with a contagious illness. Practicing healthy habits at home in the weeks prior to your camp session will ensure your camper is in the best shape possible to have a healthy time at camp.

Screen and quarantine!

- For 14 days prior to your camp arrival, please take your camper's temperature and screen for symptoms, using the tool provided by your camp's director. Your camper will also be screened for fever and other symptoms each day at camp.
- For 14 days prior to your camp session, please quarantine from individuals who do not live in your household. It is crucial we ensure COVID-19 is not introduced to camp, and quarantine is one of our best strategies to make this possible.

Come to camp symptom free!

- Please remember that Camp Twin Lakes reserves the right to not allow anyone into camp who has any signs or symptoms of illness. This includes fever, cough/shortness of breath, sore throat, runny nose, sneezing, congestion, diarrhea, vomiting, headache, body aches, or new loss of taste or smell. If your camper or anyone in your household has any of these symptoms before coming to camp, please call your camp's director.

Arrive well rested, well hydrated, and well nourished!

- Lack of sleep, dehydration, and poor nutrition can cause fatigue, muscle aches, headache, and GI upset. Make sure your camper gets plenty of sleep, drinks plenty of water, and eats a balanced diet prior to coming to camp to help avoid any of these symptoms.

Make sure any normal symptoms are well managed, or a plan is in place to manage if they flare up at camp.

- Does your camper have a cough, not related to contagious illness? Do they suffer from allergies? Meet with your camper's healthcare provider to learn what steps you can take prior to coming to camp to help manage these symptoms.

We are looking forward to a healthy, memorable summer season at Camp Twin Lakes! Thank you for doing your part to help make camp possible in 2021.

Sincerely, Camp Twin Lakes