Hello, CBC campers and Families!

My name is Becky Vander Vorst. I am the lead nurse out at Cooperstown Bible Camp (CBC). My role is to work with our medical director, Dr. Pearson, to have medical protocols set up for camp each year, prepare the health center, educate and provide nursing support to the camp staff, help find nurses for each week of camp, and then I also get to be the nurse for a couple of weeks this summer. It is a joy and honor to serve CBC and our campers each summer!

It is my goal that you as a parent/guardian feel as comfortable as possible leaving your child at camp knowing that CBC has systems and protocols in place to care for your camper. In light of that goal, I would like to take a moment to review several things to help prepare you and your camper for camp. Please take the time to read to the end.

**General Health Reminders**

1. **If your camper is EXPOSED to any contagious diseases within 3 weeks prior to camp,** you must obtain a doctor's written permission before sending your camper (Including but not limited to strep throat, Covid-19, Influenza, Measles, chicken pox, etc.).
2. **Your camper will be screened upon arrival to camp.** If they have a fever of 101 or greater OR have a fever over 100 AND other symptoms (chough, chills, stuffy nose, sore throat, rash, etc.) they will not be allowed to remain at camp. They can return to camp when they are fever free for 24 hours without the use of anti-fever meds (Tylenol/Ibuprofen) and their symptoms are improving. If they are on antibiotics, they need to have been on them for 24 hours to be at camp.
3. **If your camper gets sick while at camp,** they will be moved to an isolation room where the nurse will frequently check on them while camp waits for you to pick them up.
4. **If your child has anaphylactic allergies**, please make sure that you remind the nurse at the start of camp. **Your child should carry their EpiPen(s) with them**.
   1. **If your camper has an anaphylactic food allergy to peanuts,** please make sure you communicate the week before with camp if peanut/tree nut containing products need to be removed from the camp store (some campers with nut allergies are okay being around things containing peanuts, but if you are concerned about it, please let camp know).
   2. **If your child has MULTIPLE food allergies,** CBC is asking that you provide food for your camper for the week as they cannot guarantee there will be no cross-contamination (including gluten). There is storage in the fridge for food for them. If you bring food for your camper, CBC will deduct the cost of food from your camper’s registration fee.

**Medication Reminders**

1. **If your child requires over the counter or prescription medication,** please turn them in to the camp nurse at registration. The only medications that will be allowed to remain with your camper are EpiPens and inhalers for asthma. The nurse is available by walkie-talkie 24/7 if your child needs other medications. **To keep all campers safe, CBC does not allow any other medication to be in the cabins.**
2. **Leave all the medications in the original containers and place them in a Ziplock bag with dosing directions and your child's name.** Please bring only enough medication to last for the week. If there is not enough medication for the week, you will need to drive back to camp to provide the medication.
3. **Please leave common over the counter medications at home unless your child takes it daily (ex: daily allergy medication**). CBC has multiple over the counter medications including acetaminophen, ibuprofen, cough/cold medications, tums, allergy meds, etc. that can be given if your child needs them. CBC has most of these common meds in liquid, chewable, and pill form. Some are dye free, but if dyes are an issue, then you may bring your own.

Currently, I plan on being out at camp every Monday during registration. We have a camp nurse for 5 out of 6 weeks at camp. As of right now, there is no nurse for JR High I camp (June 23-28). Rest assured, though, that there will be someone that will be handing out medications and available for first aid needs. All CBC staff have very basic first aid training and are CPR certified and have been trained on how to use EpiPens and the defibrillator.

I have reviewed camper registrations. If you have updated your camper’s information and/or medication since the form was initially completed or need to discuss your child’s health or any other concerns with me prior to camp, please contact CBC to say you would like to speak with me and I will contact you.

We are excited to have your camper out at CBC this summer! It is my hope that you feel your child is supported in al their health needs so that they can have a great time at camp and learn more about Jesus!

Blessings,

Becky Vander Vorst, BSN, RN

CBC phone number: 701-581-6921