

Hemophilia/Bleeding Disorder Camp Information **Sunday, June 19-Friday, June 24 2022**

****COVID 19 Information****

All campers will be *screened for symptoms of COVID during check in*. Anyone with symptoms concerning to medical staff will be recommended to follow the current CDC guidelines for testing and isolation. Campers who have had a significant COVID exposure 5 days before camp, have tested positive for COVID within 5 days, or has new symptoms concerning for COVID 19 *will NOT be allowed to stay at camp*.

During camp, if a camper displays signs and symptoms of COVID 19 that is concerning to the medical staff or have a close contact with someone with a positive COVID 19 test, in accordance with current CDC guidelines will be quarantined and their *parents will be notified to pick up their child*. It is likely your child will not be able to return to camp. We will not be doing any COVID testing at camp, parents need to pick up their campers. We are happy to help guide parents where to obtain testing if needed.

It is helpful if parents can provide us with their camper's COVID 19 vaccination record, as this does determine what recommendations are appropriate for each camper. Vaccination is not required for attendance but is strongly encouraged. You can provide your camper's COVID 19 vaccination record by emailing michelle-krantz@uiowa.edu or bringing a copy with you to camp.

Check-In and Check-Out Information

Check-In

Sunday, June 19rd 2022 at 3:00-4:30 PM

1614 W. Mt Vernon Rd
Mt. Vernon, IA 52314

For returning campers, please note that there is a new entrance and extended parking. Check in will be in the gym connected to the winter lodge.

You will need to go to all of the following stations:

1. Cabin assignment
2. Health screening and lice check. If your child has a contagious illness (ie: diarrhea, fever over 100 F in the last 24 hrs, strep throat, impetigo, scabies or pink eye) or have lice/nits, your child will not be able to stay at camp. For fever and diarrhea, if the symptoms are resolved for 24 hrs they may be re-screened and attend later.
3. Camp Staff Table. Ensure all camp forms were completed, turn in Immunization record
4. Medication Table. Drop of medications and check-in factor
 - After check in your child's counselor will take you to the cabin, they can pick their bunk and drop off their belongings. You can then say your good byes.
 - Dinner will for campers will start at 5 pm.

To help streamline the check-in process please follow these suggestions.

- Make sure all medications, including factor, DDAVP, and over-the-counter medications are clearly labeled with your child's name.
- Update your child's medication list on the camp website the week before camp if there have been any changes since the time you did the registration.
- Make sure that all forms have been filled out online
- Be sure to bring your child's most recent immunization record or upload before camp on the registration website. We do not keep paper copies from previous years.

Talent Show/Awards Ceremony

We welcome families to attend our end of camp talent show and award presentation on **Friday, June 24th, 2022 at 11 am**. This is held at our outdoor stage. There are some benches available but feel free to bring folding chairs.

Check-Out/Lunch

Friday, June 24th 2022 from Noon-1pm

- Video Presentation will occur in the new Grand Lodge, immediately adjacent to the parking lot.
- *Lunch.* A bag lunch is provided in the Grand Lodge for families. Feel free to eat in the Grand lodge, outside, or take your meals to go.
- *Camp Check-Out.* All campers have to be checked out with their counselors. Photo IDs are required and will be checked against your camper's pick-up list. They will be available in the cabins when you pick up your child's belongings.
- *Medical Check-out.* Check out factor and medications. If you do not have medications to check out, your counselor may ask you to see the nurses if they have any other information, they may need to give you.

Other Information

Parent/Guardian

- Session Forms: All registration forms can be completed online. If you need to change information on the forms you will be able to do this up until the session start date. NO ONE will be allowed to stay at camp unless each form has been completed and signed.
- Prescription Medications: Bring only enough medication for the week of camp in a bottle with the prescription label having current dose and administration information, doctor's name, and child's name. We cannot accept medications not in their original bottles. All medications left at camp will be kept at Camp Tanager for one week then destroyed.
- Over the counter medications: Should be in the original container and labeled with the patient's name. We will have the following medications on hand, if your child prefers a specific flavor or type you may bring your own:
 - Acetaminophen (Tylenol) liquid, chewables, and tablets
 - Diphenhydramine (Benadryl): Liquid and tablets
 - Anti-antibiotic ointment
- Contact: If you move or change your phone number please call the University of Iowa Hemophilia Treatment Center at 319-356-4277 and update that information on your online camp account.

Additional Information

- Camp Tanager reserves the right to search camper belongings for items considered inappropriate at camp. These items will be returned home with the parents or given to the camper/parent upon leaving the camp grounds.
- Upon arrival to camp, a nurse will perform a quick health screen. Campers who have head lice or nits will not be admitted to camp.
- Camp Tanager is not responsible for lost or stolen items. Please do not send electronics or other items that cannot be easily replaced or cleaned. **Cellphones are not permitted during the campers stay at camp.**
- Pillows, sheets, blankets, and towels are provided for each camper during their stay.
- Because of the large number of children, campers will not be allowed to use the telephone. The camp director or medical staff will contact you if there are any questions or concerns with your camper.
- Mail sent to campers should be addressed to:
 - Camp Tanager
 - 1614 W. Mt Vernon Rd
 - Mt. Vernon, IA 52314

If your child would like to write home during their stay at camp, please send stamped, addressed envelopes or postcards so your camper can write you. Email can be sent from our website at www.camptanager.org.

Contact Information

Before Camp

- If you have any medical questions or concerns before camp please contact: Michelle Krantz, RN or Karla Watkinson, RN at 319-356-4277. You can also email Michelle at michelle-krantz@uiowa.edu and Karla at karla-watkinson@uiowa.edu.
- If you have specific questions about Camp Tanager before the camp season you can contact the Camp Director at 3219-365-9165 ext 327. During the camp season the Camp Director will be on-site and can be reached at 319-363-0681 or email dpirrie@tanagerplace.org.

- If your child cannot attend the session and you need to cancel please call HOI at 319-721-3477 or the Hemophilia Nurses at 319-356-4277 as soon as possible.

During Camp

- During the week of camp, if you need to speak with one of the medical staff about your child, you should call Tami Bullock at 319-330-0769 or email the nurses. Nurses will have intermittent access to emails but try to check our emails at least daily. Please send your emails to all three nurses.

michelle-krantz@uiowa.edu
karla-watkinson@uiowa.edu
tamara-bullock@uiowa.edu
stacy-casey@uiowa.edu
michelle-aitchison@uiowa.edu

Bleeding Disorder Treatment Products and Supplies

- Bring your child's supply of Factor, DDAVP, Lysteda, or Amicar. Please be sure that all boxes are factor are clearly labelled with child's name. Please make sure to label vials with your child's name.
- If you forget to bring your child's treatment products, these will need to be ordered from your specialty pharmacy and sent to camp –OR- if treatment is needed, we will have to go to UIHC in Iowa City. Please try to send enough treatment products so we don't have to have you order any during the week.
- Campers who are on prophylaxis or immune tolerance: Be sure to bring scheduled and as needed doses.
- Campers who have Ports or other central lines need to make sure to bring all of the supplies needed to do infusions. This includes port needles, sterile gloves, Chloraprep, saline, heparin, and EMLA (if applicable).
- We will have a few of the necessary supplies such as needles, syringes, alcohol pads, tourniquets, Coban, bandages and sharps containers needed for treating bleeds. We will also have ice packs and bandages for first aid. If your child prefers to use special supplies from home, please be sure they are labeled clearly with their name. For example, tourniquets, syringes, etc.

****We will NOT have factor replacement products, Amicar, Tranexamic Acid (Lysteda), EMLA, or DDAVP available. ****

Bleeding Episodes

- If your child has a significant bleeding episode the medical staff will administer their treatment products per their Hemophilia Treatment Plans. A hemophilia trained nurse will be at camp at all times. The nurses will have direct contact to Dr. Sharathkumar or Dr. Staber (pediatric Hemophilia doctors) at all times if assistance is needed.
- All bleeds and treatments used will be documented and discussed with you at check-out.
- If your child has nosebleeds, please be sure to bring their nose care items and Afrin. We will have a block of salt port available if needed.

Bleeding Disorder Camp Electronics Policy

- **Cell phones are not permitted to be used at camp.** Camp is a time for your child to disconnect with screens and focus on person interactions. If we notice your child is using their cell phone or other device, that device will be held by staff until the end of camp. We recommend that you leave all other personal electronic devices such as I-Pads and other tablets at home.
- We recommend that cameras sent to camp should be disposable.

Infusion Education

- Parents have been asked to sign a consent to allow their child to learn venous/self-infusion at camp. We will not infuse factor unless they have a bleed or scheduled dose of factor, we practice with normal saline only. We have "practice veins" which are artificial and we allow learners to poke nurses or themselves only.
- **Campers with bleeding disorders:** If your child does not use factor (platelet disorders, rare factor deficiencies), we are still happy work with them regarding venous access as there may be a time when they have to get an IV for a transfusion. Allowing them to be more comfortable with this process may help make future transfusions easier for them.
- **Guests WITHOUT a bleeding disorder:** We welcome your child to observe infusion and are allowed to help prepare for an infusion which includes preparing supplies and mixing factor. We have artificial "practice veins"

that your child is welcome to try. This will require them to handle a real needle while directly supervised by a nurse. Guests will not be permitted to poke themselves or nursing staff.

PREPARING FOR CAMP

At Camp your kids can expect:

- **Lodging**
Cabins sleep 12 kids and two counselors; there are 6 bunk beds for campers. Cabins are divided by age group and gender. The restrooms/shower houses are located in a separate building next to the 6 cabins.
- **Meals**
We offer three meals a day with an evening snack. We serve cafeteria style, the campers pick up a tray of food at the serving window. The camp cooks have to fill the tray with all of the items served that meal, however the camper do not have to eat what they do not like. They can get seconds, if available, on the things they do like. They will sit with their cabin to eat.
- **Activities**
There are *so* many activities at camp. They range from highly active to low active. We do allot some “cabin time” for rest throughout the week as well. We ask all campers to participate in activities, or at least try it out. If they do not enjoy the activity, in many cases an alternative can be provided. Of course, if they have any activity restrictions we can adapt the activity for them to participate. Camp requires a good amount of walking up to 200 yards between activities. We also spend a lot of time at the pool! Some activities are enjoyed as a cabin, some mixed with other cabins, and there are some all camp activities too
- **Field Trips**
This year we will only take one all camp field trip
 - 1) On Tuesday we go to “Bell’s Farm” which is located in Lone Tree, Iowa. At Bell’s Farm we can swim or canoe in the large pond (our life guards staff the pond and canoers wear life jackets that we provide.) and fish. We usually have a couple of other activity stations as well. We travel by school bus.
 - 2) On Wednesday Night the 12-17 year old with enjoy a Teen Night which will include an off-site activity. The details of this activity will be provided at check in.
- **Give-a-ways**
Many items are donated to camp each year, however, these items will vary. Please do not assume items you have received in the past will be available this year. If there is something you want to have at camp you will need to bring with you.

PACKING LIST

****Items provided by camp: Sunscreen, blanket, sheets, pillow, towels****

CLOTHING

5-6 pairs of shorts
7-8 short sleeved shirts
1-2 pairs long pants
1-2 long sleeved shirts
Sweatshirt/Jacket
7-8 pairs of underwear
7-8 Pairs of socks
Pajamas
Tennis Shoes
Sandals/Flip-flops for pool
Water shoes for pond
Swimming suit
Hat

Tooth paste
Soap
Shampoo/conditioner
Hair brush/comb
Deodorant
Wash Cloth

Sunglasses
Disposable Camera
Stuffed Animal
Fishing Gear
Stuffed Animal
Goggles
Water Bottle

TOLIETRIES

Toothbrush

OPTIONAL

Sleeping Bag/Twin Bedding
Blanket
Pillow

