**IMPORTANT INFORMATION**

**Bleeding Disorder Summer Camp**

**Sunday, June 16-Friday, June 21, 2024**

**\*\*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, following 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.

**Check-In and Check-Out Information**

**Check-In**

**Sunday, June 16,2024 at 3:00-4:30 PM**

1614 W. Mt Vernon Rd

Mt. Vernon, IA 52314

Camp has remodeled! If you attended camp in previous years you are aware, but for those who are not, there is a new entrance to camp and extended parking. Do not use the gravel road, use the new paved entrance. Check in will be in the new grand lodge that is by the round-a-bout. If you have questions about this, please reach out!

***You will need to go to all the following stations***

1. Cabin assignment

2. Health screening and lice check. If your child has a contagious illness (i.e.: 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 off medications and check-in factor

* After check in your child’s counselor will take you to the cabin, you camper will pick their bunk and drop off their belongings. You can then say your goodbyes.
* Dinner for campers will start at 5 pm.

***Medications***

* If you keep bleeding treatment products at home, you should bring them to camp. They should be in-date, or we will not be able to administer. Please contact your HTC for refills prior to coming to camp.
* Bring all Factor, DDAVP, tranexamic acid, Amicar, Port or central line supplies, or numbing cream to camp*. \*\*WE WILL NOT HAVE THESE PRODUCTS ON HAND\*\**
  + FACTOR recommendations
    - Bring as needed doses (minimum 1 major/life-threating dose + 1 minor/non-life-threatening dose
    - Prophy/ITT: Bring scheduled doses for the week *and* as needed doses.
* If you forget to bring your child’s bleeding treatment products or do not normally keep them at home and treatment is needed:
  + Will be ordered from your specialty pharmacy and sent to camp
  + Urgent or initial doses may require a visit to UIHC (L11 clinic or ED) in Iowa City.
  + Please try to send enough treatment products so we don’t have to have you order any during the week.
* Medications should be in the original bottle with the correct prescription, if the dosing has changes since your last refill, please have your doctor’s office fax us with the updated directions. Fax: 319-356-4261. *We cannot accept medications not in their original bottles*.
* We will only keep the number of pills needed for the week. Please count out the number needed before you check in, this will expedite the process. This does not apply to liquids or *as needed* medications (allergy medication, acetaminophen, etc.)
* We will keep a supply of common over the counter *as needed* medications on hand in multiple forms (pills, liquid, chewable), unless your child has a strong preference for the type they use, you do not need to bring these them. If the medication is scheduled, please bring your home supply. We keep a small supply of:
  + Benadryl (Liquid, pills)
  + Antibiotic Cream
  + Acetaminophen (liquid, chewable, pill)
  + WE WILL NOT have Amicar or tranexamic acid on hand.
* Infusion supplies. We will have infusion supplies on hand (gauze, bandages, needles, syringes, alcohol swabs, tourniquets). Unless you child has a specific item, they prefer (needle for example), you do not need to pack supplies.

***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 completed registration.
* Make sure that all forms have been filled out online before checking in
* Upload on Ultra Camp or bring your child’s *required* documentation
  + Most recent immunization records. All children will need to have had all routine vaccinations per CDC guidelines. If there concerns or questions, please contact the hemophilia nurses
  + Most recent insurance card and pharmacy card (if applicable). We do not keep copies from previous years.

**Talent Show/Awards Ceremony**

We encourage families to attend our end of camp talent show and award presentation on **Friday, June 21st, 2024, at 11 am i**n the Grand Lodge. When the talent program is completed, you will be allowed to start the camper check out process. We will provide reminder of this at check in.

**Check-Out/Lunch**

**Friday, June 23rd, 2023, from Noon-1pm**

* Video presentation
* *Lunch.* A bag lunch is provided in the summer lodge for families. Feel free to eat in the grand lodge or outside.
* *Camp Check-Out.* All campers must be checked out with their counselors. Photo IDs are required and will be checked against your camper’s pick-up list.
* *Medical Check-out.* Check out factor and medications not used. Even if you don’t think they should have anything left over, it’s always good to stop by and make sure! All medications left will be *kept at Camp Tanager for one week then destroyed.*

**CAMP INFORMATION**

**Parent/Guardian**

* Session Forms: All registration forms can be completed online. Changes to information can be made up to 2 weeks of camp. This is especially important for guests or if your child is being dropped off by someone other than their parent or guardian, their parent/guardian must complete and sign their forms.
* Please update the hemophilia nurses and on Ultra Camp, changes in address or phone numbers. Call 319-356-4277 or email [tamara-bullock@uiowa.edu](mailto:tamara-bullock@uiowa.edu), [karla-watkinson@uiowa.edu](mailto:karla-watkinson@uiowa.edu) and/or [michelle-aitchison@uiowa.edu](mailto:michelle-aitchison@uiowa.edu) .

**Restrictions**

* Camp Tanager reserves the right to search camper belongings for items considered inappropriate at camp if there is a concern. These items will be returned home with the parents or given to the camper/parent upon leaving the campgrounds.
* Camp Tanager is not responsible for lost or stolen items. Please do not send electronics these create a distraction from the camp experience.

**Camper Communication**

* ***Cellphones are not permitted during the campers stay at camp.*** Cellphones or tablets can make home sickness worse and distract from the camp experience.
* Campers will not be allowed to use the camp telephone. If it is a something concerning, camp and medical staff will call you.
* Mail sent to campers should be addressed to:

Camp Tanager

c/o \_\_\_\_\_\_\_\_\_\_(campers name)

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.
* You can email your child from the camp website at [www.camptanager.org](http://www.camptanager.org).; they will not be able to email back.
* Campers will receive mail or emails daily during mealtimes.

**MEDICAL INFORMATION**

**Contact Information**

Before Camp

* If you have any *medical questions* or concerns before camp, please contact the hemophilia nurses at 319-356-4277 or email at the addresses below.
* If you have specific questions about *Camp Tanager* you can contact the Camp Director at 319-363-0681 or email [dpirrie@tanagerplace.org](mailto:dpirrie@tanagerplace.org).
* If your child cannot attend the session and you need to cancel, please call Brooke at BDH at 319-721-3477 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 (319-356-4277) and leave as message or email the nurses. We will be checking emails and our voicemail daily; on Tuesday we will have limited access due to our field trip. Please send your emails to all the nurses!

[karla-watkinson@uiowa.edu](mailto:karla-watkinson@uiowa.edu)

[tamara-bullock@uiowa.edu](mailto:tamara-bullock@uiowa.edu)

[stacy-casey@uiowa.edu](mailto:stacy-casey@uiowa.edu)

[michelle-aitchison@uiowa.edu](mailto:michelle-aitchison@uiowa.edu)

angela-sickles@uiowa.edu

**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 always at camp. The nurses will always have direct contact to Dr. Sharathkumar or Dr. Staber (pediatric Hemophilia doctors) if assistance is needed.
* All bleeds and treatments used will be documented and discussed with you at check-out. If we think further follow up is needed during camp, we will notify you.

**PREPARING FOR YOUR CHILD 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 in a separate building next to the cabins. They do not have air conditioning, there are usually fans

* **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 are required to fill the tray with all of the items served that meal, however the camper does not have to eat what they do not like. They can get seconds, if available. They will sit with their cabin to eat.

* **Activities**

There are *so* many activities at camp. They range from highly active to low active. All activities comply with activity guidelines for those with bleeding disorders. There is “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 specific 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!

* **Field Trips**

1) On Tuesday we travel by bus to “Bell’s Farm” which is located in Lone Tree, Iowa. At Bell’s Farm we can swim or canoe/kayak in the large pond (Camp lifeguards staff the pond life jackets required for using canoes/kayaks). Some enjoy fishing with the assistance of adults. We typically also offer have a couple of shaded activity stations as well.

2) On Wednesday Night, campers 12–17-year-old 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 by industry to camp each year; however, these items will vary year to year.

* Those with younger campers, please note that their cabin can get messy. Please label their belongings as best you can, this helps the counselors and kiddos find things.
* It can get chilly in the mornings/evenings; we recommend bring a sweatshirt or something warm

**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 \*Required\*

Sandals/Flip-flops for pool/shower

Water shoes for pond

Swimming suit

Hat

TOLIETRIES

Toothbrush

Toothpaste

Soap

Shampoo/conditioner

Hairbrush/comb

Deodorant

Wash Cloth

OPTIONAL

Sleeping Bag/Twin Bedding

Blanket

Pillow

Sunglasses

Disposable Camera

Stuffed Animal

Fishing Gear

Goggles

Water Bottle

Towel for pool/shower (please label)