

Note from the Camp Cherith Nurses to Parents

We are so glad you have decided to allow your child to join us for an exciting week of camp. Below are a few reminders to assist in a smooth registration and to have a more safe/healthy stay at camp.

- Health History/Immunization Form – each camper is required yearly to supply a current health history form and immunization record (please make sure to document last tetanus shot especially) including current contact numbers, social security number (in case child has to have emergency care at local hospital), parent/guardian signature for “permission to treat”, list of all current medications, as well as current immunization record. Go to www.carolinacherith.com/register and print off form. You may send the completed form/immunization record prior to camp by scanning it to nurses@carolinacherith.com or mailing it to Kelsey Palm, 3200 Long Blvd., Nashville, TN 37203. The nurses will review and may contact you if any questions. A camp physical is not required unless person has a chronic medical/mental health condition (see below).
- Chronic Mental Health/Health Issues – Camp Cherith does NOT primarily serve persons with special medical needs, including those with mental health issues. Each camper’s health history is reviewed carefully to make sure that the camp has appropriate licensed medical persons to meet their needs. If the camper has stable, chronic health condition such as hypertension, insulin-dependent diabetes, depression, ADHD - extensive evaluation is taken to make sure the person can meet up to the expectations and activities of camp and have proper medications available for their care. The camp nurse, may require the person to have a recent physical by their home health care provider with written permission/judgement from the health care provider that the camper is deemed able to participate in camp activities. If your child has these needs, please have a copy of the child’s current physical and written statement by their health care provider and give to the nurse upon check in OR contact the registrar before camp if questions.
- Notification of Parent/Guardian if Medical Concern/Emergency – the camp nurse will notify the parent/guardian by phone for any of the following:
 - Any questions/concerns about the camper’s health form, health condition, medication, etc.
 - If camper kept in the infirmary for >1 hour for observation or sooner, if necessary. Follow up contact will be continued until camper is released to activities and/or released to outside medical care and/or home.
 - If camper needs to go to Redfern Infirmary (at Clemson University) or outside medical facility for care such as for a suspected ear infection
 - If a camper has to obtain emergency medical services and/or hospital care
 - Follow up phone calls will be made by the nurse when camper returns from an outside facility so parent/guardian will know status and any treatment needed.
 - Any instructions that the parent may need for continued care for camper when returns home.

- Parents are usually NOT notified for minor injuries/illness that is covered in the Camp Cherith Health protocol such as uncomplicated scratch/scrape, minor headaches, uncomplicated bee sting, etc. Any question concerning this, please notify the camp nurses to discuss.

- Medications at Camp
 - Campers who need medications at camp, MUST bring them to the infirmary at camp during check-in. Prescription medications need to be in their original bottles with instructions clearly on the label. The infirmary has a varied supply of over-the-counter medications, if needed. The infirmary also has a refrigerator for refrigerated medications. Medications are dispensed by the camp nurse at mealtimes and bedtime unless camper requires additional times.
 - If your camper needs to bring unusual over-the-counter medication – the medication must be in its original container with written instructions from health care provider or parent/guardian attached.
 - The infirmary is manned by medical personnel, 24/7 during camp and is equipped for minor/major medical issues.
 - Campers/staff are not to have any medications in the cabin. Exceptions are reviewed by the nurse and may include inhalers or facial creams. The nurse must approve these exceptions BEFORE these medications can enter the camper/staff cabin.

- Tips for a Healthy Week at Camp
 - Heat
 - Bring a fan, not a just a small personal fan, but a box fan or similar.
 - Bring a water bottle
 - Bring plenty of changes of clothes including extra socks
 - Shoes
 - Closed toe shoes for most activities with a heel covered and/or back strap. Water shoes for lake and/or pool. Flip flops are discouraged but are allowed only if camper going to the pool for activity. Blisters are a problem at camp so make sure your camper has worn the shoes before camp and they are comfortable.
 - Horseback Riding – if participating in this activity, must have a closed toe shoe with an elevated heel such as boots with a heel. Long pants are necessary too.

If you need to contact the infirmary/camp nurses while your child is at camp, the infirmary number is (864) 646-7502 Ext 228. If you leave a message on the voice mail and no one returns your message in a timely manner, please call the administration office at (864) 646-7502 or try to call the infirmary again.

Looking forward to a fun and safe week at camp!

Camp Cherith Nurses (Email - Nurses@carolinacherith.com)

