

Camper & Parent Information Handbook



www.epilepsymichigan.org/campdiscovery
(800) 377-6226



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Welcome to Camp Discovery

Welcome to Epilepsy Foundation of Michigan's Camp Discovery. Your camper is about to embark on a fun-filled week of new friends, challenges, rewards, and the experience of living as a community. The three goals of Camp Discovery are 1) To increase self-esteem, 2) To increase social skills, and 3) To increase knowledge of seizure control methods. Our carefully selected counselors and Medical Staff will guide your camper through a week of adventures and help to build memories that last a lifetime.

This handbook is designed to answer you and your camper's questions about Camp Discovery. Please read the information and share it with your camper.

Please note:

1. Camp Check-In: Sunday – 9:30 -10:30 a.m.
2. **Camp Check-Out: Thursday – 11:00 a.m. PLEASE NOTE CHANGE!**
3. If Homesickness is an issue: The American Camping Association has a great DVD available through their website, acacamps.org. Click on "Bookstore", then click in the search box and enter the word "homesickness" in the box. The book is by Chris Thurber and is \$14.95.

Please read and discuss with your child the expectations relating to the Code of Conduct Agreement. If this is a new or first time away from home experience, shared living and group decision making plus making friends and getting along with others may be strange or difficult. You can support your child by helping him/ her to understand what is expected, and reassuring him/her that counselors, coordinators, nurses, behavior specialist, and all other staff including the director may be approached at any time to help with a camper's experience.

We are very excited to have your camper attend Camp Discovery. Please feel free to contact the Foundation at 800-377-6226 or e-mail pbird@epilepsymichigan.org with any questions or concerns.

Pam Bird, Epilepsy Foundation of Michigan
Breanne Weatherford, Camp Director
Kyle Janes, Camp Coordinator
Stephanie Bayma, Medical Coordinator

Camp Location

Sherman Lake YMCA Outdoor Center
6225 39th Street
Augusta, Michigan 49012
(269) 967-5087

Directions to Camp

The Sherman Lake YMCA Outdoor Center is approximately 20 minutes from Kalamazoo and Battle Creek.

From Kalamazoo and Richland

Go east on M-43. At stoplight, continue straight through the light on M-89 to 38th Street. Turn right (south) on 38th Street. 38th Street becomes 39th Street. The camp entrance is about 1.5 miles south of M-89 on 39th Street.

From Battle Creek

Go west on M-89 to 38th Street. Turn left (south) on 38th Street. 38th Street becomes 39th Street. The camp entrance is about 1.5 miles south of M-89 on 39th Street.

From Detroit

Go west on I-94 to Exit 88 toward Galesburg. Continue straight onto E Michigan Avenue. Turn right onto McCollum Road. Turn right onto M-96 East/Augusta Drive/E Beckwith Drive. . Turn left onto E G Avenue. Turn right onto N 39th Street. The camp entrance is about .5 mile north of G Avenue on 39th Street. The camp will be on the left.

From Grand Rapids (via US-131)

Go south on US-131 to exit 49A (Plainwell)(M-89), east on M-89 to junction M-89/M-43 (12 Miles). Right on M-89/M-43 to Richland (1 mile). At traffic light, turn left (east) on M-89 to 38th Street. Turn right (south) on 38th street. 38th Street becomes 39th Street. The camp entrance is about 1.5 miles south of M-89 on 39th Street.

From Grand Rapids (via M-37)

Go south on M-37 to M-89 (West Michigan Avenue). Turn right (west) on M-89 (West Michigan Avenue) to 38th Street. Turn left (south) on 38th Street. 38th Street becomes 39th Street. The camp entrance is about 1.5 miles south of M-89 on 39th Street.

From Lansing (via I-69)

Go south on I-69 to I-94. Go west on I-94 to Exit 88 toward Galesburg. Continue straight onto E Michigan Avenue. Turn right onto McCollum Road. Turn right onto M-96 East/Augusta Drive/E Beckwith Drive. . Turn left onto E G Avenue. Turn right onto N 39th Street. The camp entrance is about .5 mile north of G Avenue on 39th Street. The camp will be on the left.

Directions from Camp

To Kalamazoo and Richland

Turn left on 39th Street. 39th Street becomes 38th Street. Turn left (west) on M-89. At stoplight, continue straight through the light on M-43 (west).

To Battle Creek

Turn left on 39th Street. 39th Street becomes 38th Street. Turn right (east) on M-89.

To Detroit

Turn Right on 39th Street to G Ave. Turn Left on G Ave to M-96. Turn Right on M-96 to McCollum. Turn Left on McCollum to Michigan Ave. Turn Left on Michigan Ave to Fort Custer Dr. Turn Left on Fort Custer Dr. to 38th Street. Turn Left on 38th Street to Miller Dr. Turn Right on Miller Dr. to 35th Street. Turn Left on 35th Street to I-94 East.

To Grand Rapids (via US-131)

Turn left on 39th Street. 39th Street becomes 38th Street. Turn Left on M-89 to M-89/M-43 junction. Turn Right on M-89/M-43 (1 mile). Turn Left on M-89 (west) to 131. Go North on 131.

To Grand Rapids (via M-37)

Turn Left on 39th Street. 39th Street becomes 38th Street. Turn Right on M-89 to M-37. Go North (left) on M-37.

To Lansing (via I-69)

Turn Right on 39th Street to G Ave. Turn Left on G Ave to M-96. Turn Right on M-96 to McCollum. Turn Left on McCollum to Michigan Ave. Turn Left on Michigan Ave to Fort Custer Dr. Turn Left on Fort Custer Dr. to 38th Street. Turn Left on 38th Street to Miller Dr. Turn Right on Miller Dr. to 35th Street. Turn Left on 35th Street to I-94 East. Take I-94 to I-69 North.

Transportation

Campers are to be dropped off and picked up at camp by their parents or guardians. This is a great time for parents/guardians to meet their camper's counselor and to walk around and see the wonderful facilities. For campers in the Detroit area, we do provide a charter bus with a camp nurse to transport campers to and from camp. The drop off and pick up location for this service is our Southfield office. Please note: If your camper is a first time camper, we advise that you drop them off at camp and help them get settled in, then use the transportation service on Thursday afternoon to get your camper back to Southfield.

Check-In Procedures

Parents are expected to drop their campers off at camp beginning at 9:30 a.m. and ending NO LATER THAN 10:30 a.m. on Sunday. During this time, parents will be able to meet with their camper's nurse, drop off medication, meet with counselors, and help get their camper

settled in the cabin. Parents **MUST LEAVE** the campground promptly at 10:30 a.m., which is when all the campers will begin their camp experience.

Campers will be examined for head lice during this time. If lice or nits are found, the camper will be excluded for 24 hours and receive appropriate treatment. Return to camp is conditional on clean inspection.

Campers' bags will also be searched for restricted items prior to admittance. Please help your camper pack so you are certain there are no restricted items in their bags.

Check-Out Procedures

Parents are expected to pick up their campers promptly at 11 a.m. on Thursday. Campers will not be ready for release until that time. Campers will be permitted to leave only with parents or persons designated by the parents. This individual will be required to *show proper picture ID* and sign the camper release form before leaving with your camper. Under no circumstances will camp release a camper to someone not authorized on the camper release form. All medication must be picked up from the Medical Staff Coordinator. The Medical Staff will be available to speak to parents if needed. We thank you for your patience and support in assuring the safety of all campers.

Life at Camp

Staffing

Each cabin will have 2-3 counselors with a maximum of nine (9) campers. Supervision during the daytime is even more intensive. The on-site Medical Staff includes Pediatric Neurologists, MDs, and Registered Nurses specializing in epilepsy. The Camp Director position is held by an employee of the Epilepsy Foundation of Michigan, and assisting the Camp Director is a Camp Coordinator, Medical Staff Coordinator, and Behavior Specialist in addition to volunteer counselors and recreation specialists. As a precaution, to ensure the safety of all campers, criminal background checks are done on all camp staff every year.

Medication

All medications must be in their original bottle, labeled with camper name and correct dosage. Please put all medication bottles, vitamins and directions in a zip loc bag and label appropriately. Please pack non-prescription medicines such as Tylenol, Motrin, and Benadryl with your camper's name as well. These medicines will not be provided by Camp Discovery, but will be dispensed as needed to your camper if you pack them. **Do not pack medications in your camper's luggage.**

All medications are to be turned into a Medical Staff Member at check-in. All medications are kept locked and dispensed only by Medical Staff Members. Medications will be given at breakfast, lunch, and shower/cleanup period before bedtime. If necessary, medications will be given at other designated times as determined by the camper's family and physician. Medications

that are needed for possible life-threatening emergencies will be kept by the counselor or other adult in charge of the camper (such as asthma medication, epi-pens, or bee sting kits).

Housing

Campers sleep in cabins. Each cabin has 6 double-deck bunks with large drawers beneath them, and mattresses. There will be a maximum of 9 campers and 2-3 Counselors in each cabin. During the day, 2 cabins are combined to form an activity group for most activities.

Housekeeping

Consistent with the Code of Conduct Agreement, each camper is expected to demonstrate responsibility in sharing the tasks of shared living. Every camper must: make bed every day, keep clothing in own drawer / duffel / suitcase; hang wet towels & washcloths on hooks; hang beach towel and swim suit on outside line; pick up own litter; washes own water bottle with soap & refills; clean up own bathroom messes (spit gobs etc.); takes a turn with chores such as sweeping, cleaning bathroom, removing trash.

Cooperation and Harmony

Campers will share in developing the culture of their cabins, working toward cooperation and mutual satisfaction. Personal disputes may occur, and will be addressed as learning experiences in group living. Each camper has a right to be heard and included, and participates in an environment where all parties will behave toward others with respect.

Special Circumstances

If a camper has an IEP, 504 Plan or Behavioral Plan that describe some behaviors as disability related, personal consideration will be made by the Camp Director, Coordinators and Behavior Specialist regarding interventions. It has been Camp Discovery's practice to make programmatic and staffing accommodations that better meet the camper's abilities. However, it may be that the experience is too long, too arduous, or overwhelming and therefore is not a happy one for the camper. On occasion the needs of one camper become so demanding of staff time that they put other campers at risk. In such an instance, the Camp Director will contact parents to work out best solutions.

Meals

Sherman Lake Food Service Director, Camp Discovery's Medical Coordinator and Dietary Specialist will be responsible for campers on a special diet (Ketogenic, Atkins, etc.), with food restrictions or food allergies. These specialists will be responsible for preparing meals and supervising intake for these campers. If your camper is on the Ketogenic, Atkins or a modified version of either, a Dietary Specialist will be in contact with you prior to camp to discuss your camper's menu.

Sample Schedule

Below would be an example of a daily schedule:

8:00 a.m. - 8:45 a.m.	Breakfast
8:45 a.m. - 9:15 a.m.	Get ready for day's activities
9:15 a.m. - 12:00 p.m.	Activities 1 & 2
12:00 p.m. - 1:00 p.m.	Lunch
1:00 p.m. - 2:00 p.m.	Rest Time in Cabins
2:15 p.m. - 5:00 p.m.	Activities 3 & 4
5:30 p.m. - 6:30 p.m.	Dinner
6:30 p.m. - 6:50 p.m.	Prepare for evening activities
7:00 p.m. - 8:00 p.m.	Evening Activity
8:15 p.m. - 10:00 p.m.	Showers, cabin clean up & Meds
10:00 p.m.	Lights Out

Some campers will have an earlier bedtime based on need, and will be appropriately supervised in their cabins.

Homesickness

Occasionally campers will become homesick – usually between the first and second night of camp. Staff is trained to identify this early and to take actions such as pairing the camper with a friend in the cabin and taking extra measures to prevent down-time. Rarely do campers become so homesick that these measures won't work. It is more common for parents to be "camper sick" than for campers to be "homesick". Homesickness can be overcome and will allow your camper to take another giant step toward growing up. In the event that staff efforts to get a homesick camper involved do not work, the Camp Director will work with the parents to achieve a positive end result.

Our professional staff will contact you if your camper is having an especially tough time with homesickness.

Health Services

A 9-1-1 call is how Camp Discovery administrators and the Medical Staff Coordinator request emergency health care services and emergency transportation. The 9-1-1 call goes to a central dispatch center which dispatches an ambulance. Campers and staff will generally be transported to the emergency center at Bronson Methodist Hospital which is the closest facility. Bronson Methodist Hospital is a Level One Trauma Center, as well as being recognized as a leading children's hospital. When possible, the Medical Staff Coordinator will respect documented preferences on treatment centers, hospitals, or doctors noted on the health form.

There is an infirmary in each village. This is where the majority of first aid and health care supplies are kept. Each cabin will also have a first aid kit, which they may carry with them to all activities.

Campers' physical and emotional states will be observed daily. All staff have a responsibility to make sure campers are well and, if anything is questioned, the camper will be evaluated by the Medical Staff Coordinator and, if necessary, the Pediatric Neurologist. If serious health or wellness issues are observed, the Medical Staff Coordinator is contacted and the situation will be dealt with in the proper manner. When campers need to go to the doctor or emergency room, the camper's parents or legal guardian will be contacted by either the Camp Director or the Medical Staff Coordinator as soon as the situation allows. If the parent cannot be contacted, the emergency contact will be notified. If s/he cannot be contacted, we will keep trying to contact the parent/legal guardian and/or the emergency notification number until someone is reached and notified of the situation.

Seizure Response

All staff members are trained in how to identify seizures and the proper seizure first aid and aftercare. In addition, at least one member of the Medical Staff is assigned to and stays with each activity group throughout the day. For evening emergencies, there are at least two Medical Staff Members on call every evening.

When We Call 911

911 may be called if any of the following situations occur:

- a seizure lasts for more than 5 minutes
- a seizure stops and is followed by another seizure without the person fully regaining consciousness
- the seizure takes place in water and the camper's head or face was under or in the water at any point during the seizure
- the person is seriously injured during the seizure
- normal breathing or complexion does not return after the seizure has stopped

Please Note: The Medical Staff Coordinator has the final say as to whether or not 911 will be called. There may be occasion when the Medical Staff Coordinator deems it necessary to call 911 even after Diastat has been administered.

Diastat Protocol

For campers who do not have a prescription for Diastat but whose parents have given permission to use it, Diastat will be administered by a Medical Staff Member under the following circumstances:

- a seizure lasts for more than 5 minutes
- a seizure stops and is followed by another seizure without the person fully regaining consciousness

For campers who have a prescription, Diastat will be administered by a Medical Staff Member according to the directions given by the camper's physician.

If Diastat has been administered, the camper will be monitored by Medical Staff until the seizure ends, respiratory function has been deemed normal, and the camper is fully recovered. Because of the on-site presence of medical personnel, calling 911 as a preventive measure is unnecessary. **Please Note:** The Medical Staff Coordinator has the final say as to whether or not 911 will be called. There may be occasion when the Medical Staff Coordinator deems it necessary to call 911 even after Diastat has been administered.

At the discretion of the Medical Staff Coordinator, non-Medical Staff who have been properly trained in the use of Diastat may be allowed to administer it in certain circumstances.

VNS Magnet Protocol

Camp Counselors who have a camper with a VNS in their group will be given a VNS magnet (to keep with them at all times) and trained in its use. The Medical Staff Coordinator will provide the training and the specific protocol for each camper who has a VNS. This protocol will be established through discussion with the camper's parents and, if necessary, physician.

Policy on Respectful Treatment and Disrespectful or Harmful Treatment

It is the policy and practice of Camp Discovery to welcome all children with epilepsy as campers, and to select skilled and compassionate volunteer staff to help make every camper's experience a joyful one. Furthermore, Camp Discovery makes every effort to provide for children's very individualized needs, whether they are health related, social or behavioral.

Specialized Behavioral Needs

Parents of children who experience difficulty cooperating with a group, following directions, sustaining a high activity level, taking medication, being truthful or being away from home are invited to speak directly to the Camp Director before camp. We will work with you to reduce stress, adapt the program or interactions, and understand how your child can best be helped to enjoy camp.

We welcome 1:1 support for our campers, varied daily schedules, and re-grouping for friendship and familiarity. It is our wish that all campers get the most fun out of their stay at Camp Discovery, and to that end, staff have been willing, creative, and resourceful to help make this happen.

Sometimes the pace, intensity and closeness of the camp program is just too much for a child, and the camper may "just have had it!" by the second day. Regardless of our staff's most creative and focused efforts, the camper is unhappy and unable to participate in the camping program. At these times, a short stay may help turn misery into a happier memory.

Behavior that is deemed the result of a child's seizures or other disability will be accommodated with the utmost attention and creativity toward helping that child have a good camping

experience that does not seriously affect other campers. History of such behavior should be found in the child's medical plan, IE, 504, or behavior plan.

Occasionally, a youngster requires an extraordinary amount of staff time to meet their needs, or a camper's difficulty affects other campers adversely. **Behavior that undermines the camper's own safety, or the safety of other campers or staff, may make it necessary to ask for the child to be picked up by parents before the session ends.** This judgment will always be made by the Director in consultation with parents, our medical staff, the counselors and program staff.

The philosophy of Camp Discovery is toward inclusion, and we are deliberate in making this philosophy a practice. Sometimes overcoming homesickness or doing something new is the major accomplishment of camp. We never know just how important these first experiences away from home can be, and it makes us all happy when our campers have a great time.

Willful Disrespect, Aggression, Bullying, and Harassment

Unfortunately, Camp Discovery has had to develop a policy that addresses deliberate harmful and defiant behavior. Camp Discovery does not and will not tolerate camper or staff behavior that creates a toxic social environment, belittles others, is aggressive or injurious, or seeks to influence others toward these ends. Immediate action following the Three Strike Policy will be taken upon learning of such behavior.

All campers should be reassured that all staff, counselors, nurses, doctors, specialists, coordinators and the director will respond immediately when informed of a complaint. It is an all-staff expectation that staff will-

1. Advocate on behalf of campers by treating them respectfully and actively pursuing the elimination of harmful behavior such as harassment and bullying.
2. As a general member of the camp staff, act with authority in managing inappropriate behavior and/or counsel campers toward a satisfying camp experience.

Because much bullying and harassment is secret and hidden from adult view, it is equally important for each camper to speak up to a staff member. If the issue appears to be unresolved, the camper should be encouraged to go to a different staff person, preferably a coordinator or director.

It is the job of the behavior specialist who is experienced in helping young people address these issues, both the victims and the offenders, to work toward resolution of the problem. Other staff may be involved, up to and including the director.

The first objective would be to restore harmony and good will among campers. However, it may be necessary to utilize other means, such as changing the placement of a camper, having him/her reside with support staff rather than fellow campers, conflict resolution protocols, counseling for insight and reflection. As a final solution, a recalcitrant camper may be excluded from camp and his/her parents asked to provide transportation home immediately.

On the first day of camp, all campers will be fully informed of Camp Discovery's policy and expectations regarding respectful behavior. This includes the importance of reporting any

harmful behaviors, such as harassment and bullying, to camp staff. In addition camp staff will check in periodically with each camper to make sure they are having a positive camp experience. Camp staff will also meet with each other periodically to discuss any problematic behaviors or situations that may be occurring and develop plans to promptly resolve them.

Camp Discovery has every confidence that its campers are eager to have a great time at camp, and want to enjoy the friendship and fun of their friends. In most past cases, behavioral infractions have been quickly cleared up with the effort, cooperation, and good will of the offending camper. That being said, for safety and camp harmony, open defiance of direction by camp staff may be cause for exclusion.

Behavior Management

In addition to obtaining extensive medical, psychological and behavioral histories on our campers, we also obtain copies of campers' IEP, 504 and/or Positive Behavior Support Plans. All of this information, along with the following behavior management policies, is utilized to provide a positive and safe environment for all campers.

Code of Conduct Agreement

Camp Discovery has elected to adopt the YMCA's 4 Values (**Honesty, Caring, Respect & Responsibility**) Code of Conduct in order to use consistent references which are present and practiced by our host, Sherman Lake YMCA. Agreement to live by these values sets the campers and staff up for a successful week at camp by clearly communicating expected behaviors.

The YMCA's Core Values

YMCA of the USA's four core values unite us as a movement with a common cause. They are the shared beliefs and essential principles that guide our behaviors, interactions with each other and decision making.

Caring: to show a sincere concern for others, for their needs and well-being.

Honesty: to be truthful in what you say and do.

Respect: to follow the golden rule.

Responsibility: to do what is right, be accountable for your promises and actions.

Three-Strike Policy

To help manage behavior beyond this Code of Conduct Agreement, the Three Strike Policy will be implemented. This policy is for campers who have exhibited a negative behavior that affects the contentment of themselves and/or others.

In the event that a camper exhibits voluntary behavior that is disruptive, disrespectful or harmful to others or spoils the camping experience for others will be addressed in a three-step procedure.

1. **The Counselor and/or other appropriate camp staff will speak privately with the camper** to remind him/her of the Conduct Agreement for participation at camp. The staff member will pursue the truth, provide information, attempt to settle disputes, encourage introspection and sensitivity to the needs of others. The staff person will work toward the camper's acknowledgement and acceptance of responsibility and a commitment to change the behavior.
2. If the behavior continues, the Camp Director, Camp or Medical Coordinator and Behavior Specialist will be involved in exploration of the problem and work toward solutions that realistically can be implemented in the short period of camp. These could be new social agreements, reassigning cabin or camp groupings, counseling staff as necessary, etc. The camper will be a part of developing the solution. **Cooperation and compliance by the camper is expected. Willful disregard for the agreed upon solutions could lead to step 3.**
3. For a third offense, the Camp Director, with the counsel of Coordinators and or medical staff may decide that a camper is not able to conform sufficiently to preserve the wellbeing and happiness of other campers. In this instance, the Camp Director may decide to exclude the child from camp.

Camp Discovery **does not** use or approve of corporal punishment as a means of discipline!

Emergency Behavioral Management

This policy is for campers who have exhibited a behavior that poses an imminent risk to the safety of themselves or others. In this case, a Behavior Code 1 should be called. The Camp Director Behavior Specialist and the Camp Coordinator will respond immediately to assess the situation and the needs of the camper.

In the case of combative or resistant behavior, Camp Discovery will follow a process in which the camper will:

- not have hands-on intervention except to separate combatants or prevent injury
- as possible, be protected from self-injury by repositioning or use of soft objects
- be provided a safety zone perimeter
- be allowed time to regain control and reduced agitation
- be offered the opportunity to select and use self-calming practices
- be observed closely and followed if necessary **as long as safe**
- be supported and offered de-briefing by an experienced staff
- be offered the opportunity to return to activities when fully calm and willing
- be offered the opportunity to make and receive apology if appropriate, and restore good relations

Emergency management will NOT, at any time, include:

- **prone restraint;**
- **prolonged physical restraint (i.e. anything beyond a few seconds to protect the camper or others from injury);**
- **mechanical restraint;;**
- **chemical restraint;;**
- **forced seclusion;**
- **corporal punishment;**
- **the deprivation of basic needs;**
- **anything constituting child abuse;**
- **anything used for staff convenience or as punishment.**

It is essential to this policy that physical restraint be used only in case of imminent danger to the camper or others. In such cases, restraint will not be used any longer than is necessary to prevent immediate harm.

In the event that emergency restraint is necessary, the camper's parents or legal guardian will be contacted by the Camp Director as soon as the situation allows. If the parent cannot be contacted, the emergency contact will be notified. If s/he cannot be contacted, we will keep trying to contact the parent/legal guardian and/or the emergency notification number until someone is reached and notified of the situation.

If at any time during emergency behavior management it becomes apparent that the camper is not or will not be able to regain self-control, 911 will be called at the discretion of the Camp Director.

Exclusion from Camp

If deemed necessary by the Camp Director (in consult with Coordinators), a camper may be excluded from camp for dangerous or intractable behavior that affects the well-being of other campers or him/herself. Parents will be called to pick up the child as soon as possible. It will be the parent's responsibility to arrange transportation for the camper if he/she is sent home, and a refund will not be given. The child will be given the opportunity to say good-bye to cabin mates.

Camp Communication

Communication With Your Camper

Mail is very important to campers – postcards, cartoons, drawings, funny cards add to the fun of mail. Parents are encouraged to drop off pre-written letters for each day of camp. These can be left with one of your camper's Counselors at check-in. Keep your letters cheery and upbeat. Do not send food, snacks, etc. During camp, communication with your camper via postal service should be sent directly to:

Attention: (your Camper's Name)
 Sherman Lake YMCA Outdoor Center
 Camp Discovery

6225 North 39th Street
Augusta, MI 49012

Phone calls and visits with your camper while at camp can be extremely disruptive and emotional for your camper, and for the other campers.

Easy Way for Campers to Exchange Contact Information

Make “business cards” for your camper with his/her name, address, phone number and e-mail address. This is a great way for campers to exchange information with the friends they make at camp without having to worry about finding paper, remembering and writing the information, etc.

Communication with Medical Staff

During camp, the Medical Staff will contact you if any seizure activity or other health concerns take place that are unusual in type, severity or frequency when compared with the health histories you submitted.

Should anything change with your camper’s medications, behaviors, seizure activity, restrictions, etc. prior to camp, please notify the Epilepsy Foundation of Michigan immediately at (800) 377-6226, and the information will be passed along to the Medical Staff and Counselors.

Communication with Camp Director

Should you need to speak with the Camp Director during camp, please call the Foundation at (800) 377-6226 requesting the Camp Director contact you or call the Sherman Lake YMCA Outdoor Center number at (269) 731-3021.

Instructions for Marking and Packing Clothes and Equipment

We urge campers to dress for comfort at camp, in the type of clothes they would wear for play at home. Campers play hard and are more comfortable in clothing that can get dirty or wet. Many activities are “rain or shine”. **EXPECT CLOTHES TO COME HOME DIRTY!** So please, send old clothes to camp and avoid purchasing new clothes for camp, since campers may be unfamiliar with those new articles of clothing. Please make sure that your camper has “broken in” the shoes, boots, and/or sandals they bring to camp. They will be doing lots of running and walking at camp, and a painful blister will not be a positive memory. Please review the suggested packing list to guide you as you prepare for camp. Have your camper live out of a suitcase for a few days before camp so that they can learn to keep personal belongings somewhat organized when they arrive at camp.

1. **WITH A SHARPIE MARKER, LABEL EVERYTHING!** This includes each article of clothing, even those worn to camp, baggage, laundry bag, sleeping bag/sheets and pillow. Clothing and bedding that is soiled will be washed on site with items from other

campers. **Please use first and last names**, many campers have similar possessions and this can help stop many problems in advance.

2. Pack everything **WITH** your camper, not **FOR** him or her. Your camper needs to know where everything is, and how to pack again at the end of the session.
3. Make a list of every item taken to camp. Tape this list in the suitcase or duffel bag for camper's use when re-packing at the end of camp.
4. Tag or mark baggage clearly with camper's name.
5. Your camper's counselor will assist in the proper care of belongings as much as possible, although campers have the primary responsibility for care of items.
6. The camp will not be responsible for lost or damaged articles. Campers are encouraged not to bring valuable items to camp. **No cell phones, iPods, MP3 players, laptop computers, or video games.**

What to Bring to Camp

Dress Code

Personal appearance and clothing should be in good taste and appropriate for the various activities. Please use the following as a guideline:

Appropriate for camp

Shorts
Sweatshirts
Modest one-piece swimwear
Modest tankini that covers midriff
Closed-toe shoes when not in cabins

Inappropriate for camp

Very short shorts or skirts
Sweatshirts depicting adult subject matter, profanity or alcohol
Transparent clothing
Bikinis or Thong swimwear

Camp T-Shirts

Each camper will be given two t-shirts. These t-shirts **MUST** be worn during **ALL** camp activities except swimming. T-shirts will be washed every day, so campers will always have a clean t-shirt to wear. Each cabin will be assigned a different color. This is an additional safety measure that helps the Counselors keep track of their campers.

Lost and Found

The general rule of camp is, "If you want it to return home, then you better put your name on it." Regardless of how careful we are it is inevitable that some clothing and articles will be misplaced. Proper identification will greatly assist us in returning these articles to their proper owners. Mark each article that your camper brings to camp. The best method is to use a permanent marker to mark items with your camper's **FULL NAME. DO NOT USE INITIALS!** Lost and found will be displayed throughout camp on a table in the dining hall and on Thursday for parents to look through, prior to departing with their camper. **All items left at camp will be held for two weeks. Any unclaimed items will be donated or disposed of.**

Packing List (Highly Recommended)

Bedding/Linens:

- _____ Sleeping bag (you still might want a twin sheet in addition) OR
- _____ Sheets and blankets for twin bed
- _____ Pillow
- _____ Two bath towels, hand towel(s) / wash cloths

Toiletries (with something to put them in):

- _____ Toothbrush / paste / floss etc.
- _____ Cup
- _____ Shampoo / soap
- _____ Deodorant
- _____ Cosmetics / lotion

Health Items:

- _____ **YOUR OWN MEDICATIONS** / Epi-Pen / Rescue Inhaler
- _____ Insect repellent
- _____ Sun screen

Sport Clothing/Equipment:

- _____ Bathing suit / 1 piece or modest tankini
- _____ Goggles
- _____ Flip flops / water shoes
- _____ Beach towel
- _____ Cover-up

Clothing:

Camp Discovery provides every staff and camper with 2 official color-coded tee shirts which are worn at all time. They are laundered daily, so you have fresh one each morning!

- _____ Shorts / capris – 2 or 3 minimum
- _____ 1 - 2 pair long pants
- _____ 1 or 2 extra T shirts
- _____ socks / 2 pair per day
- _____ underwear / 2 pair per day
- _____ **CLOSED TOE SHOES** 2 pair – sneakers / “Teva” type sandals that cover the toes
- _____ 1-2 long sleeved Ts or warm shirts / hoodie / sweatshirt for layering
- _____ Jacket
- _____ Rain poncho or rain coat / hat

Miscellaneous:

Do NOT send cell phones, MP3 or CD players, laptops or electronic games

- _____ Flashlight
- _____ Hat
- _____ Paper / pencil
- _____ Sunglasses
- _____ Back pack
- _____ Camera