



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BEST EVER SUMMER

## 2022 Parent Handbook YMCA CAMP WATCHAUG YMCA CAMP COVE Ocean Community YMCA

### CAMP WATCHAUG

**Danita Ballantyne**

**Camp Director**

401-364-6535

860-395-7550 (Cell)

[campwatchaug@oceancommunityymca.org](mailto:campwatchaug@oceancommunityymca.org)

### **Mailing Address:**

95 High Street

Westerly, RI 02891

### **Camp is located at:**

190 Prosser Trail

Charlestown, RI 02813

*(No mail receptacle at this address)*

### CAMP COVE

**Meghan Baxter**

**Camp Director**

860-536-3575

401-487-4352 (Seasonal Cell)

[mbaxter@oceancommunityymca.org](mailto:mbaxter@oceancommunityymca.org)

### **Address:**

1 Harry Austin Drive

Mystic, CT 06355



Be sure to like us on Facebook and look for posts and photos

[OCEANCOMMUNITYYMCA.ORG](http://OCEANCOMMUNITYYMCA.ORG)

## Welcome

Welcome to the Ocean Community YMCA Day Camps.



**Camp Watchaug** is operated as part of the Westerly-Pawcatuck Branch. Its grounds consist of 30 acres of hills, woods, and fields and is situated on the 1,000 acre Watchaug Pond in Charlestown, RI. The varied types of terrains and facilities add to the variety of experiences available to children during their stay at Camp Watchaug.

**Camp Cove** operates out of the Naik Family Branch and is nestled along the shores of the Mystic River on over 20 acres. Its facilities include 120 feet of beachfront, baseball fields, playground, pavilion, beach volleyball, archery, and the Y facility. The Y houses a gymnasium, swimming pool, and many other areas in case of inclement weather.



## YMCA Mission

To put Christian principles into practice through programs that promote healthy mind, spirit, and body for all.

## Our Purpose

The purpose of our camps is to provide all camper participants a sustained, creative, educational experience in an outdoor environment. To work towards the development of the whole person, with a focus on the YMCA threefold philosophy of spirit, mind and body, and development of the YMCA's core values of **Honesty**, **Respect**, **Caring** and **Responsibility**.

## COVID Lessons Learned & Protocols

Please be aware that all policies and procedures outlined in this manual will be adapted as needed based on the Covid situation this summer. We ran Camp successfully the summer of 2021 following protocols from the State of Connecticut, the American Camp Association, and the CDC. These included:

- We asked parents not to send their child to camp if they were not feeling well.
- We kept the groups as stable as possible and groups did not mix with other groups.
- Additional hand sanitizing stations were added all around the camp property. Campers and staff were expected to wash hands or sanitize between all activities, before and after eating, plus after any personal hygiene.
- Additional cleaning and sanitizing protocol were implemented for facilities and equipment by the branches in accordance with state regulations.
- Masks were required indoors.

Updates to our policies and procedures for 2022 will be emailed to registered campers and posted on our websites.

## Accreditation

YMCA Camp Watchaug and Camp Cove are accredited by the American Camp Association. The American Camp Association is the only nationwide organization that accredits children's camps. The ACA Accreditation process is a voluntary commitment by Camp Watchaug & Camp Cove to the highest standards of health, safety and program quality.



## 2022 Camp Watchaug Dates

Session A (1 week)	June 20-24	Balance is due June 6
Session B (2 weeks)	June 27 – July 8	Balance is due June 13
Session C (2 weeks)	July 11 – 22	Balance is due June 27
Session D (2 weeks)	July 25 - August 5	Balance is due July 11
Session E (2 weeks)	August 8 – 19	Balance is due July 25
Session F (1 week)	August 22 – 26	Balance is due August 8

## 2022 Camp Cove Dates

Session 1 (1 week)	June 20 – 24	Balance is due June 6
Session 2 (2 weeks)	June 27 – July 8	Balance is due June 13
Session 3 (2 weeks)	July 11 – 22	Balance is due June 27
Session 4 (2 weeks)	July 25 - August 5	Balance is due July 11
Session 5 (2 weeks)	August 8 – 19	Balance is due July 25
Session 6 (1 week)	August 22 – 26	Balance is due August 8

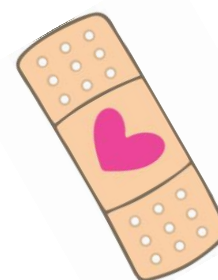
**Camp is from 9:00am - 4:00pm**

## Camper Health & Safety

### ▪ First Aid

All First Aid is performed by staff who are trained and certified to provide care. They work under the Standing Orders of our on-call physician. You can help in our goal of preventing first aid incidents by ensuring that your child is properly dressed for the weather, and has both sneakers and a water bottle. The most frequent care given is for minor cuts and bruises which result from improper clothing or footwear and minor dehydration. PLEASE, do not send your child to camp if they are not feeling well. Campers must be fever free for 24 hours before returning and we may require a negative Covid test.

Campers who receive first aid will have their injuries recorded in the First Aid Log Book. The Camp Director or Health Care Director may call parents/guardians to inform them of minor injuries at his/her discretion. Parents will be notified immediately in the event of significant illness, major injury or medical emergency. Any camper that requires further medical attention will be transported by EMS Personnel.



- **Sunscreen/Insect Repellent**

We recommend campers wear sunscreen every day. Campers should apply sunscreen and insect repellent **before** coming to camp. Please send spare sunscreen and insect repellent in your child's backpack. If a young camper requires adult assistance when reapplying, counselors will follow camp guidelines which include only applying lotion to body parts that are not covered by a bathing suit and making sure a 2nd staff member or older camper is present.



- **Medications**

If your child will require medication while at camp, **a medication form must be completed and signed by the parent/guardian and the child's physician.** This form is included with your parent confirmation email and is also available online and at the YMCA. Medications must be delivered directly to a staff member, **not** sent in with the camper. All medications, including over-the-counter medications, must be locked in the First Aid Station.

At Camp Watchaug, a small number of basic over-the-counter medications are stocked in the First Aid Station and administered under the Standing Orders of the Camp Physician. They are all listed on the Registration Form. Please select which medications may or may not be administered to your child when you register your child.

- **Health Information**

The registration process asks for health information. This information is intended to aid in the treatment and care of your child while attending Camp.

Campers are educated to wash their hands before and after eating and NOT to share food. Counselors will sit next to campers with allergies. Upon request, an allergen free eating area can be arranged and/or we can ask the rest of your child's group to not send in lunches or snacks containing a specific allergen.

**To attend Camp Cove, a recent physical must be on file.** If your child has **special medical or emotional needs**, please contact the Camp Director before camp starts to ensure that we are able to meet your child's needs. **Both camps require a copy of vaccination records.**

## **Parent Communication**

If you did not include your email address on the registration form, please call or email us so that we may have it. Those with email addresses will receive weekly updates regarding the fun and exciting happenings at camp as well as important reminders and special event notices. You will also be notified immediately in the event of an emergency closing or other special circumstances at camp. In addition, we use email as our main year-round communication link so that we may notify you the second on-line registrations begin for the next summer!

Notices are sent out using our YMCA constant contact account. If you have opted out of the YMCA constant contact emails, you will NOT receive these important camp notices. To opt back in for the summer, go to <http://oceancommunityymca.org/> and enter your email under "Join Our Email List"

- **Absences and Leaving Camp Early**

If your child is going to be absent from camp we request that you call:

Camp Watchaug 401-364-6535. Camp Cove Seasonal Cell: 401-487-4352

If you wish to pick up your camper before the end of camp, please notify us so we can make sure your child is not in the middle of the river or at the top of the climbing wall when you arrive.

- **Concerns**

If you have any concerns regarding your child's experience at camp, please inform the Camp Director as soon as possible so that we may be more effective in providing a solution. Keep in mind that the Directors are often out on the property and not in the office during the day. The best time to reach them is between 8:00 and 8:30 am and 4:30 and 5:00 pm

## Staff

The Day Camp Staff are comprised of at least 80% high school graduates, mostly college students. We do hire a few exceptional high school students to supplement our waterfront staff and as Junior Counselors.

Each group of campers is assigned a camp counselor maintaining an excellent staff ratio and meeting national standards.

### Groups

### Staff to Camper Ratio

Hummingbirds/Angel Fish ( <i>age 4 &amp; 5</i> )	1:6
Chickadees/Sea Stars ( <i>Entering 1<sup>st</sup> Grade</i> )	1:8
Robins/Sea Horses ( <i>entering 2<sup>nd</sup> &amp; 3<sup>rd</sup> Grade</i> )	1:8
Pioneers/Sting Rays ( <i>entering 4<sup>th</sup> &amp; 5<sup>th</sup> Grade</i> )	1:10
Rangers/Dolphins ( <i>entering 6<sup>h</sup> &amp; 7<sup>th</sup> Grade</i> )	1:10
Explorers/Sharks ( <i>entering 8<sup>h</sup> - 10<sup>th</sup> Grade</i> )	1:10



The success of our camp and the positive and fulfilling experience of our campers is entirely reliant on our directors and counselors. That's why our full-time, dedicated and professional staff work year-round to recruit, secure, and train the best possible staff to lead our camp. Our staff go through a rigorous hiring process, including personal interview, background and reference checks. We also run a lengthy staff training and development program, focusing on coping skills to handle every possible circumstance from emergencies to homesick campers. All staff receive CPR/AED and First Aid training and many others are certified as lifeguards and activity specialists.

Our staff strive to make every camper feel comfortable and welcome in our daily programs as it's important to you and paramount to us.

## What to Wear?

Parents should keep in mind that campers are in a rustic, outdoor environment all day long. Therefore, we recommend they wear shorts and a T-shirt. We also suggest you have your child wear his/her bathing suit under their clothes to camp as that will allow more time for activities rather than changing.

The only acceptable footwear is sneakers with socks. **Sandals, water shoes and flip-flops are only allowed during aquatic activities and should be left in their bag until needed.**

## What to Bring?



A **bathing suit and towel** are needed daily since all campers swim and/or go boating at least once a day. We suggest you have your child wear his/her bathing suit under her clothes to camp. Send along spare **underclothes** so they can change out of their suit later in the day.

Also, send a **snack** and a **hearty lunch** each day, along with a disposable **drink** (no glass or soda please) and/or a **water bottle**. If you freeze the water bottle the night before, it will most likely stay nice and cold all day. There are water stations throughout camp, but to be more environmentally friendly, we encourage water bottles to cut down on litter and wasting paper cups. Refrigeration for lunches is not provided. It is your responsibility to ensure that your child's lunch is kept at the appropriate temperature throughout the camp day. An insulated lunch box with an ice pack is recommended.

For added insurance, please send a **raincoat** each day for that unexpected shower along with a **hat, sunscreen and insect repellent**.

**PLEASE mark all items with your child's name** to help in keeping track of them.

## What to Leave at Home?

As we work to maintain a positive outdoor experience for our campers, it is important that certain items remain at home. This will also ensure that these items are not lost at camp or take away from the camp experience. The YMCA is not responsible for lost or stolen items. All Y properties are drug, alcohol and tobacco free facility. We prohibit any knives, guns and other weapons and illegal substances. If found, these items will be immediately confiscated and the camper will be suspended or expelled from the program without reimbursement. Matches, Lighters, Video Games, Personal Electronic games, devices, Ipods/MP3 players, ipads, etc... are **NOT** permitted at Camp. These items will be confiscated until the end of the day.

We also ask that you do **NOT** send any Trading Cards (Pokemon or others) to camp.



**Cell phones** are **ONLY** permitted on the bus. Campers may **NOT** take photos on the bus. Upon arrival at camp, campers are expected to store their cell phones in their backpacks before exiting the bus. If a camper has a cell phone out at camp, they will get one warning to put it away. If it happens a 2<sup>nd</sup> time, the counselor will confiscate the cell phone and it will be returned to the parent at the end of the day.

If you need to reach your child during the day, please call Camp Watchaug at 401-364-6535 or Camp Cove at 860-535-3575. If your child needs to reach you, they should talk to their counselor who will assist with the communication. Our cell phone policy encourages campers to problem-solve and allows them to not be distracted from the camp environment and camp friends by texting or other communications outside of camp.

The YMCA intends to maintain a safe and appropriate environment for our campers and staff. Please do not allow your camper to wear clothing with any references to alcohol, drugs and sexual innuendos.

## Lost & Found



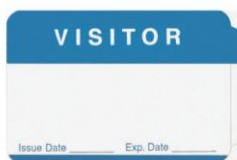
It's no secret that Camp accumulates a vast amount of lost and found. With so many campers during the season, it's not hard to do. We strongly urge parents to **label** all belongings with a name label or sharpie so they can be returned at once. We recommend that campers do not bring expensive or cherished belongings to Camp as they could be lost. **All unclaimed items will be donated to charity at the end of each session.**

## Rainy Days

It does not "rain" at Camp, but we do have "dewy" days filled with "liquid sunshine". Camp does operate on those rainy days. If it is raining lightly, we stay outside with our regular program, plus travel outdoors will be required even in significant rain. Please send rain gear and appropriate clothing if there is even a hint of rain. If necessary, we will move campers indoors.



## Visitors



All visitors/parents must sign in at the camp office. Visitors must wear a visitor name tag and be escorted by a staff member while on camp property. Please call before visiting as visits may continue to be limited in 2022 dependent upon Covid regulation.

## Camper Pick Up Safety



**A Photo ID is required to pick up your camper at camp as well as both the Extended Day sites and off the buses.** This is to guarantee that all campers go home with their appropriate guardians.

- The parent(s) and emergency contacts listed on the registration form are the only authorized persons to pickup.
- If you wish to add additional pickups complete the “Additional Pick-Up Request” form. The form can be found in the form section on our web-site. We will not add an authorized person based on an oral message. Remind all authorized persons that they will need ID to pick up your child each and every time.
- Please refer to Addendums for camp specific drop off and pick up procedures.

## Refund Policy

**Camp Cancellations/Closings:** A full refund will be given if an entire session is cancelled by the YMCA for such reasons as fire, illness or low enrollment. No refunds will be given for up to two (2) camp days lost due to natural occurrences such as hurricanes. In the event that such an occurrence causes camp to be cancelled for three (3) or more days, make-up days will be scheduled when possible or there will be a full refund for those days lost.

**Parent Cancellations and Refunds:** Cancellation of a session at least two full weeks prior to the session will result in a full refund less the \$25 registration fee. Cancellations within the two-week period will result in a refund less the \$25 registration fee and \$50 deposit. No refunds are given once a session begins.

**Change of Session:** Participants may change from one session to another without loss of any payment -- provided there is available space.

**Illness:** With a doctor’s note, camp may provide partial refunds for campers who miss three or more days in one session.

*Rescheduling of campers depends on the availability of camper spots.*



## Camper Behavior Policy

Our staff are trained and experienced with handling an assortment of behavior issues and we would like to inform you of our process. We ask that you speak with your camper and discuss what the following means to them as well.

Progressive steps in remedying negative behavior:

1. The camper will receive a verbal warning.
2. Camper will be removed from their group for an allotted amount of time or special privileges will be revoked.
3. If the concern continues the parent/guardian will be contacted to discuss alternate solutions.
4. Any continuation of negative behavior beyond this point is considered serious and may result in the camper's suspension or expulsion from Camp.

The following negative behaviors will not be tolerated. At the discretion of the counselor, he/she may choose to have the camper speak with the Camp Director as well.

- Disrespecting staff, other campers and camp property
- Inappropriate name calling and foul language
- Not following directions
- Minor hitting, shoving or pushing
- Straying from the group
- Throwing objects (rocks, sticks, etc.)

The following serious negative behaviors will be immediately addressed by the Camp Director and at her discretion, may result in the immediate expulsion or suspension from Camp without reimbursement. Please understand that our goal is to provide a nurturing and positive experience for each of our campers. Those few campers who choose to create a negative experience for others are not tolerated.

- Aggressive physical contact (hitting, biting and shoving)
- Verbal threats to campers or staff
- Possession/use of illegal substances including but not limited to drugs, alcohol and tobacco
- Stealing
- Destruction of camp property
- Possession of weapons or other hazardous items (including knives)
- Harassment or endangerment of other campers and staff

**Caring:** to love others, to be sensitive to the well-being of others, to help others.

**Honesty:** to tell the truth, to act in such a way that you are worthy of trust, to have integrity; making sure your choices match your values.

**Respect:** to treat others as you would have them treat you; to value the worth of every person, including you.

**Responsibility:** to do what is right, what you ought to do; to be accountable for your behavior and obligations.

# CAMP WATCHAUG ADDENDUM

## Camp Watchaug Trading Post

You may purchase Trading Post Cards for \$10 each during the registration process or at any time during the summer. **No cash is to be brought to Camp!** Store cards are non-refundable and non-transferable. Campers may purchase one snack and/or drink each day. Most snacks and drinks are \$1.00. The snacks listed below are the ones we usually stock. Please discuss with your child which items you would prefer they choose and any options you would prefer they did not choose.

Baked Chips	Goldfish	Go-Gurt	Juice Boxes
Sun Chips	Pretzels	Popsicles	Bottled Water
Smart Food Popcorn	Animal Crackers	Gatorade	Flavored Water
	Applesauce		

There are also camp logo items available such as water bottles, bandannas and sunglasses.

T-shirts are \$12 and may be pre-purchased when you register your child. Your child will receive their t-shirt when they come to camp.

Our Store system is “Old School” and the Trading Post Card is literally a piece of tag-board upon which we write your child’s name, session and group; and has ten \$1.00 notes on it that we cross off as your child purchases items until used up or the session ends. We hand out the cards right after lunch and then collect them when your child comes to the store so they only have them for a short period of time – cuts down on lost cards.



Sometimes, cards do get lost, not made up, or put in the wrong envelope – this is especially true if you register last minute or your child switches sessions or groups. If you purchased a card for your child, ask him/her if they got it on the 1<sup>st</sup> day of camp. If not, please call us and we will sort it out right away.

## Transportation Safety & Procedures @ Camp

For those of you driving your child to camp and picking up at camp, drop off time is 8:45am to 9:00 am. Pick-up time is between 3:45pm and 4:00pm. These times may be extended and you may be assigned a specific time frame – dependent upon Covid protocols and how many campers we have each session. Specific directions on drop off/pick up procedures will be emailed to registered campers prior to each session.

If you are picking up your child early or dropping off late, you must sign in and out at the Main Lodge. Please notify us of an early pickup so we can make sure your child is not in the middle of the river or at the top of the climbing wall when you arrive to pick him/her up. If we are aware, we will have your child ready and waiting at the Main Lodge.

**You must also have your photo ID when picking up your child each and every time.** Yes, we will make you walk back to your car if you leave it in your car.

No pets are allowed at camp outside of your vehicle.

If your child normally rides the bus home and you are going to pick up at camp, you **MUST** notify us and make sure you get a confirmation that we got the message.

## Bus Transportation Safety & Procedures

All state Covid regulations that are in place for school buses will be followed this summer.

**ALL campers under the age of 12 years old must be accompanied by an adult to and from the bus stop.** Parents must stay with camper in the morning until they are on the bus. Those 12 years and older may walk home from the bus stop, but we MUST have a letter stating they are allowed to walk from the bus without a parent/guardian.

If there is not an authorized person at the bus stop in the afternoon to pick up your child, the bus will return him/her to the nearest YMCA. The camp will call to notify you of your child's location.

Please be on time to pick up your child at the bus stops. If you are late, it pushes back the entire route. Please call camp if you get stuck in traffic or have an emergency and are running late.

The following regulations pertaining to bus safety will be strictly enforced. Campers' disobedience in this area may result in loss of camp transportation privileges or, in extreme cases, Camp attendance. Keep in mind, additional protocols will be added based on the Covid situation this summer.

Parents should review the following guidelines with their camper.

- Parents must stay with campers at the bus stop (including the YMCA), until you have signed your camper onto the bus with the bus monitor.
- Campers should remain a minimum of 5' from the road at all times and should not approach the bus until it comes to a complete stop and campers are instructed to load.
- Campers are to remain seated while the bus is in motion.
- Reaching or leaning out of bus windows or doors is not allowed.
- Throwing objects inside the bus OR out of windows or doors is not permitted.
- Opening the **Emergency Exit Door**, except in an emergency or under the direction of a staff member, will not be tolerated.
- Disturbing other passengers is rude and will not be allowed.
- Disobeying the bus driver or monitor may result in loss of transportation privileges.
- Proper language and behavior is expected of all campers at all times.

## Bus Schedules

There is a bus schedule on the next page. You must choose a bus stop when you register your child. Due to limited capacity and Covid regulations, campers must ALWAYS go on the same bus. We will not be able to accommodate campers taking different buses in the AM vs. PM or different days of the week.

Parents should be aware that the buses tend to be late the first day of each session. **As a rule, please allow fifteen minutes on each end of the schedule time.** For bus delays of 20 min or more, contact the Camp (401) 364-6535 for information. Please make sure we have all your contact numbers and an emergency number in case we need to contact you about any last minute situations that cause a change in the bus schedule.

**SESSIONS A & F:** there is transportation ONLY available from Arcadia and Westerly-Pawcatuck YMCA's at 8:30am/4:30pm.

# YMCA Camp Watchaug 2022 Bus Schedule



## SESSIONS A & F (June 20-24 & August 22-26):

Transportation ONLY available from Arcadia (BLUE ROUTE) and Westerly-Pawcatuck (RED ROUTE) YMCA Branches at 8:30am/4:30pm.

## SESSIONS B-E (June 27- August 19):

### RED ROUTE

**AM PM**

8:30 4:30 Westerly-Pawcatuck YMCA Branch, 95 High Street, Westerly, RI 02891

9:00 4:00 Camp Watchaug, 160 Prosser Trail, Charlestown, RI 02813

### BLUE ROUTE

**AM PM**

8:30 4:30 Arcadia YMCA Branch, 1190 Main St, Wyoming, RI 02898

9:00 4:00 Camp Watchaug, 160 Prosser Trail, Charlestown, RI 02813

### GREEN ROUTE

**AM PM**

8:00 5:00 Stonington High School, 176 S Broad St, Pawcatuck, CT 06379

8:15 4:45 St Pius Church, 44 Elm St, Westerly, RI 02891

8:30 4:30 Shore Road & Crandall Avenue, Westerly, RI 02891

8:45 4:15 Wal-Mart, 258 Post Rd, Westerly, RI 02891

9:00 4:00 Camp Watchaug, 160 Prosser Trail, Charlestown, RI 02813

### PURPLE ROUTE

**AM PM**

8:00 5:00 Regal Cinemas, Stonington, 85 Voluntown Rd, Pawcatuck, CT 06379

8:10 4:50 Dollar General, 330 Clarks Fall Road, North Stonington, CT 06359

8:25 4:35 Richmond Town Hall, 5 Richmond Townhouse Road, Wyoming, RI 02898

8:35 4:25 Charlestown School, 363 Carolina Back Rd, Charlestown, RI 02813

8:50 4:10 Hungry Haven, 5000 S County Trail # D, Charlestown, RI 02813

9:00 4:00 Camp Watchaug, 160 Prosser Trail, Charlestown, RI 02813

# CAMP COVE ADDENDUM

## Drop Off/Pick Up Procedures

Drop off time is between 8:45am-9:15am. Pick-up time is between 3:30pm-4:00pm.

Drop off/ Pick up locations are as follows:

Angelfish, Sea Stars, Seahorse, Stingray- Baseball Field

Dolphin, Shark- Camp Pavilion & Field

Specific directions on drop off/pick up procedures will be emailed to registered campers prior to each session.

If you are picking your child up early or dropping off late call or text the camp phone: 401-487-4352. We will meet you at your drop off/pickup location to sign your child in/out. Please communicate ahead of time to ensure we have your child ready for pickup. We have many activities spread throughout the campgrounds, it may take up to 20 minutes to get your camper ready for pickup.

**You must have your photo ID ready when picking up your child each and every time.**

No pets allowed at camp outside your vehicle.

Late Pick Up Fee Your child's camp day will end at 4:00pm unless registered for extended care. If your child is not signed up for extended care he/she must be picked up on time. A late fee will be charged for tardy pick-ups (\$20 for the first 10 minutes and \$10 for every 5 minutes there after). When a child is not picked up as planned and there has been no contact with the YMCA, staff will call parent/guardian within ten minutes of the designated pick up time. If parents cannot be reached, staff will call the first name on the emergency list (and so on) to have the child picked up. If all contacts have been exhausted and no one is available, the local Police Department will be notified and they will make arrangements to pick up your child.

## Sunscreen/Insect Repellent

If your child needs help with applying sunscreen or insect repellent an Authorization for the Administration of Non-Prescription Topical Medication must be completed. This form is in the registration packet. All medications must be brought to the Health Director on the first day of the session, or as needed.

## Medical Forms

- Health Form: According to State Licensing Regulations, each child enrolled must have had a physical exam within the past 3 years. Children without a completed Health Form on file, two weeks prior to the start of camp will not be permitted to attend camp.
- Medication Administration Form: This form is required if child brings **ANY** (over the counter or prescribed) medication which is required during camp hours. This form must be completed including the signature of the physician and parent/guardian. Children who have Epi pens are required to bring two EpiPens to camp.