

HEALTH & SAFETY INFORMATION FOR PARENTS OF SHS CAMPERS

Dear Parent(s):

We would like to share some information regarding the health and safety of your child(ren).

- 1- **Food Allergies, Lunch & Snacks:** Throughout the day, there will be several small breaks during which the children will be welcomed to eat their (family provided) snacks. Such snacks must be wrapped/sealed and not put in a common area but remain in the possession of their owners. Full day campers will have a 30 minutes lunch break from 12 noon to 12:30pm and will be able to consume their lunch in the tent or in a shady area. Each full day camper should be provided with his/her own sealable lunch box containing non-perishable items and with their first and last name written on the container. Seaton Hackney will provide coolers in which to store the lunch boxes upon campers arrival, but we recommend providing non-perishable items. Another option available to our Campers would be to purchase their lunch at Richie's Deli, located across from the barn. *Order forms are available to allow the camper to choose their lunch for the week.* Campers will not be permitted to go to Richie's during camp hours. These precautions should prevent food-related allergic reactions. Note that cold water will be made available throughout the grounds as well as hand-wash stations and that we have a soda machine on premises.
- 2- **Swimming Pool:** The Swimming Pool is a free option for our full day Campers who will be taken to the adjacent Ginty Pool by our staff. Those who prefer not to go to the Pool will be given the choice of another substitute activity. If your child is full-day and swimming, do not forget to fill out his/her swimming experience on the Health Form. Our staff will also give all swimmers a test on the first day they go to the pool.
- 3- **Sun burns / Sun strokes:** As most activities occur outside, it is a good idea for Campers to use sunscreen and wear a hat. You may send lotion with your child. Apply the first coating at home and we will subsequently re-apply if needed. Note that shaded areas and drinking water are available throughout the camp grounds.
- 4- **Footwear:** All campers must wear strong, hiking type shoes, preferably low-heel boots. No flip flops, sneakers or open-toe shoes will be permitted around the horses or in the barn area. When changing to go to the pool, campers will be allowed to switch to water shoes or sandals to wear to the pool.
- 5- **Ticks and insect bites:** While our staff will remain as diligent as possible to insure that your child remains tick-free, we ask parents to check their children for ticks on a nightly basis. If you would like your child to be sprayed with an insect repellent, please send it with your child along with a note including your instructions. A product with less than 10% DEET such as skintastic or Skedadle is what the American Academy of Pediatrics recommends. Be aware that when on the trails, bee or wasp stings can happen and we should be made aware of allergies to such. It is recommended that children allergic to bee stings wear a long sleeved shirt while riding on the trails.
- 6- **Immunizations:** NJ State Law requires that all campers must have an updated medical form including all immunizations and available medical information on file with the Camp. We are attaching a blank set of forms with this letter for you to fill out and return to Seaton Hackney by/before the first day of Camp together with a record of all immunizations and their dates, signed and attested by your child's physician.
- 7- **Illnesses and Injuries:** If your child becomes ill during the camp, (s)he will be brought to the First Aid station located by the barn entrance. Should the camper run a fever or have a communicable disease or request you to pick him/her up, you will be called to arrange for an early pick up in order to insure that your child gets the proper parental attention while managing a healthy environment for the other campers and our staff. If your child suffers a minor injury, (s)he will be treated at our first-aid station by one of our CPR-certified staff members. If the injury requires more than a band aid or an ice pack, the Office Manager or the Health Officer on call will contact you to discuss the extent of the injury and the potential treatment. A Consent Form is enclosed in this package: Please fill out and forward it to us prior to the start of camp.
- 8- **Early drop-offs / Late pick-ups / Early pick-ups:** These can be arranged in advanced with our Office Manager. There is a \$10 fee per occurrence for any child who arrives prior to 8:30 am, or is picked up after 4:00pm. During this time there are no special activities organized for the children being dropped off early or picked up late and for that particular portion of the day they will be considered as regular barn visitors dropped off by their parents and not as campers participating in the camp. We will however provide a Counselor-in-charge for the pre-camp and after-camp children.

We are looking forward to a fun, safe and healthy summer experience for our campers and staff!