



Packing Recommendations:

Clothing and Toiletries

The following is a suggested packing list. The number of items will be up to each individual; keep in mind such issues as length of stay, times per day the camper normally changes and various weather conditions.

- *Single bed sheets/blanket or sleeping bag
- *T-shirts/shirts (short & long sleeved)
- *Towels
- *Socks
- *Long pants
- *Pajamas
- *Shorts
- *Underwear/bras
- *Jacket
- *Raincoat
- *Sunglasses
- *Aqua-socks (pool shoes)
- *Sunscreen
- *Swimsuit (no bikinis)
- *Hat (especially if prone to sunburn)
- *Insect repellent
- *Sweater/sweatshirt
- *2 pairs of shoes (1 pair of closed toe leather or sneakers for horseback riding is recommended)
- *Attends (undergarments) and under pads (for the entire session) if needed
- *Swim undergarments if needed
- *Toiletries (toothbrush, toothpaste, brush/comb, shampoo, soap, razor/shaving cream, deodorant, etc.)
- *Any adaptive/assistive equipment or devices that the camper normally uses.
- *COVID-19 related: Two masks for each day and a small plastic bin with a lid to store all toiletries safely

All clothes and adaptive equipment MUST be clearly labeled with the camper's first and last name.

Personal Items

- *Flashlight
- *Stationery
- *Books
- *Camera
- *Pictures from home

Personal music and gaming systems may be brought to camp as long as they are used with headphones. We strongly urge you to consider the risks of sending such items (Cell phones, personal CD or MP3 players, etc) given the fact that sometimes items get broken or lost.

**Money:* Camp Easterseals Virginia t-shirts, hats, and other camp store items are the only things on sale during check-in and check-out. There is no need for campers to have money during camp.

**Smoking Policy:* Adult participants who smoke are required to smoke outside of all buildings/structures and in designated smoking areas. Participants under the age of 21 are not permitted to smoke at camp.

Please remember to label all personal items!

Items not allowed at Camp

- *No knives, guns, or weapons of any kind are allowed on the camp facility. This includes pocketknives.
- *No alcohol, marijuana, or illegal drugs are allowed on the camp facility.
- *Except for guide/companion dogs, campers are not permitted to bring animals.

Every effort will be made to keep track of personal items though loss of clothing or mix-ups do occur. Camp Easterseals Virginia assumes no responsibility for the loss or damage of clothing or personal items.

Please have medications thoroughly organized!

Healthcare staff are on site and available to administer prescription medication to campers. We require all campers to pre-package medications. This means that all medications, vitamins, and supplements brought to camp must be prepared in a multi-dose or medication cassette for the duration of their stay. It is preferred that this is done in a “bubble pack” by a pharmacist as seen on the medication guidelines handout. If your camper’s medication dosage has changed, a new prescription label must be obtained and sent with the camper to camp. During check-in, parents will sign a medication form that lists the medications the camper is taking and will give Easterseals UCP Virginia permission to administer the prescription medicine according to the prescription label. Please also bring original bottles with at least one extra pill in the bottle.

Have a plan to pick up your camper early -

Campers have had to go home early for sickness, behavior challenges, personal reasons, floods, and other reasons. All campers must have a plan in place to be picked up early should the need arise. This is even more true as any campers suspected of having covid-19 are expected to be picked up within 8 hours.

"Does the camp provide transportation?"

Transportation to and from camp needs to be arranged and provided by the family.

"Who are the Camp Counselors?"

Camp Counselors are typically American or international college students. The majority of our staff members are female. Male campers may have female counselors taking care of them, because recruitment of male counselors is difficult. Please let us know well in advance if you think this will be a problem for your camper.

"My son/daughter has a strict diet. Can this be accommodated?"

For strict diets such as gluten free or casein free, campers should bring their own food for camp to cook. This ensures that campers adhere to their diets. For diets such as vegetarian or lactose free we often have alternatives for campers. Please call if you have any questions.

"What protocols are in place to mitigate risk of covid-19?"

Changes in COVID projections, case numbers, available staff, as well as guidance from the National and State level may alter our plans to operate. Please have a backup plan in place in the event that camp is unable to open this summer or needs to close at some point during the summer.

Also note that the state has not issued guidance as to if having a vaccine would be an acceptable substitute for any of the following guidelines, so please plan on following all if signing up. State guidelines are for all overnight camps which predominately serve children who are not eligible for vaccines, which is why this is not expected to change.

1. Any camper, or camper who has someone in their household, who has been ill or has tested positive for covid-19 in the 14 days prior to arrival to camp is to stay home. Refunds will be given.
2. Per state requirements, all campers will need to provide proof of a negative molecular covid-19 test within seven days prior to the beginning of camp OR perform a 14-day screening of the camper and all persons in the family as defined by Executive Order 72 that have contact with the camper. Campers utilizing symptom screening must restrict their close contacts to those inside their Family as defined in Executive Order 72 for the duration of the 14-day period. Camp will provide the necessary paperwork for the screening to complete, which must be turned in upon arrival.
3. Check-in and check-out will be modified. (see below)
4. Cohorts/Masks: In the cohort model, each cohort is considered similar to a family unit. The State of Virginia requires and the American Camp Association recommends cohorts be used by overnight camps to mitigate covid-19 risk. Implementing the cohort model and using the following guidelines may not prevent the spread of contagions within a cohort though it will substantially reduce the spread potentially limiting any to one cohort.
 - a. Cohort members sleep in the same cabin without masks on and are considered a family unit. Therefore, when cohorts are together without close proximity to any other non-cohort individual, masks are not required similar to a family unit.
 - b. Whenever a cohort is indoors with other people or within six feet of someone that is not from their cabin, masks are required to be worn. For example, people waiting at horses just around their cohort do not need a mask. When someone goes to ride a horse led by a horse specialist from another cohort then masks must be worn.

"How does check-in work?"

Our goal is to provide quality care for all of our campers and to achieve this we must have comprehensive information. *A parent/caregiver who is very knowledgeable about the camper must accompany that camper to answer any*

and all questions regarding their needs. If there is no one to appropriately check the camper in, we will ask that the camper go home. We will try to get everyone through the check-in process quickly. *We cannot always control the speed* at which things move so we ask for your patience and understanding. Below is a breakdown of the check-in process with updated covid-19 protocols:

1. Masks are to be worn when you are within 6 feet of people outside of your household and when you are indoors. Someone will be in the parking lot when check-in begins at 1:30 pm to acknowledge arrival. Please be sure to check in with this person at 1:30 pm or when you arrive. You are welcome to arrive as late as 5 pm.
2. You will be asked to stay in or around your vehicle until it is your time to check-in. You will receive directions from there where to go next. The next step may vary depending on weather, staffing, and the covid-19 environment.
3. Camp staff will label luggage and transport it to the cabin. **Please remove medications from the luggage, they will need to be with you when you check in with our medical staff.**
4. The first step will be to double-check emergency contact information. It is imperative that we be able to reach the parent(s)/primary caregivers at all times; if this is not possible, we must be able to reach a relative or friend who has personal knowledge of the camper and his/her physical, medical and emotional needs.
5. A Camp Counselor will meet you and escort you to the next step of check-in process. The Counselor will have questions regarding the likes/dislikes and needs of the camper. It is important that they get as much information as possible so they can provide quality care for the camper.
6. The Nurse will conduct a brief physical exam and ask questions regarding the camper's present health. **If the Medical Staff observe any signs of illness/other medical concerns or if the camper's temperature is over 100° F, the camper will not be allowed to stay at camp.** The Nurse will also check-in all of the camper's medications.
7. After the Counselor has finished asking any questions and you feel confident that the camper will be well cared for, check-in is complete.

Cancelling and refunds -

If campers or anyone in their household has been sick or has tested positive for covid-19 in the last 14 days, please do not come to camp. We will offer refunds for anyone canceling prior to attending due to illness.

"My camper has become ill or been injured while at camp. What is the procedure for handling this?"

Our main goal is for campers to have a safe and happy time while at camp. However, accidents may happen, or a camper may become ill. Easterseals UCP staff will notify parents immediately of any incidents or if the camper is seen frequently in the infirmary. If a doctor or hospital visit is necessary, we will go to Velocity Care (urgent care), Lewis-Gale Hospital, or Carilion Clinic (ER), and will let you know immediately. If it is determined that it is not in the best interests of camp or the camper for them to stay at camp, you will be required to take them home. Campers who require special care for longer than 24 hours will be asked to go home. This is due to the fact we do not have the staff available to take care of ill campers for extended periods of time.

"Camp called me and told me that my camper is having a difficult time. What happens now?"

The majority of campers have a very positive experience at camp. Sometimes, however, a camper will have behavioral difficulty at camp. There may be a variety of reasons for this: change in routine, change in location, not being used to living in a group. We will do whatever we can to assist the camper in adjusting to the camp environment. If the camper continues to exhibit harmful behaviors (such as hitting, kicking, biting, swearing, hair pulling, etc.) or anxiety we will contact the parents/caregivers and discuss different strategies that can be tried to help the camper adjust. If the strategies are not effective, we will contact the parents/caregivers again and talk about the next course of action, which may be sending the camper home. We have the right and responsibility to immediately require the removal of anyone who may be at risk for harming themselves or others. Refunds are not provided if a camper departs early.

"What's your policy on contact with my son/daughter while they're at camp?"

First, it's important to be sure that you and your son/daughter are ready to be away from one another for this period of time. Letters and care packages are encouraged over phone calls as frequent calls can reinforce homesickness. If you are concerned about how the camper is doing, call the camp directors; they will know if there are concerns or problems. Do not expect to speak immediately with the camper or their counselor, as they may be involved in an activity. Although we first encourage campers to write a letter, we do allow them to call home if we feel that it will not cause homesickness. Campers will not be able to call home every day.

"How does check-out work?"

Check-out is between 10 am and noon. When you arrive, please stay in or near your vehicle and we will call your camper to meet you. Luggage will be brought to you. Masks are to be worn when you are within 6 feet of people outside of your household and when you are indoors. Please be sure to check through your camper's luggage to ensure anything of importance is in the luggage. Also, be sure to sign your campers out and pick up any medications. A late fee will be charged at the rate of \$50/hour for late check-out as we would have to pay someone to stay late.