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Alta Mons Health & Care Procedures, Guidelines & Policies

What happens if your camper becomes ill or suffers an injury?

1. Your camper will be taken to the camp clinic, where he or she will be assessed by the nurse or other medical personnel on duty. Minor injuries will receive appropriate treatment and the camper will return to the activity. Minor illnesses, such as headaches, will be monitored carefully to determine if they are symptoms of more serious illness. Occasionally such observation will require that the camper spend the night at the clinic.
2. When a camper exhibits symptoms that may warrant a trip to the doctor, we will contact you to see how to proceed. If we cannot reach you, we will use our best judgment and continue to try to contact you.
3. If a camper is contagious or becomes too sick to stay, we will notify the guardian to pick them up. Lice are considered contagious due to the quick nature of it spreading. Do not send your camper to camp if they are sick or contagious.
4. When a camper is seriously injured, emergency care will be provided. A camp representative will accompany the camper to the hospital. We will try to contact you immediately.

Homesickness

It is natural for your camper to feel a longing for home, especially in young or first time campers. With many campers homesickness is preventable. Good preparation by caregivers can help give a camper the confidence he or she needs to enjoy a camp experience.

Some suggestions include:

1. Focus on how happy you are that they will be getting the opportunity to go to camp. Do not repeatedly tell your camper how much you are going to miss them. Telling them this often makes campers feel guilty about being at camp.
2. Help your camper set reasonable goals for his/her camp experience, such as "I'm going to learn how to paddle a canoe" or "I'm going to learn how to swim." It is important, however, that the camper set the goal and that you don't make it sound as if you require it from the camper. Questions such as, "What do you think you will learn at camp, or do at camp, or what do you think you will like best at camp?" can help start positive thinking. Once negative thinking begins it is very hard to recover.
3. If your camper has a favorite toy or something for sleeping, let them bring it, but encourage them to keep up with it. We normally discourage bringing sentimental items because they could get lost. We are not responsible for lost or stolen items, however, if you think a special item might prevent homesickness, consider letting them bring it.

4. Please **do not** tell your camper that they can call you if they want because this is not our policy. Also, **do not** allow your camper to bring cell phones or other similar devices as they are not permitted. If messages need to get home or to the camper, the camp will make sure these are relayed.

What happens if your camper becomes homesick?

1. With loving care, the counselor will do everything to determine the cause of the homesickness and to address the issues identified. Every attempt will be made to encourage the camper to have a good time and feel needed and important.
2. If after 24 hours, the camper still desires to go home (many campers do in fact forget their homesickness), the Program Services Director will call you to discuss options **before** you speak to the child. Note: Homesickness is most intense the first couple of days and rarely lasts past day three. Generally, even homesick campers who complete the week leave with a sense of accomplishment and a desire to return.
3. If you determine the best option is to have your child return home we will help you in that process.

When campers have behavioral problems at camp.

The camp does everything possible to help every camper have the best experience. In situations where campers are acting in ways that are inappropriate in the camp setting, we try to encourage the camper to stop the behavior and act in accordance with our camp rules. We treat every camper with respect, even when they are disciplined, and never use corporal punishment.

When a camper acts inappropriately, such as disregarding the camp rules for safety and conduct, verbally or physically abusing another camper or staff, or being disruptive to the camp program in any way that interferes with other campers' enjoyment of camp:

1. The counselor will take the camper aside, talk through the problem, issue a warning if appropriate, and encourage positive solutions.
2. If the camper still does not respond, the camper will sit out for the remainder of the activity. Attention will be brought to the Summer Program Coordinator. If the problem is severe, it will be immediately brought to the attention of the Program Services Director.
3. In the case of repeated verbal or physical abuse or continued disregard of the camp rules, the Program Services Director will confront the camper and determine if the caregiver should be called. If the camper has not responded to the staff's attempts to resolve the problem with the camper, the caregiver will be asked to take the camper home.