

2020 Camper Handbook



BROOKWOODS

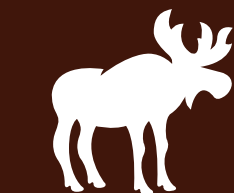
www.campbrookwoods.net

www.campbrookwoods.net



DEER RUN

www.campdeerrun.net



**MOOSE RIVER
OUTPOST**

www.mooseriveroutpost.net

Dear Parents:

I would like to thank you for the opportunity you are giving the staff at Christian Camps and Conferences to be with your child this summer at camp. As you know, our camps are special places set apart to provide a camping experience based upon the teaching of the Bible; places to nurture the potential in young people; and places where campers learn more life skills in a summer camping experience than in nine months of school. A beautiful outdoor learning environment provides the setting for direction, and purpose, in the lives of young people.

We are getting excited about the summer of 2020!

Before you place this Handbook aside, please review the checklist on page three. **It will let you know what has to be done before camp starts.** Our Camp Store supplier is offering FREE shipping for any uniform t-shirts and gear ordered through the on-line store and delivered to camp. Your camper will have it waiting for them when they arrive at camp! You can visit the on-line store on the camp website under "Parent Resources". Place your order early enough to allow for delivery in time for camp.

We are here to help. My wife, Debbie, and I are parents too...with similar hopes and dreams for our children, just like you; so please give us a call at 603-875-3600 if you have any questions about the summer camping experience of your child.

Cordially yours,



Bob Strodel
Executive Director



"Quick Start" Checklist for Parents**

Forms Due by May 1st

☐ **Health Examination.** New Hampshire and Maine require that every camper be examined within the past year, by a physician prior to arrival at camp. Your physician should complete and sign the Medical Form during your child's health examination. Parents must sign the medical release and treatment authorization portion of the form. We are unable to accept campers without the signed Medical Form. Medical forms are due by May 1st. If your child has a physical scheduled after May 1st, please call the camp office. See page 6 of this handbook for additional information. You can also print out a copy from the camp website under "Parent Resources".

☐ **Transportation Form.** This form is required for ALL Moose River Outpost campers, as well as Brookwoods and Deer Run campers who arrive by airplane. The Transportation Form is on our website under "Parent Resources" or use the one located in the back of this Camper Handbook. Please submit it at least two weeks prior to your child's arrival at Camp, along with an Airline Itinerary. We cannot guarantee availability for last minute arrangements and reserve the option of an additional fee for late notification.

☐ **Tuition.** Tuition payments for all campers are to be paid in full on or before April 15th (unless other arrangements have been made with the Finance Office). This process can be completed on-line, or through the mail. Please make checks payable to: *Christian Camps & Conferences, Inc.*

☐ **Confidential Camper Information.** This information guides us in assigning cabins and staff, and alerts us to any special needs. We would like your input as a parent. This information will be held confidentially with our Camp Directors, Program Directors, and the immediate counselors. This Form is located in the back of this Camper Handbook, as well as on our website under "Parent Resources".

☐ **Special Programs Forms.** If your child plans to participate in the Horsemanship Program, or S.C.U.B.A. Certification Program, available in New Hampshire, you must provide permission and complete the appropriate forms. The Horsemanship form can be completed on-line or found in the back of this Camper Handbook. The SCUBA forms are available on the camp website under "Parent Resources".

☐ **A Letter to My Counselor.** Please ask your child to complete this form.

☐ **Rafting Waiver.** Required for all Moose River Outpost campers. This is available under "Parent Resources" on the Moose River Outpost website.

All forms should be returned to:

Christian Camps and Conferences, Inc.
34 Camp Brookwoods Road
Alton, NH 03809

Forms can also be e-mailed to *dorothy@christiancamps.net*
Fax: 603-875-4606

**** If you don't read anything else in this book...please at least look over this list so you know what forms to fill out prior to camp!**

A Special Welcome to First-Time Campers

We hope that your child has played a role in choosing Brookwoods, Deer Run or Moose River Outpost. Making a choice—even a guided one—helps to give your child a sense of investment in his or her experience here. Although Camp is a lot of fun, it's not unusual for some children to feel anxious or insecure when they first arrive. Our top-notch staff is trained and ready to provide empathetic support to any camper who needs it. If more serious adjustment issues arise, we will work with you to decide how best to help your child have a memorable and rewarding summer.

As a first-time camper (and Camp Parent), it's imperative that you read through this handbook carefully. There are some steps you must take prior to your child's arrival—such as obtaining a medical examination, returning the Medical Form, sending tuition payment and planning for your child's travel. Also, this handbook offers a closer look at Camp life and what your child can expect when he or she arrives. If you read through this handbook and still have questions, please call our main office at 603-875-3600. We'd love to hear from you.

Get ready for a very special summer!

Life at Camp

Camp life is designed to nurture and support your child's growth—all while providing an exciting and stimulating environment. Through a combination of structured programs and supervised free time, your child can participate in a wide variety of safe, noncompetitive and exciting activities—backpacking, archery, swimming, rocketeering, water skiing, arts & crafts, wilderness programs and much more.

How Camp is organized

Upon arrival, campers are assigned to a cabin — each cabin has 2 counselors and approximately 12 campers. These cabin groups will go on trips together, share in camp Bible Studies together, and generally support each other throughout their camp experience.

Cabin life

We encourage healthy, long-lasting friendships at Camp; we actively discourage cliques or exclusive one-on-one friendships. These types of relationships are limiting and destructive to the group experience. If your child is coming to Camp with a close friend, consider talking about this topic in advance and coming up with a plan to make sure the friendship remains inclusive of others. Also, campers and their counselors will participate in various outdoor activities, such as mountain hiking, canoe trips and an overnight sleepout. These activities provide a special time for counselors and campers to get to know each other. Campers sleep in fully-enclosed and screened cabins. Each cabin has a bathroom. Deer Run and Moose River Outpost cabins are also equipped with hot water and shower facilities. Brookwoods campers have the use of hot water at the shower house centrally located in the cabin area.

Cabin assignments

Assigning campers to cabins is a challenging task. Because we don't know every camper prior to arrival, we have found it best to assign cabins based on age and grade in school. Regarding cabinmate requests, these need to be made reciprocally by both parents on the original applications. One request only! While we value your suggestions regarding your camper's preferences, we must make decisions that are in the best interests of Camp as a whole. In this spirit, please do not ask to have your child moved to another cabin after they arrive at Camp.

Participating in Camp activities

At Brookwoods and Deer Run, campers select three structured activities they want to participate in for that next week. Each day, campers at MRO can choose their activities for themselves. This means that at MRO they can daily try new things, or choose to focus on their favorites. All campers get to choose how to spend supervised free time each day. Counselors will help your child choose activities appropriate for both their age and ability. Please see "Activity Age Limitations" for more detail. Because some programs are more popular than others, your child may not get to participate in every one of the more popular activities. Still, we try our hardest to ensure that every camper is able to participate in at least one or more of their favorite activities.

Here's a quick look at an average day at Brookwoods and Deer Run:

7:00	Wake Up and Cabin Cleanup	1:30	Rest Hour
7:30	Devotions	2:45	Afternoon Activities
8:00	Breakfast/Singing	4:00	Open Waterfront / Optional Activities
9:00	Bible Study	5:30	Dinner
10:00	Activities	6:30	Evening Program
12:30	Lunch	9:00	Return to Cabins/ Bedtime /Devotions

Here's a quick look at an average day at camp at Moose River Outpost:

7:00	Wake Up and Cabin Cleanup	1:30	Rest Hour
7:30	Quiet Time	2:30	Activity Period 3
8:00	Breakfast	4:00	Free Time/Open waterfront
8:45	Worship and Cabin Devotions	5:45	Dinner
10:00	Activity Period 1	6:30	Evening Game
11:15	Activity Period 2	9:00	Cabin Debrief and Bed
12:45	Lunch		

There are some activities that require a certain level of knowledge and skill before the camper can fully participate. Program directors will work with campers to help them learn and progress as appropriate, thereby providing a challenge for many years to come. To ensure the safety of all our campers, some activities have minimum ages for participation:

Activity	Brookwoods	Deer Run	Moose River Outpost
Archery	10	11	No Limitation
Ax Throwing	13	13	Not Offered
Climbing Wall	11	11	No Limitation
Horseback Riding	10	10	Not Offered
Mountain Biking	12	12	No Limitation
Paintball	12 or oldest 4 Cabins	12 or oldest 4 Cabins	No Limitation
Riflery	12	12	No Limitation
SCUBA	12	12	Not Offered
Skeet Shooting	Not Offered	Not Offered	No Limitation
Wakeboarding	10	10	No Limitation
Woodworking	10	10	Not Offered

Please note that these limits are due to the size of equipment, the nature of the activity and state regulations. Camp reserves the right to make changes to any program as necessary and sponsor only those programs that meet minimum safety standards.

Camp Store

Campers should NOT bring any money to camp. Three times week, they will be permitted to visit the camp store for candy, soda, and healthy options, which are included in their tuition. Other store items are available on incoming days for parents to purchase. Clothing is also available on-line through the camp website.

Outdoor Adventures

Every cabin will experience a variety of outdoor adventures during their time together at camp. This might include hiking, canoeing, white water rafting or even a night sleeping out on an island or a local mountain. If your camper has any medical issues that might preclude their participation in these activities, we don't want them to be put at risk of injury. Please provide a note from their physician excusing them from these normally scheduled activities. In the absence of such documentation, we will assume your child can fully participate in these activities.

Camper guidelines

Too much emphasis on “the rules” takes away from the atmosphere we strive to create at Camp. So, while our rules are few, they are absolutely necessary to keep your child safe and foster an atmosphere of encouragement, self-discipline, creativity, and responsibility:

- Unsupervised swimming is not allowed.
- Smoking, chewing tobacco, alcohol, marijuana, vaping, swearing, and possession or use of weapons or unprescribed drugs is not allowed.
- Socializing After-hours with or entering the cabins of members of the opposite sex is not allowed.

These rules are not flexible—Camp reserves the right to dismiss any participant who violates these guidelines.

Health and Safety

Basic Requirements

All of our programs meet the safety standard of the American Camping Association (ACA). Also, to ensure that your child gets the most out of their experience and remains safe, there are two basic requirements for every camper:

- In New Hampshire, pass the American Red Cross Level V Swim Test—or take swimming instruction until they pass the test. In Maine, pass a basic distance swimming test.
- Participate in a mountain hike, canoe trip or overnight “sleep out” with their cabin.

Medical Overview

Before coming to Camp, all campers must have a health examination (within the last year) and must return the Medical Form to the office prior to arrival. Health records are maintained by the resident Medical Staff.

Can I use a doctor specific form?

We do accept doctor specific forms, containing an immunization record, in addition to the first two pages of our form filled out by a parent.

What if my child becomes ill or injured?

If your child is ill or injured, Camp will comply with the American Camping Association regulations:

- In the event of minor injury / illness such as headache, simple abrasion or earache, the Camp nurse will provide appropriate treatment. A phone call home is not required.
- In the event of major injury / illness such as broken bones, concussion, allergic reaction or any other event requiring a hospital visit, you will be contacted as soon as possible when we have all the details. Please note that we will try to contact you in person and will not leave a detailed message on an answering machine.
- If a non-hospital incident happens at night, and is not serious, we will call you the next morning. Please be assured that we will act in the best interests of your child when determining medical care. When in doubt, we will always take your child for treatment.

What if my child needs to take medications at Camp?

All medications, including vitamins—prescription or not—must be turned in to the Camp nurse upon arrival and noted on your child’s Medical Form. (Please see page 7 for special information regarding Epi-pens and inhalers.) Our nurses are not legally allowed to dispense any medications that are not in an original, marked container—there is no flexibility with this policy. The Camp pediatrician has provided written orders allowing us to dispense common, over-the-counter medications, as needed for a medical condition, such as Tylenol, Sudafed and Advil. You do not need to send these with your camper.

Does your camper take regular prescription or OTC medications? If so a MD/NP/PA must write an order on page 4 of the Health Form or provide other written authorization

A special note about vitamins/herbal supplements: The states of New Hampshire and Maine no longer permit Camp medical staff to dispense vitamins/herbal supplements without a doctor’s signature. If your child needs to take vitamins/herbal supplements, please have your **doctor** indicate permission on the medical form or on the doctor’s letterhead. All vitamins must be in their original marked container.

Do you have a lice problem at Camp?

Since we cannot allow campers to enter the camp with lice, on Incoming day we will routinely inspect each camper for any potential problem. Once in a while we find some lice, and it is a surprise to all involved. In that case the parent has the option to take their child home for treatment, cut the camper's hair, or pay to have the camper treated on-site. In New Hampshire we utilize a professional service that charges \$200 for the treatment, in Maine the service costs \$275, and is passed on to the parent. Historically this has not been a major issue at camp.

What immunizations does my child need?

All campers must be up-to-date on their immunizations, including Tetanus Toxoid (within the previous 10 years), or have a parent signature on the second page of the Health Form indicating the camper is not fully immunized. All campers age 16 years or older (including all those enrolled in the Leadership Programs) must have a valid tetanus immunization (within 5 years) before participating in any of our extended tripping and wilderness programs. If your doctor deems otherwise, it must be noted on the Medical Form.

Is my child's medical information confidential?

In keeping with the Health Insurance Portability and Accountability Act of 1996 (or HIPAA), information regarding your child's medical background, diagnosis, medications and treatments will only be released to medical staff personnel who have a reasonable need to be involved in providing health care to your child during their stay at Camp.

Can my child be successful at camp if they have special needs?

We are not a special needs camp and our staff are not trained for that environment. We strongly encourage parents to have a conversation with the Director prior to registering in order to communicate about any individual situation, ask any questions, and ensure our camps are a good fit for your camper.

To all parents of children with severe allergic reactions and/or asthma:

The camp's health staff are trained in the use of inhalers and Epi-pens, are available 24 hours a day, and maintain a stocked emergency bag with Epi-pens and other emergency first aid supplies and equipment. In addition, all trips leaving camp include a first aid bag that includes an Epi-pen.

If you or your health care provider feel that your child's allergic reaction is severe or potentially life-threatening, an Epi-pen should be carried on his/her person at all times. State law requires that two Epi-pens be provided to camp: one for the camper to carry and one to be stored in the Health Lodge. Each Epi-pen must be clearly marked with the camper's name as well as that of the prescribing physician.

Regarding asthma, state laws dictate that the child may carry his/her own inhaler. It must be clearly marked with the camper's name and recorded by the nurse on the incoming day of camp. We strongly recommend a second inhaler for any camper carrying his/her own inhaler to be stored with the camp nurse.

If your child must carry an inhaler or an Epi-pen, your licensed health care provider must complete the information on the form located on page 27.

How do I contact Camp in an emergency?

You can always reach the Brookwoods and Deer Run office by calling 603-875-3600 during the hours of 8:00am – 6:00pm. If you need to contact the Medical Building, call the main number (above) and we will transfer you there. For after-hours emergencies only: call 603-875-3602. You will be calling the home of our Executive Director and he will relay the message.

The summer phone number at Moose River Outpost is 207-668-4877 during regular office hours. This number provides access to the MRO office, Health Center, and the MRO Director. In the rare event that the MRO office cannot be reached, please contact our New Hampshire offices at 603-875-3600.

Tuition and Payment

Tuition for all Camp sessions, including the Leadership Programs, is due in full by April 15th, regardless of whether the other required forms are completed or not. This includes payment for any fees and special programs.

We would prefer you send in the tuition payment by check. If that is not possible, and you desire to pay with a credit card you may do that through the camp website, under "Online Payments". Call Dorothy or Debbie in the office if you need assistance with the transaction. We would also be happy to set up an internal payment plan if you would like to complete payments over several months. Contact Debbie for those arrangements. We will send you a friendly reminder statement by mail before April 15th .

International payment process

An additional fee of \$100 per family is required for all families living outside the U.S. (including Canada and Mexico .) Whether you are sending one child or more than one child, the fee stays the same. Due to fees associated with international transactions, you may wire one payment—including tuition and any additional fees—directly to the Camp's bank, or pay on-line with a credit card. Please contact Debbie at the camp office if you wish to obtain wiring instructions.

What to Bring to Camp

All articles, including shoes, socks, hats, clothing and athletic equipment must be marked with your camper's name. Campers are urged to keep track of their belongings and are given the opportunity to claim lost articles each week. Following is a comprehensive list of what (and what not) to bring to Camp. Two week campers should bring enough clothes to last the entire stay. Month campers will have their laundry done once during their stay.

Clothing and equipment list

We recommend the clothing and equipment listed below—all labeled with your child's name. Quantities are based on a two-week session, so please pack accordingly if your child is staying longer. Because temperatures and weather conditions vary during the summer, campers must have cool-weather and rain gear. Camp clothes experience a lot of wear and tear—please don't pack pricey clothing that you wouldn't want damaged.

Bed linens (twin size) , blanket or washable sleeping bag
Pillow /2 pillow cases
Face towels/bath towels
Waterproof rain gear*
Footwear (see note below)
Shorts
Underwear (for 2 weeks)
T-shirts
Athletic socks/2-pair warm or wool socks
Sweatshirt and sweatpants
Wool sweater or warm fleece pullover
Light windbreaker-type jacket
Sneakers (2 pair in case one gets wet)
Swimsuit (2): one-piece for girls and trunk-style for boys
Beach towels (2)
Simple Dress or skirt or polo shirt (for session 2 or 4 only)

Pencils/pens
Camera (extra batteries)
Flashlight (extra batteries)
Stamps and stationery (to write home!)
Sunscreen/lip balm/sunglasses
Bible (NIV version suggested)
1 laundry bag (labeled with name!)
Insect repellent/ after-bite stick
Personal hygiene items (in labeled bag)
Comb/brush
Soap and shampoo
Toothpaste/toothbrush
1 water bottle
Backpack or daypack for hikes
Teddy bear
Pajamas
Jeans or rugged pants (2)

Optional Items: *(please label with your camper's name)*

Fishing gear, baseball glove, tennis racquet, lacrosse stick, non-electric musical instrument (no tubas or drums)

*When purchasing rain gear, look for coated nylon or PVC-coated waterproof (not repellent) material. Vinyl rain wear and ponchos are not recommended. We also recommend making duplicate lists of items brought to camp—one list to accompany the camper so they can check inventory when packing to return home—and one list to remain at home.

Footwear

Many foot injuries at camp can be prevented through use of proper footwear. Camp is a tough environment for feet with dirt roads, paths through the woods, and an abundance of sticks and rocks. **The BEST footwear you can provide your kids at camp are types with closed toes that also have straps to remain on the feet while running. Sneakers and closed toe sport sandals work well.** No campers will be permitted to engage in activities if they are wearing any type of footwear that does not have a strap. The exception to this will be at the waterfront or walking to the boy's shower house at Brookwoods, where "flip flops" are permitted.

Luggage

We strongly recommend duffel bags instead of footlockers or traditional luggage for transporting your child's gear to Camp! They are easier to pack, travel with, and store at Camp.

Sleeping bags and bedding

Washable sleeping bags are a must at Camp. In the cooler months (June and mid-August), we suggest bringing a blanket in addition to your sleeping bag. In the warmer months (July and early August) many campers bring a fitted sheet for their bunk and use their sleeping bag as a blanket or a cotton blanket if the sleeping bag is too hot. All campers must bring their own pillow. Sleeping bags may be purchased at any sporting goods store (usually least expensive) or special wilderness outfitters, such as L.L. Bean, REI or EMS.

Gear for special programs/trips

In addition to the items listed above, some programs and trips (such as rafting, hiking and horseback riding) require more specialized clothing—following is a list of additional items to bring based on the specific trips/programs in which your camper may participate:

- *Campers age 11 and older:* Hiking boots for overnight backpacking trip. Boots should cover the ankle, have an aggressive tread, allow for heavy sock, and be made of leather, synthetic corduroy or a combination of both. Durable boots usually cost between \$50-\$100.
- *Campers age 11 and older:* Rain jacket, rain pants and rain hat for day hikes.
- *Campers age 15 and older:* Polypro long-underwear for 3-day hike/canoe trip.
- *Kennebec River white water rafting trip* Durable sandals with anklestraps, water shoes or sneakers (must be worn at all times), wool or polypro socks (no cotton), bathing suit, shorts and outer layer for off-river wear, quick-drying nylon top to protect against bugs/sun, wool sweater or fleece.
- *Horsemanship program:* Riding boots or approved shoes (those with a smooth sole and ½" heel) and long pants. Camp provides helmets.

Campers interested in basketball or tennis will need appropriate court sneakers.

Bed wetting

Please note that if your child experiences occasional or frequent bed-wetting, you will need to make some special preparations. Sleeping bags should not be used for daily sleeping in this circumstance; please bring two sets of sheets and a washable blanket for your child to use. Give us a call if you expect this to be an issue with your child as we will be better prepared to handle this situation if we know in advance.

What *not* to bring to Camp

In keeping with Camp's philosophy, **electronic equipment is not allowed**—please keep these items at home. This includes radios, television, iPods, hand-held electronic games, iPads, Kindles, and cell phones. If your camper brings these items, they will be placed in the Camp office for the duration of their stay. If these items appear at

camp, the organization bears no responsibility for their return. If your son or daughter is using camp transportation to or from camp, they may use electronic equipment, including iPods, during the trip. Digital cameras are permitted if used appropriately. It is also not permissible to bring pets, weapons, alcohol, tobacco in any forms, drugs, chainsaws, drum sets, snowballs, or lightsabers to camp. (You get the idea!)

Returning lost items

Camp will not accept responsibility for lost or stolen articles. Marked items left at Camp may be mailed home only when a parent calls or e-mails the office to identify the missing item and reimburses Camp for the mailing cost. Please understand that hundreds of nice items (clothing, equipment, etc.,) are left at Camp every summer. We can neither pay to mail everything nor hold the items indefinitely, and larger items need to be pre-paid. Unclaimed items will be donated to a charitable organization by the middle of September.

Camp Dress Code

Clothing worn daily and at the end-of-month banquet (which is at the end of session 2 and 4) should be modest and appropriate for the Camp environment. Please NO strapless, spaghetti strap or backless dresses or shirts. Dresses and skirts must be modest length. In addition, shorts must be of modest length; no shorter than a 2 inch inseam. Leggings may be worn with a shirt that covers the bottom completely.

Please don't put Camp in an uncomfortable position — make sure that outfits are appropriate. We reserve the right to ask your child to change clothes if deemed inappropriate.

On Sunday mornings, we require the following :

- Deer Run: White, green or khaki shorts and Deer Run Camp T-shirt
- Brookwoods: Navy or khaki shorts and Brookwoods Camp T-shirt
- Moose River Outpost: Collared shirts for the boys and skirts or dress pants and blouses for the ladies.

Travel Overview

While we will assist with your child's travel plans whenever possible, you are responsible for arranging your child's safe travel to Camp. It's imperative that we know your child's travel plans if arriving by air—including mode of transportation and arrival and departure dates and times—at least two weeks prior to arrival. Please inform us immediately of any changes to your child's itinerary. Please read this section very carefully before making your travel plans. Complete the Transportation Form, which is located at the back of this handbook or on-line.

Please note that Camp provides a van service from the airports noted and will pick up campers at their various terminals. A Camp staff member will meet your child at the airline's baggage area and help retrieve luggage. Your camper should wait for a staff member wearing a camp uniform and holding a clipboard or sign. Please note that airport van service to camp is available only for those campers arriving or departing by airplane.

Upon departure, at the airport, Camp staff members will escort campers to their various terminals, see them through security and will wait at the airport until the plane departs. If your child is traveling as an official Unaccompanied Minor by the airlines, we will obtain a gate pass and meet them at the gate. Most airlines charge a fee if you choose to send your child as an official Unaccompanied Minor. The parent is responsible for paying this fee, to the airlines, prior to the flight. We will be happy to provide you the names of the staff members picking up your child 2-3 days before travel.

If your family experiences a last minute flight delay or schedule change, on the day of transportation, please call the appropriate camp office immediately and we will contact our staff members who are on the transportation team and let them know. The transportation team are equipped with a list of phone numbers as well so if they experience a change on their end, they will contact the parents if a departure is delayed or changed. Cell phones have made this communication much easier.

•Camp vehicles shall not be put into motion until driver and passengers are seated, seat belts are fastened, and an orientation briefing completed to include safety regulations.

- There must be at least two staff members per vehicle if using the camp vans with 13 campers. At least one non-driving staff member must be available when using any coach or school buses. This staff member must be trained in safety responsibilities as a normal part of summer staff training.
- Campers being transported should be respectful of the authority of the staff, and instantly follow any instructions of direction from the staff.
- Under no circumstances are hands, arms, heads, or personal belongings allowed to hang outside of windows.
- No food may be eaten in the vehicles without prior permission.

Arriving at Brookwoods and Deer Run

By car: Please plan to arrive between 1:00pm-5:00pm on your child's incoming day.

By plane: Please plan travel so that your child arrives at either Boston's Logan Airport or New Hampshire's Manchester Airport between 12:00pm-5:00pm on your child's incoming day.

Departing Brookwoods and Deer Run

By car: Please pick up your camper between 9:00am-11:00am on outgoing Saturdays.

By plane: Plane departure reservations should be made between 12:00pm-5:00pm on outgoing Saturdays.

Arriving at Moose River Outpost

By car : Please plan to arrive between 2:00pm-5:00pm on your child's incoming day.

By plane - Any campers, both Domestic or International flights, should arrive the day before camp begins to Boston's Logan International Airport, between 1pm and 5pm. They will be picked up and will spend the night at our New Hampshire camps, Brookwoods and Deer Run, before departing on the camp van to Moose River Outpost on incoming day.

Bus Service Available for MRO Campers:

- On incoming days, a Moose River Outpost bus will make a pick up in the Boston area at 10:00am. On outgoing days, the bus will provide drop-off service in Boston at 4:00pm. If you're interested in the bus service, so indicate on the MRO Transportation Form. On incoming days, please pack a lunch for your child. On outgoing days, camp will provide a lunch. We will also have a van that will run between the New Hampshire camps and Moose River Outpost. It will leave Brookwoods and Deer Run at 10:00am on Incoming days and arrive back on Outgoing days at 4:00pm. **Every MRO family needs to complete a Transportation Form**, either on-line or on page 17.

The pickup locations are as follows:

Boston Area: The Boston area pickup will be at the Lexington Service Plaza on the north bound side of Rt. 95. This plaza is accessed from Exit #30. This service plaza has a McDonald's and a Gulf station.

Brookwoods and Deer Run: Located at 34 Camp Brookwoods Road, in Alton, NH. The pickup will be right in the camp parking lot in front of the camp office.

Departing Moose River Outpost

By car

- Please pick up your camper between 9:00am-11:00am on outgoing Saturdays.

By plane

- Plane departure reservations should depart from Boston's Logan International Airport no earlier than 1:00pm. We cannot accommodate departures before this time! If possible flights should depart before 5:00pm.

Preparing your child for travel

Make sure your child travels with Camp's phone number. They may call Camp at any point if they need help: Brookwoods and Deer Run: 603 - 875 -3600. Moose River Outpost: 207-668-4877.

Transportation Fees

Consider sending money with your child for purchasing snacks en route. In addition, more airlines are charging baggage fees. Please be sure to arrange this in advance or send additional money with your child ahead of time. We can keep their extra baggage money in the camp office during their stay at camp.

Airline Security

It is your responsibility to check with your airline regarding any new security-related rules. Some airlines not only provide an escort service, but require it for official Unaccompanied Minors.

Camp Arrival and Departure Dates

Incoming Days All Camp Incoming days are on Sunday between 1:00pm and 5:00pm as follows:

•June 28 • July 5 • July 12 •July 26 •August 9 • August 16

Please do not arrive before 1:00pm as our staff will still be busy preparing.

Outgoing Days All Camp Outgoing days are on Saturday between 9:00am and 11:00am as follows:

•July 4 • July 11 • July 25 •August 8 •August 15 •August 22

Corresponding with Your Child

Campers love to receive mail, perhaps more than they like to answer it! Camp mail is picked up in the Camp Store each day after lunch to be enjoyed during Rest Hour. We encourage you to write often and keep the tone cheerful. Also, campers are encouraged to write home and we do provide free postcards in the Camp Store. If you are not hearing from your child and are concerned, please let us know and we will be happy to confirm that your child is doing well.

Our mailing address is:

Camp Brookwoods and Deer Run
34 Camp Brookwoods Road
Alton, New Hampshire 03809

Moose River Outpost
P.O. Box 555
Jackman, Maine 04945

As a convenience to our parents, we do offer a one-way e-mail service to campers through BunkNotes. Please visit our web site at www.christiancamps.net for additional information about this service.

A note for “kid-sick” parents

With the exception of emergencies, we cannot permit phone calls to campers. Calls interrupt camp experiences and are logistically nearly impossible to handle for our camp office. If you are a “kid-sick” parent, give us a call and we will have you talk to a staff member who can assure you that your child is well and having a great time at Camp. We don’t want to turn a “kid-sick” parent into a “homesick” camper problem. Thank you for your cooperation with us.

A word about care packages...

Packages are NOT ALLOWED at camp and will not be delivered. If your camper forgets an important item, for example a raincoat or swimsuit, you can contact our office and they will provide instructions to permit you to ship it to the office and the missing needed items will be distributed to the camper. We appreciate your cooperation in this matter.

Special Programs

Brookwoods and Deer Run offer several special programs, which are at an additional cost and you will need to complete the appropriate permission forms.

Horsemanship Program: The horsemanship program, available in New Hampshire, is designed to help campers develop skills in riding, horsemanship, grooming, safety, and care of the horses. Our staff instructors are certified by the Certified Horsemanship Association. Campers must be at least 10 years of age to register and participate in this activity. Registration is on a first-come-first-served basis and is limited to 30 participants per two-week session. **The cost is \$ 120 for two weeks and \$ 220 for four weeks.** Please note:

- No refunds or adjustments are allowed after the Camp session begins.
- Riding boots or approved shoes (smooth sole and 1/2" heels) and long pants must be worn at all times when at the stables. Safety helmets are provided by the camp.
- Riders will be scheduled for five rides per week. If the camper misses a lesson due to weather or a special trip, he or she will have the opportunity to receive one make-up lesson per week. If the camper forgot/ decided not to attend a lesson, the rider will not receive a make-up lesson. The Riding Director keeps records of all attendance.
- Riders are placed in classes according to skill level.
- All riders must obey the rules and regulations established by the riding instructors for stable and ring areas.
- Campers are allowed near the stables only during a scheduled riding lesson or a free period, with the Riding Director's consent.

Camp Brookwoods and Deer Run staff seeks to provide quality instruction in a safe environment. The horsemanship program has been developed based on safety codes, regulations, and camp standards in mind. To reserve a place in the riding program, please complete the form in the back of this handbook or apply on-line.

SCUBA Certification (*Only during session one and three*)

Camp Brookwoods and Deer Run offer the opportunity to become Certified SCUBA Divers to campers who are 12 years of age or older. The program lasts for two weeks and meets each afternoon for about 2 hours during the first and third two week sessions. The course is conducted under the direct supervision of a Certified Instructor and includes:

- An academic section (textbooks and video are supplied)
- A confined water section (where safety skills are learned and comfort under the water is developed)
- A series of open water certification dives to explore Lake Winnepesaukee.

Camp will supply all of the necessary equipment. Taking this course does require a commitment from each camper to do their readings, complete their homework, attend the training sessions and complete all of the required open water certification dives. Upon completion, campers under 15 years of age will be certified as Junior Open Water Divers and those 15 and older will be certified as Open Water Divers. The reward for completing the program is a SCUBA Certification good for a lifetime of fun and adventure in the water. We recommend that interested campers take one of the "Introduction to SCUBA" classes offered during regular morning activity periods **prior to the year** they plan to take the Certification Program. To have your camper participate in the program please complete the Liability Waiver form, the Medical questionnaire and have your physician certify that there are no barriers to allow the camper to participate in SCUBA activities. This form can be found on the camp website under Parent Resources. Once completed fax the forms to the office at (603) 875-4606. Should you or your physician have any medical questions, we can provide you with more information. The completed forms must be at camp prior to your camper's arrival as the SCUBA certification agency will not allow a student near the water without the completed forms on file. Because this class requires a commitment and is limited to only 6 campers, interested campers will be notified once they arrive at camp if they have been accepted into the class. Priority is given to the oldest 6 campers who have completed the required documentation. Once accepted, you will be billed for payment; the fee for this class is \$200.00.

Definitions:

Junior Open Water Divers ages 12-14 are allowed to dive up to depths of 18 meters/60 feet while accompanied with a certified adult or Dive Professional. At the age of 15, Junior Open Water Divers are eligible to upgrade their rating to Open Water Diver. Please contact your local dive professional for assistance.

Open Water Diver entitles the holder to dive autonomously with an equally or higher rated buddy.

BASIC Program

The (Brothers And Sisters In Christ) BASIC Program is a no extra cost four week experience for 15 and 16 year old boys and girls at Brookwoods and Deer Run. During their month at camp, teenagers will participate in co-ed team building activities in an outdoor setting. They will enjoy an overnight canoeing trip and also face the challenges of a three-day hike in the White Mountain Range. We will give priority in the BASIC Program to the oldest 12 campers, in each camp, enrolled for four rather than two weeks.

Visitation Policy

Visiting times are available for month-long campers only. There are no visiting days for two week campers.

The schedule is as follows:

- Sunday, July 12th from 1:00pm-5:00pm for "July Month" Campers
- Sunday, August 9th from 1:00pm-5:00pm for "August Month" Campers

All campers must have signed written permission on file in the Camp office in order to leave property with someone other than their parents, PRIOR to the Visiting Day. A Permission Slip, available in the office or on the camp web site, may be completed and faxed back to camp. As a matter of general rule, we will NOT allow last minute phone calls home to make arrangements for visiting day. While we welcome visiting adult alumni and prospective parents during the summer, please check in with the main office to meet the Director and obtain a visitor's badge before touring the Camp grounds—we must follow this policy to preserve the safety and well-being of our campers and staff at all times. If you are visiting with children, or the siblings of a Camper, they must stay with their parents at all times.

Directions and Accommodations for Brookwoods and Deer Run

From the Boston Area: Take the 93 N Expressway through Boston to Route 95 North. Continue on Route 95N to the Spaulding Turnpike (near the Portsmouth, NH/Maine border) to Exit 15 - Route 11 NW. Take Route 11 NW to the Alton Traffic circle where Route 11 intersects with Route 28N. Take Route 28N for about 5 miles from the Alton Traffic circle. Take a left onto Chestnut Cove Road. Follow signs for Camp Brookwoods and Camp Deer Run. **To get direction from a GPS type in "34 Camp Brookwoods Road 03809"**

Accommodations

If you are planning on staying in the Lakes Region, it's important that you make advance reservations early and directly with motels or resorts. The following is a guide to some of the accommodations that are near Camp.

Lodging

- Crescent Lake Inn and Suites, 280 S Main Street, Wolfeboro 603-569-1100 (6.6 miles)
- Wolfeboro Inn, 44 N. Main, Wolfeboro 603-569-3016 (7.7 miles)
- Lake Wentworth Inn, 427 Center Street, Wolfeboro 603-569-1700 (9.3 miles)
- Holiday Inn Express, 77 Farmington Road, Rochester 603-994-1175 (20 miles- ask for camp discount!)
- Marriott - TownePlace Suites, 14 Sawmill Road, Gilford, NH 603-524-5533 (21.7 miles)

If you're interested in local Bed and Breakfast options, please contact the Wolfeboro Chamber of Commerce at 603-569-2200.

Restaurants

- Nolan's Brick Oven Pizza, 39 N. Main Street, Wolfeboro (603-515-1028) (7 miles)
- Wolfeboro Inn, 44 N. Main, Wolfeboro 603-569-3016 (7.7 miles)
- WolfeTrap, 19 Bay Street, Wolfeboro 603-569-1047 (8 miles)
- Back Bay Grill, 51 Mill Street, Wolfeboro 603-515-1002 (8 miles)
- Johnson's Seafood and Steak, 69 Route 11, New Durham 603-859-7500 (11 miles)
- Morrissey's Front Porch, Rt. 28, Wolfeboro 603-569-3662 (7 miles)
- Downtown Grill Cafe, 33 South Main Street, Wolfeboro 603-569-4504 (8 miles)
- Wolfeboro Dockside Grille, 11 Dockside Street, Wolfeboro 603-515-1053 (8 miles)

Directions and Accommodations for Moose River Outpost

Moose River Outpost is located on Heald Pond, Moose River, Maine just off Route 201. Take I-95 North, to Exit 133 to Route 201 North. You will pass through the town of Skowhegan after 20 minutes on 201. Stay on 201 for approximately 60 miles until you reach the town of Jackman. The driveway to Moose River Outpost, a right hand turn, is approximately 7 miles north of Jackman.

To get directions from a GPS or smart phone, type: 68 Heald Pond Road, Moose River, ME 04945.

Accommodations

If you are planning on staying in Maine, it's important that you make advance reservations as soon as possible. The following is a guide to some of the restaurants and lodging that are near camp.

Lodging

- Bishops Motel, 461 Main Street, Jackman, ME 207-668-3231
- Sky Lodge, 748 Main Street, Moose River, ME 207-668-7805

Restaurants (Breakfast, Lunch, and Dinner \$5-\$10)

- Four Seasons, Main Street, Jackman 207-668-7778 (7 miles)
- Mama Bear's Den, Main Street, Jackman 207-668-4222 (7 miles)

International Campers

We strive to provide top-notch service to families outside the U.S. That said, there are some important things you need to know if you're coming to Camp from abroad.

Correspondence and Communication

We recognize that our international Campers are at a disadvantage in terms of communicating with their families (due to longer mailing times and greater geographical distances). Therefore, international campers may:

- Bring a letter to the camp office, and we will scan and e-mail it to their parents.
- Receive a reasonable number of letters by e-mail from their families—please be sure to print your camper's name clearly in the "Subject" field and send to dorothy@christiancamps.net
- Make a brief phone call home to announce their safe arrival at Camp;
- Purchase enough stamps to write their parents up to 3 times per week.

When your child arrives at Camp, they will need to turn in their passport, any extra discretionary money, cell phones and other valuables for safekeeping in the Camp office. International families may pay for services and fees by wiring money directly to the Camp's bank, or using their credit card on-line via the Camp website. In order to provide this service, there's a \$100 international fee per family including Canada and Mexico.

Incoming Days

When your camper arrives at Camp they will be provided their Cabin Assignment, and check in with the Medical Staff. In New Hampshire, all campers are required to take two swimming tests. The **swim test** consists of three strokes: Freestyle, Backstroke, and Breaststroke. Campers are asked to swim each stroke roughly 15 yards, and junior unit campers (ages 8-11) are placed into swim lessons if two or more of their strokes require development. The **endurance test** consists of approximately 75 yards of NON-STOP swim. Campers are told to swim any stroke desired, around the farthest square in the H-Pier section, without stopping to rest. Swimmers are guarded by three waterfront staff members, including one in a kayak to provide rapid assistance. ALL campers complete this test each year to ensure that they are physically able to swim to safety if they should fall off the Blob or need to swim back to a boat (while wearing a PFD of course).

Horsemanship Program

(This form is also available on the camp website)

Name_____

Male___ Female___ Height_____ Weight_____

Birthday _____ (must be 10 years of age to participate)

Telephone_____

_____ Two Week - June 28 to July 11

_____ Two Week - July 12 to July 25

_____ Two Week - July 26 to August 8

_____ Two Week - August 9 to August 22

_____ Four Week - June 28 to July 25

_____ Four Week - July 26 to August 22

Has your son or daughter participated in the Brookwoods and Deer Run Riding Program?

Yes___ No___ If Yes, how many years? _____

My child is comfortable doing the following on their own:

_____ Walk

_____ Canter

_____ Trot

_____ Jump small x-rails

_____ Trot Posting

_____ Jump Courses

_____ Trot Posting on Correct Diagonal

_____ Cross Country Jumping

Any other comments on your child's riding experience? _____

I understand that I will receive a full refund if Brookwoods and Deer Run cannot provide the above activity for my child. I understand that no refunds or adjustments will be given after the camp session begins unless approved by the Executive Director. I understand that one make-up lesson per week will be offered to compensate for special trips that may occur during the session.

Parent Signature

The cost of this program is \$120 for two weeks and \$220 for four weeks.

Transportation to Moose River Outpost

(This form is also available on the camp website)

Camper Name: _____ Age: _____

Transportation to MRO is available via ground transportation or airport transportation. Before you complete this form please read "Travel Overview" section on pages 10-11. **Every MRO family needs to complete this form at least two weeks before the start of your child's camp session.**

My camper's travel plans to MRO are: (please check all that apply and fill out appropriate sections)

☐ **Parents or family will be arranging for transport**
_____ to camp and/or _____ from camp.

☐ **Bus Transportation** to and from camp. There is no charge for this service, but a reservation must be made two weeks prior to the camp session.

I would like ground transportation to Moose River Outpost from:

- ☐ Boston area
☐ Brookwoods and Deer Run

I would like ground transportation home from Moose River Outpost to:

- ☐ Boston area
☐ Brookwoods and Deer Run

**Specific information
about bus pickup and
dropoff times and loca-
tions will be sent to you
as confirmation of your
transportation booking.**

☐ **Airport Transportation Pick up/Drop off**

If your child is traveling by plane and if you'd like for us to meet your child at the airport and provide van service to and from camp, please use the form below to provide us with your child's travel plans, including detailed flight information. We are unable to guarantee transportation without this information in writing, and **we must have this form at least two weeks prior to a camper's arrival as we cannot guarantee availability for last minute arrangements. We reserve the option of an additional fee for late notification.**

Area Code + Home Phone _____ Camper's Cell Phone _____

Emergency Contact Name and Phone Number _____

I plan to arrive at the following airport and need transportation to Camp:

- ☐ Boston Logan Airport

Airline Name/Flight # Arrival Time Date

I plan to depart from the following airport and need transportation to the airport:

- ☐ Boston Logan Airport

Airline Name/Flight # Departure Time Date

**Please attach a copy of the itinerary or the confirmation from the
airline or e-mail to the camp office at transportation@christiancamps.net**

Airport Transportation to Brookwoods or Deer Run

(This form is also available on the camp website)

Before you complete this form, please read the "Travel Overview" section on page 10 very carefully—it contains specific travel-related instructions, including required arrival and departure times.

If your child is traveling by plane and if you'd like for us to meet your child at the airport and provide van service to and from Camp, please use the form below to provide us with your child's travel plans, including detailed flight information. We are unable to guarantee transportation without this information in writing, and **we must have this form at least two weeks prior to a camper's arrival. We cannot guarantee availability for last minute arrangements, and reserve the option of an additional fee for late notification.**

Camper Name _____ Age _____

Airline Official Unaccompanied Minor? Yes ____ No ____

Has parent paid Unaccompanied Minor fee to airline? Yes ____ No ____

If you have not paid the fee, then they are not an official Unaccompanied Minor.

Area Code + Home Phone _____

Parent Cell Phone Number _____

Parent Fax Number _____

Emergency Contact, name and phone number _____

Camper's Cell Phone _____

I plan to arrive at (check / circle one) and need transportation to Camp:

☐ Boston Logan Airport

☐ Manchester Airport

Airline Name / Flight #	Arrival Time (between 12:00 pm and 5:00 pm)	Date
-------------------------	---	------

I plan to depart (check / circle one) and need transportation to the airport:

☐ Boston Logan Airport

☐ Manchester Airport

Airline Name / Flight #	Departure Time (between 12:00 pm and 5:00 pm)	Date
-------------------------	---	------

Important!

Please attach a copy of the itinerary or the confirmation from the airline or e-mail to the camp office at transportation@christiancamps.net

Confidential Camper Information

(to be completed by parent)

(This form is also available on the camp website)



Name _____ Age _____ Date of Birth _____

Current Grade _____

Father's Name _____ Occupation _____

Mother's Name _____ Occupation _____

1. Who lives in the home?

Father _____ Mother _____ Names and ages of siblings:

2. If divorced or legally separated, who has custody? _____

To Whom may your child be released? _____

3. Church Affiliation _____

4. Has your son/daughter previously been to camp? _____ How long? _____

Name of camp: _____

5. What fears, if any, does your child have? _____

6. Is your child oversensitive? _____ If yes, in what way? _____

7. Camper's sleeping habits: Light _____ Heavy _____ Sleepwalks _____ Nightmares _____

Bed Wets _____ Just Fine _____ All of the above! _____

8. Socializing qualities (mixing, group living, etc.): Below Average _____ Average _____

Above Average _____ COMMENTS: _____

9. My child is: Very Independent _____ Independent _____ Average _____

Dependent _____ Very Dependent _____ COMMENTS: _____

10. My child makes friends: Easily _____ Very Easily _____ Average _____

Very Slowly _____ COMMENTS: _____

11. My child has had previous Group Experiences outside of school: Clubs _____

Scouts _____ Other _____ Were these good experiences? _____

12. My child's religious interests are: Little _____ Some _____ Much _____
Average _____ Very Much _____ COMMENTS: _____

13. Does your child have a particular attitude, such as insisting on privacy, toward the use of the bathroom? _____

14. We are sending our child to camp for the following reasons: (check as many as apply)
____ A summer vacation _____ An experience in group living
____ Learn to further appreciate the outdoors _____ To learn new skills
____ To experience camping as you know it _____ To have a variety of experiences
____ To be a part of a Christian camp; one with a positive atmosphere
____ For a special reason _____

15. Please list special talents or interests that your child shows evidence of having: _____

16. What does the camper do with most of his/her spare time? _____

17. What kind of problem, if any, are the counselors most likely to have with your child at camp? _____

18. What additional suggestions do you have for the cabin counselors? _____

19. Has your child had psychological counseling? _____ If so, for how long and for what purpose? _____

20. Additional information or comments, if any: _____

These questions answered by: _____

Relationship to camper: _____

Signature: _____

A Letter To My Counselor At Camp
(To Be Filled Out By The Camper)
(This form is also available on the camp website)



My full name is _____

My friends call me _____

After this summer, I will be entering _____ grade

This is my _____ year at Brookwoods/Deer Run/Moose River Outpost

The things I like to do most when I am **alone** are _____

The things I like to do most **around my home** are _____

The things I like **most at school** are _____

The things I like **least at school** are _____

The qualities I like **most in other people** are _____

As I prepare for camp, I **feel** _____

I would like to have a **camp leader** who _____

The music **instrument I play** is _____

The kind of **music I enjoy listening to** is _____

I enjoy watching these **TV shows** _____

While at camp, I want to: _____

	Definitely	Maybe	No-way!
Archery	_____	_____	_____
Outdoor Cooking	_____	_____	_____
Basketball	_____	_____	_____
Riflery	_____	_____	_____
Bicycling	_____	_____	_____
Sailing	_____	_____	_____
Canoeing	_____	_____	_____
Singing	_____	_____	_____
Soccer	_____	_____	_____
Softball	_____	_____	_____
Dramatics	_____	_____	_____
Swimming	_____	_____	_____

	Definitely	Maybe	No-way!
Fishing	_____	_____	_____
Table Tennis	_____	_____	_____
Crafts	_____	_____	_____
Tennis	_____	_____	_____
Horseback	_____	_____	_____
Volleyball	_____	_____	_____
Wind surfing	_____	_____	_____
Kayaking	_____	_____	_____
Woodworking	_____	_____	_____
Lacrosse	_____	_____	_____
Rockets	_____	_____	_____
Music	_____	_____	_____
Blobbing	_____	_____	_____
Nature Study	_____	_____	_____

While at camp, I hope to **learn, improve, achieve, or accomplish** the following:

For New Campers Only

Other camps which I have attended _____

While there, I enjoyed most _____

For Former Campers Only

While at camp in the past, the things I liked or helped me most were:

I have decided to return to camp because: _____

Some of my goals for camp for this summer are: _____

Because of my previous camp experiences, some ways that I can help new campers are:

Since I left camp, this last year has brought the following changes in my life: _____

Please return by **May 1st**



**Christian Camps
and Conferences**

Legal Name: _____
First Middle Last "Nickname"

☐ Male ☐ Female Birth Date _____ Age on arrival at camp: _____
Month/Day/Year

Health History Form

Directions:

1. Parents: Please fill out pages 1 and 2 of this form as much as possible.
 2. Provide the form to your child's health care provider for review and completion of pages 3 and 4.
 3. **After** the health care provider has completed and signed the form, **return it to the camp by May 1st.**
- We suggest you keep a copy of the completed form for your records.

Office Use Only
J-1 J-2 A-1 A-2
M-1 M-2 1 2 3

Home Address: _____
Street Address City State Zip Code

Parent/guardian with legal custody to be contacted in case of illness or injury:

Name: _____ Relationship _____
to Camper: _____ Preferred Phone: (_____) _____
Email: _____

Home Address: _____
(If different from above) Street Address City State Zip Code

Second parent/guardian or other emergency contact:

Name: _____ Relationship _____
to Camper: _____ Preferred Phone: (_____) _____
Email: _____

Additional contact in event parent(s)/guardian(s) can not be reached:

Name(s): _____ Relationship _____
to Camper: _____ Preferred Phone: (_____) _____

Medical Insurance Information:

This camper is covered by family medical/hospital insurance ☐ Yes ☐ No

Parent/Guardian Authorization for Health Care:

This health history is correct and accurately reflects the health status of the camper to whom it pertains. The person described has permission to participate in all camp activities except as noted by me and/or an examining physician. I give permission to the physician selected by the camp to order x-rays, routine tests, and treatment related to the health of my child for both routine health care and in emergency situations. If I cannot be reached in an emergency, I give my permission to the physician to hospitalize, secure proper treatment for, and order injection, anesthesia, or surgery for this child. I understand the information on this form will be shared on a "need to know" basis with camp staff. I give permission to photocopy this form. In addition, the camp has permission to obtain a copy of my child's health record from providers who treat my child and these providers may talk with the program's staff about my child's health status.

Signature of Custodial Parent/Guardian _____ Date _____ Relationship _____
to Camper: _____

If for religious or other reasons you cannot sign this, contact the camp for a legal waiver which must be signed for attendance.

Health History

Page 2 of 4

Name: _____
First Middle Last

General Health History: Check "Yes" or "No" for each statement. Explain "Yes" answers below.

Has/does the camper:

- | | |
|---|--|
| 1. Ever been hospitalized? <input type="checkbox"/> Yes <input type="checkbox"/> No | 11. Had fainting or dizziness? <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 2. Ever had surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No | 12. Passed out/had chest pain during exercise?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 3. Have recurrent/chronic illnesses? <input type="checkbox"/> Yes <input type="checkbox"/> No | 13. Had mononucleosis during the past 12 months?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 4. Had a recent infectious disease? <input type="checkbox"/> Yes <input type="checkbox"/> No | 14. If female, have problems with menstruation?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 5. Had a recent injury? <input type="checkbox"/> Yes <input type="checkbox"/> No | 15. Have problems with falling asleep/sleepwalking? <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 6. Had asthma/wheezing/shortness of breath?..... <input type="checkbox"/> Yes <input type="checkbox"/> No | 16. Ever had back/joint problems?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 7. Have diabetes? <input type="checkbox"/> Yes <input type="checkbox"/> No | 17. Have a history of bedwetting?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 8. Had seizures? <input type="checkbox"/> Yes <input type="checkbox"/> No | 18. Have problems with diarrhea/constipation?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 9. Had headaches? <input type="checkbox"/> Yes <input type="checkbox"/> No | 19. Have any skin problems?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 10. Wear glasses, contacts, or protective eyewear? <input type="checkbox"/> Yes <input type="checkbox"/> No | 20. Traveled outside the country in the past 9 months?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |

Please explain "Yes" answers in the space below, noting the number of the question. For travel outside the country, please name countries visited and dates of travel.

Mental, Emotional, and Social Health: Check "Yes" or "No" for each statement.

Has the camper:

1. Ever been treated for attention deficit disorder (ADD) or attention deficit/hyperactivity disorder (AD/HD)? ☐ Yes ☐ No
2. Ever been treated for emotional or behavioral difficulties or an eating disorder?..... ☐ Yes ☐ No
3. During the past 12 months, seen a professional to address mental/emotional health concerns?..... ☐ Yes ☐ No
4. Had a significant life event that continues to affect the camper's life?..... ☐ Yes ☐ No
(History of abuse, death of a loved one, family change, adoption, foster care, new sibling, survived a disaster, others)

Please explain "Yes" answers in the space below, noting the number of the questions. The camp may contact you for additional information.

Does your camper take script or OTC medications? If so a MD/NP/PA must write an order on page 4 of this form or provide other written authorization.

If your camper has NOT been fully immunized, please sign the following statement: I understand and accept the risks to my child from not being fully immunized.

Signature of Custodial _____ Relationship _____
Parent/Guardian: _____ Date: _____ to Camper: _____

Health-Care Providers:

Name of camper's primary doctor(s): _____ Phone: (_____) _____
Name of dentist(s): _____ Phone: (_____) _____
Name of orthodontist(s): _____ Phone: (_____) _____

What Have We Forgotten to Ask? Please provide in the space below any additional information about the camper's health that you think important or that may affect the camper's ability to fully participate in the camp program.
Attach additional information if needed.



Parents/Guardians: STOP here. The rest of the form is to be completed by the camper's licensed health-care provider.

Health History
Page 3 of 4

Name: _____
First Middle Last

Medical Personnel: Please review the the first two pages of this form and complete all remaining sections of this form. (Pages 3 and 4) Attach additional information if needed.

Weight: _____ lbs Height: _____ ft _____ in Blood Pressure _____ / _____

Physical exam done today: ☐ Yes ☐ No (If "No," date of last physical: _____)

Do you feel that the camper will require limitations or restrictions to activity while at camp? ☐ No ☐ Yes

If you answered "Yes" to the question above, what do you recommend? (describe below—attach additional information if needed)

"I have reviewed the CAMPER HEALTH HISTORY FORM, and have discussed the camp program with the camper's parent(s)/guardian(s). It is my opinion that the camper is physically and emotionally fit to participate in an active camp program (except as noted above on this form.)"

Name of licensed provider (please print): _____ Signature: _____ Title: _____

Office Address _____

Telephone: (_____) _____ Street City State Zip Code
Date: _____

The following non-prescription medications are commonly stocked in camp Health Centers and are used on an as needed basis to manage illness and injury.

Cross out those items the camper should not be given.

Acetaminophen (Tylenol) **Aloe** Ammonia inhalent (for fainting) Bacitracin ointment
Bactroban 2% ointment (Mupirocin – for skin infection)
Benzocaine gel (Orasol, Anbesol – for toothaches)
Calamine lotion Calcium Carbonate (Tums – antacid) Cetirizine (Zyrtec – antihistamine)
Dextromethorphan (Robutussin DM, Delsym – cough syrup)
Diphenhydramine (Benadryl – antihistamine) Epinephrine (Epipen – for anaphylaxis)
Generic cough drops Guaifenesin (Robutussin – cough syrup) Hydrocortisone 1% cream
Ibuprofen (Advil, Motrin) Lidocaine Gel (pain relieving burn gel)
Loperamide (Immodium AD – antidiarrheal)
Loratadine (Claritin – antihistamine) Milk of Magnesia (laxative)
Phenol spray (Chloraseptic – Sore throat spray)
Phenylephrine (Sudafed PE – decongestant) Pseudoephedrine (Sudafed – decongestant)
Tolnaftate 1% cream (antifungal)

Allergies:

- ☐ No Known Allergies
☐ To foods (list):

☐ To medications: (list):

☐ To the environment (insect stings, hay fever, etc.– list):

☐ Other allergies: (list):

Describe previous reactions:

Diet, Nutrition: ☐ Eats a regular diet. ☐ Has a medically prescribed meal plan or dietary restrictions: (describe below)

The camper is undergoing treatment at this time for the following conditions: (describe below)

Health History

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Name: _____
 First Middle Last

Medication: ☐ This camper will not take any daily medications while attending camp.

☐ This camper will take the following daily medication(s) while at camp:

"Medication" is any substance a person takes to maintain and/or improve their health. This includes vitamins & natural remedies. The camp requires original pharmacy containers with labels which show the camper's name and how the medication should be given. Parents need to provide enough of each medication to last the entire time the camper will be at camp.

Name of medication	Amount or dose given	How it is given	When it is given	Reason for taking it	Date started
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		

Inhaler / Epi-Pen authorization: Camper has Inhaler Epi-Pen (circle one) with them and may self-administer.

☐ Not Needed ☐ No ☐ Yes _____ (initials of health care provider)

Immunization History: Provide the month and year for each immunization. Starred (*) immunizations must be current. Copies of immunization forms from health-care providers or state or local government are acceptable; please attach to this form.

Immunization	Dose 1 Month/Year	Dose 2 Month/Year	Dose 3 Month/Year	Dose 4 Month/Year	Dose 5 Month/Year	Most Recent Dose Month/Year
Diphtheria, tetanus, pertussis* (DTaP) or (TdaP)						
Tetanus booster* (dT) or (TdaP)						
Mumps, measles, rubella* (MMR)						
Polio* (IPV)						
Haemophilus influenzae type B (HIB)						
Pneumococcal (PCV)						
Hepatitis B						
Hepatitis A						
Varicella (chicken pox)	<input type="checkbox"/> Had chicken pox Date:					
Meningococcal meningitis (MCV4)						

Inhaler and Epi-Pen Permission

Must be completed by a licensed health care professional if Epi-Pen is to be carried at all times.

New Hampshire and Maine have legislation controlling the use and storage of inhalers and Epi-Pens at camp. The purpose of these law is to allow your camper to keep his/her inhaler or Epi-pen on his/her person to be used if needed while at the same time providing a safe environment for other campers. The law requires two Epi-pens: one for the camper and one to be kept with the Nurse. While the State of New Hampshire does not require two inhalers, Camp Brookwoods and Deer Run recommends two inhalers: one for the camper and one for the Nurse.

_____ has the knowledge and skills to safely possess and administer
(name of camper) the medication in a camp setting.

INHALERS THAT MUST BE CARRIED

Medication _____ Dose _____ Frequency _____

Medication _____ Dose _____ Frequency _____

Medication _____ Dose _____ Frequency _____

EPI-PEN

Medication _____ Dose _____ Frequency _____

List any special side effects, complications, and/or adverse reactions to be observed other than those listed on the package insert. _____

Although rare, the administration of epinephrine to an individual other than for whom it is prescribed can result in serious medical problems which are listed on the epinephrine package insert. This patient has been instructed in the dangers of administration of his /her epinephrine to any other person.

HEALTH CARE PROFESSIONAL'S NAME _____

SIGNATURE OF HEALTH CARE PROFESSIONAL _____ DATE _____

ADDRESS _____

BUSINESS PHONE () _____ EMERGENCY PHONE () _____

For additional information, please contact our friendly staff:

Bob Strodel	Executive Director	bob@christiancamps.net
Dorothy Legro	Registrar	dorothy@christiancamps.net
Debbie Strodel	Office Manager & Finance	debbie@christiancamps.net
Ben Tabone	Brookwoods Director	ben@christiancamps.net
Mary Beth Bowling	Deer Run Director	marybeth@christiancamps.net
Seth Coates	Moose River Outpost Director	seth@christiancamps.net
Tim Nielsen	Director of Ministry Services	tim@christiancamps.net

Lost or additional forms can be found on each camp website. You can access the individual camp websites at: www.christiancamps.net or you can use the following:

Brookwoods: www.campbrookwoods.net

Deer Run: www.campdeerrun.net

Moose River Outpost: www.mooseriveroutpost.net

Accreditation

Brookwoods, Deer Run and Moose River Outpost are accredited members of the American Camping Association (ACA) and Christian Camp and Conference Association (CCCA). They have earned and maintained the highest recognition and standing with both organizations. This means that Camp has met the requirements for membership established by the ACA and CCCA. Camps awarded these emblems are inspected every three years by qualified personnel to ascertain their compliance with standards set by these organizations.

*Our Mission at Brookwoods, Deer Run and Moose River Outpost
is to foster vibrant Christian communities located in
awe-inspiring outdoor settings in which young people are
spiritually transformed through Christ-centered relationships.*



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