



## **PRE-CAMP GUIDE**

**FOR PARENTS OF CHILDREN**

**ATTENDING ASTHMA CAMP**

# Camp Easy Breathers 2010

Camp Easy Breathers is designed to provide physical and social experiences that are fun while increasing a child's understanding of his or her asthma. This packet of information was developed for parents of children who are interested in attending camp. We hope that this Pre-Camp Guide will also assist you as you prepare for your child's camp experience once selected for camp.

Sending your child to asthma camp takes some planning and organization. When getting ready for asthma camp, please keep in mind that this is a great opportunity for your child to learn about managing and living with asthma, meet other children who have asthma, and have a great time. We have included some basic camp information along with some important dates and reminders you'll need to keep in mind to ensure a great camping adventure for your child.



***No applicant will be denied due to race, religion, gender or ethnic background.***

# INSTRUCTIONS AND CONTACT INFORMATION

Dear Parents,

Congratulations for taking an important step in successfully managing your child's asthma by showing interest in our asthma camp program, Your child will not only enjoy all the activities that we have scheduled, but will also gain a better understanding of how to live with asthma.

## Can my child attend Camp Easy Breathers?

**Requirements for campers are:**

- **Children between the ages of 7 to 14 with moderate to severe asthma and no other limiting physical conditions.**
- **Children who have had emergency visits to their doctors and/or an emergency department, or miss a lot of school due to asthma.**
- **Children who can benefit from an asthma education program**
- **Children already on controller medications, such as inhaled Steroids (Advair, Asmanex, Flovent, Pulmicort, Symbicort)**

If your child meets the above requirements, please read all instructions on this guide. If you decide to apply for this summer's camp program, you will need to obtain a CAMPER APPLICATION PACKET and submit all forms included in the packet before the deadline. Please remember that you will be required to attend a camp registration/orientation with your child **before** camp begins.

The forms and the physical must be completed in order to be considered for camp. However, we cannot guarantee that your child will attend camp upon completion. Because of space, personnel and financial limitations, we will be accepting applications based on the following:

- Completed and returned asthma packet (*application and required forms*)
- Asthma category and symptoms
- Need for an asthma education program

Please read the following information carefully before submitting your application. Remember that your child may only attend camp if he/she meets all requirements for asthma camp. If you have any questions please call Aracely Bigelow, RRT (Shelly) at (361) 694-4580 or e-mail: [aracely.bigelow@dchstx.org](mailto:aracely.bigelow@dchstx.org)

# **REINFORCING YOUR DECISION TO SEND YOUR CHILD TO ASTHMA CAMP**

Sending your child to camp for children with asthma is one of the best decisions you can make! The camp experience is rich and rewarding, and your child will have memories and learn lessons that will last a lifetime. In many respects it can help shape the adults that they will become. Here are just some of the benefits:

- Camp fosters personal growth.
- The camp environment is nurturing, but also promotes independence.
- Your child will learn to get along with others; learn to compromise; develop a sense of teamwork; take responsibility for themselves as well as their health; develop and refine their social skills.
- Your child will become skilled at managing their asthma through education classes and hands-on learning.
- Your child will face challenges, overcome fears, and gain confidence and self-esteem all while making new friends.
- Your child will mature and expand their horizons in a safe and caring environment.
- Your child will grow emotionally, intellectually, and physically.
- Your child will try new activities.
- Your child will return home with new interests and skills.

Camp provides your child with a peer support group, and they feel like “one of the gang.” Everything at camp has been adapted or developed to meet the specific needs of the camper. The staff is trained to deal with your child’s asthma, and many of the counselors have asthma themselves. Camp provides a formal education, where children are taught to deal medically and emotionally with their asthma, and they learn through interaction with each other.

Most importantly, your child will have FUN (and won’t even realize they’re getting an education at the same time)!

So let’s get you and your camper ready!

## APPLICATION INFORMATION

Your child's physician must determine that attendance at camp will not interfere with your child's treatment and that his/her health status is that of one able to be outside, hike and climb. To apply to participate in Camp Easy Breathers, the parent or legal guardian must complete and return the CAMPER APPLICATION PACKET. The CAMPER APPLICATION PACKET must include:

1. The [Camp Easy Breathers Health Form](#) completed and signed by the applicant's parent or legal guardian (Pages 1-10).
2. The [HIPAA Release Form](#) completed and signed by the applicant's parent or legal guardian (Page 11).
3. A [Camper Information Form](#) completed by the child, with assistance only if needed (Page 12).
4. A [General Consent & Release Form](#) signed by the applicant's parent or legal guardian (Page 13-14).
5. An [Acknowledgement of Behavior Policy Form](#) signed by the applicant and the applicant's parent or legal guardian (Page 15).
6. A [General Authorization Form](#) completed and signed by the applicant's parent or legal guardian (Page 16).
7. The [Physician Health Form](#) completed and signed by the applicant's primary treating physician. It is your responsibility to ensure that your child's health care provider completes and signs this form in a timely manner. *Your child does not need to undergo a physical exam specifically for camp – but his/her doctor must verify that an exam has been performed within the last year* (Pages 18-20).
8. [Camp Scholarship Form](#) if applying for scholarship (based on financial need) (Page 21).
9. Your child's current [Immunization Records](#).
10. A [copy](#) of the applicant's current [health insurance card](#) or other documentation of the applicant's enrollment in health insurance coverage.

## CAMPER SELECTION PROCESS

Our goal is to provide a full camp experience for children who may be unable to attend a mainstream camp because of their asthma. Therefore, children whose asthma is mild may be turned down in favor of a child whose asthma is more severe. All applications will be carefully considered.

***No applicant will be denied due to race, religion, gender or ethnic background.***



## **CAMPER REGISTRATION**

All applications will be accepted until the deadline of **May 28, 2010**. On or before this date, the Camp Easy Breathers' medical staff will review all of the completed applications and a determination of your child's eligibility will be made. Once campers have been selected, you will receive notification in the mail or by phone.

At this time, we will schedule you for one of two registration sessions. All campers are required to attend one of these registration sessions before the child can attend camp. A parent or legal guardian **MUST** accompany the child to this registration.

Your child's health and safety at camp is very important. These sessions are designed to ensure we have all of your child's medical information correct and available so that we can best treat your child during camp and in case of emergency. This is also an opportunity to meet some of the medical staff and ask any questions you may have. At registration, the child's health history is reviewed by the medical staff. We will review all current medications, so please have a complete list or bring in your child's medications. We will take pictures of your child for identification purposes and will make sure all forms are submitted, complete and will review with you if any questions remain.

*Any questions about the application or registration process will be handled by the camp director or assigned staff. Camper inquiries will not be dealt with on a "drop in" basis at the pulmonary clinic. Please make sure you call us, we will do our very best to return your call as soon as possible.*

## **COST OF CAMP AND FINANCIAL ASSISTANCE**

The cost for Camp Easy Breathers 2010 is \$250.00.

No applicant will be turned down strictly due to an inability to pay all or part of the camp fee. If you need financial assistance, please complete the [Camp Scholarship Form](#) and submit it along with your completed application. When the medical staff has reviewed your camp application and qualified your child for camp, the registration staff will contact you regarding the availability and amount of financial assistance.

**Application Packets must be postmarked on or by:**

**May 28, 2010.**

**Completed packets should be sent to:**

**Driscoll Children's Hospital  
Pulmonary Function Laboratory  
Sloan Building 5th Floor  
3533 S. Alameda  
Corpus Christi, Texas 78411**

**\*\*Please do not send cash by mail\*\***

## **IMPORTANT DATES TO REMEMBER**

- |                      |   |
|----------------------|---|
| <b>May 28, 2010</b>  | <b>Deadline to submit Application Packet</b>          |
| <b>May 8, 2010</b>   | <b>First Registration Session (must be scheduled)</b> |
| <b>June 5, 2010</b>  | <b>Last Registration Session (must be scheduled)</b>  |
| <b>June 13, 2010</b> | <b>First day of camp</b>                              |
| <b>June 16, 2010</b> | <b>Attend Parent's Open House/Asthma Ed</b>           |
| <b>June 16, 2010</b> | <b>Last day of camp!</b>                              |

## **APPLICATION FORMS CHECKLIST**

1. Camp Easy Breathers Health Form (pp. 1-10)
2. HIPAA Release Form (p.11)
3. Camper Information Form (p.12)
4. General Consent & Release Form (pp.13-14)
5. Acknowledgement of Behavior Policy Form (p.15)
6. General Authorization Form (p.16)
7. Physician Health Form (pp.18-20)
8. Camp Scholarship Form (if applying) (p. 21)
9. Immunization Records
10. Copy of child's health insurance card



## What to Bring To Camp

### ❖ For Sleeping

- ❖ Pillow and pillow case
- ❖ Sleeping bag or 2 sheets and a light blanket to fit a twin bed

### ❖ Clothing (enough for 4 days)

- ❖ Comfortable closed toe shoes (tennis shoes and/or hiking boots)
- ❖ One extra pair of shoes to get wet during water games
- ❖ Flip flops (sandals) to wear to and from cabin and swimming pool and in shower
- ❖ Shorts
- ❖ T-shirts
- ❖ Socks
- ❖ Underwear
- ❖ One pair of jeans or long pants
- ❖ Jacket/sweatshirt
- ❖ Swimsuits (no bikinis will be allowed)
- ❖ Pajamas
- ❖ Shirt and shorts that could be disposed of

### ❖ Toilet & Hygiene

- ❖ Towels (4)
- ❖ Beach towel
- ❖ Washcloths
- ❖ Soap & shampoo
- ❖ Toothbrush & toothpaste
- ❖ Comb/brush
- ❖ Chapstick
- ❖ Other personal needs
- ❖ Feminine Hygiene Products

### ❖ Miscellaneous but necessary

- ❖ Laundry bag or extra pillow case
- ❖ Flashlight and extra batteries
- ❖ Camper games/activities for cabin quiet time
- ❖ Raincoat/umbrella
- ❖ Hat(s)/ Head cover
- ❖ Sunscreen
- ❖ Insect repellent
- ❖ Sunglasses (with UV protection)
- ❖ Notebook & pen
- ❖ Disposable cameras allowed

### What NOT to bring:

Weapons  
Firearms or ammunition  
Knives (no pocket knives)  
Firecrackers  
Mace or pepper spray  
Sexually explicit materials  
Laser pointers  
Illegal drugs  
Inhalants (unless prescription)  
Alcohol  
Tobacco products, matches, lighters  
Non-prescription medications  
Silly string  
Balloons  
Pets  
iPods/MP3 Players/Walkmans/ Digital  
Cameras\*  
Other Valuables\*  
Money\*  
**Cell phones\*\***

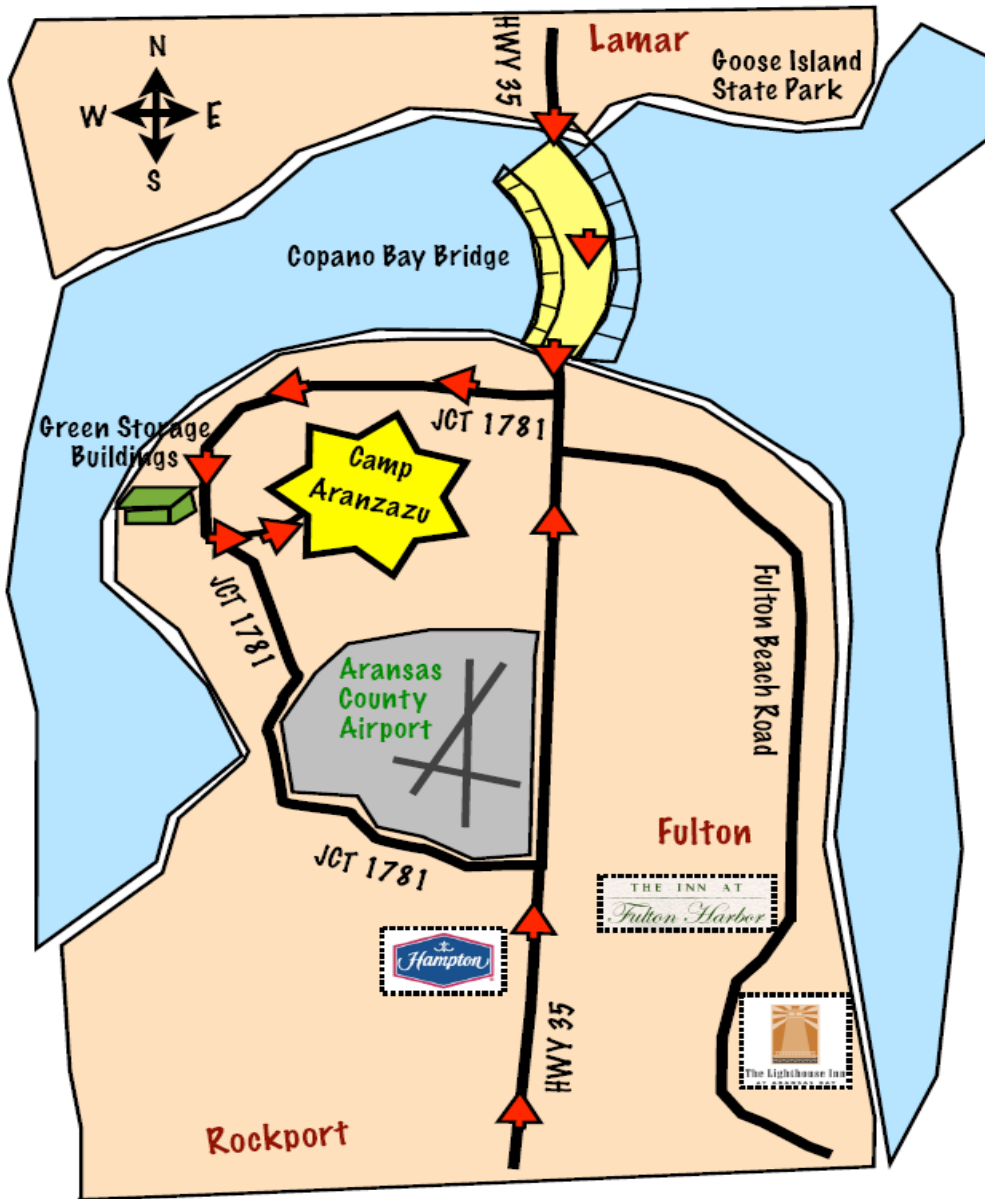
\* We cannot guarantee the security of these items and suggest that they remain at home.

\*\* **All phones found in a campers' possession will be confiscated until the campers stay has ended at camp.**

**Please ensure that all items are labeled with the camper's name.**

**☺ MEDICAL – Please bring a list to camp of the most current medications taken, including dosage and actual time taken. ALL MEDICATIONS MUST BE IN THEIR ORIGINAL CONTAINERS Properly Labeled with Child's Name and Name of Medication with Dose!**

# MAP TO CAMP ARANZAZU



Just follow the RED arrows to Camp Aranzazu!

## **IMPORTANT CONTACTS**

Camp Director	Aracely Bigelow	(361) 694-4580		<a href="mailto:aracely.bigelow@dchstx.org">aracely.bigelow@dchstx.org</a>
Camp Coordinator	Yadira Claudio	(361) 694-4464		<a href="mailto:yadira.claudio@dchstx.org">yadira.claudio@dchstx.org</a>
Camp Aranzazu		(361)727-0800	5420 FM 1781 Rockport, Tx. 78382-7622	<a href="http://www.camparanzazu.org">www.camparanzazu.org</a>
Driscoll Children's Hospital		(361)694-5000	3533 S. Alameda Corpus Christi, Tx. 78411	<a href="http://www.driscollchildrens.org">www.driscollchildrens.org</a>
Camp Easy Breathers' website				<a href="http://www.driscollchildrens.org/campeasybreathers">www.driscollchildrens.org/ campeasybreathers</a>