#### WELCOME TO CHI RHO CAMP AND EVENT CENTER

# 'Nuturing body, $mind\ and\ spirit'$

2015

Young people benefit emotionally, socially, physically, and spiritually from spending time in close contact with the natural world. This critical connection is essential to healthy development.

Chi Rho strives to meet high standards for staff, programs, safety, and facilities and works to promote the welfare of every child.

### **HEALTH AND SAFETY POLICY**

### I. HEALTH POLICY

- A. Parents should prepare child medically and psychosocially to attend camp.
  - 1. Precamp health evaluation, medical history, physician's contact information, emergency contacts, parent or guardian with legal custody, health insurance, written authorization to obtain emergency care.
  - 2. Medications, prescription and over-the-counter drugs brought to camp are maintained by Director.
  - 3. Physical activity limitations.
  - 4. Discuss homesickness and child's confidence in independence.

## B. Camp healthcare

- 1. The Director of a program or leased group is responsible in emergencies.
- 2. The camp manager may assist.
- 3. Basic supplies are kept on hand for bites, stings, ticks, poison ivy and oak, punctures and common injuries. Good hand washing and cough/sneeze behaviors are encouraged.
- 4. Documentation is kept on all health occurrences; illnesses and injuries.
- 5. In a serious situation these local services may be needed
  - a. Annandale Police or Fire
  - b. Annandale Health Clinic or dentist
  - c. Buffalo Hospital
  - d. Parents may be billed, dependent on family insurance

### II. SAFETY

- A. Grounds
  - 1. Camp environment is free of trash and hazardous situation
  - 2. Everyone must wear shoes except at the beach and in a cabin.
- B. Facilities Buildings are maintained clean and safe
- C. Food

- 1. Meals served follow guidelines for school nutrition
- 2. Plain water is available throughout the day

### D. Activities

- 1. Campers have limits on buildings and areas of use and are expected to respect other groups using the camp.
- 2. Campers must receive instruction on the use of sports equipment and activities, including canoeing.
- 3. Use of life jackets is essential.
- 4. Campers must have a supervisor present when on a beach, swimming and using watercraft. Bonfires must be supervised by staff.

### E. Severe Weather

- 1. The camp manager will determine when it is necessary to take shelter because of severe weather.
- 2. The bell will ring continuously when everyone must go immediately to the basement of the Retreat Center Lodge.
- F. Fees may be assessed for damages or graffiti in camp.