

Summer Camps

- A 150 year old institution that employs 1.2 million people to help make summer more enjoyable and enriching for 10 million campers annually

Cost

- Individual family's choice tailored to fit their personal budget
- Options:
 - Sleep Away: week days, weeks, months
 - Specialty Camp
 - Day camp: full, half-day
 - New York City's less expensive/free camps and activities (museums, zoos, free concerts in the park)

Convenience

- Close enough to visit easily?
- Does it fit in with the parents other obligations?
(pick-ups and drop offs for day camps and week day camps)

Compatibility

- Is it the type of camp that your child wants to attend? (sports camp, theater, arts, weight reduction, nature, travel)
 - Involving your child in this part of the decision helps to prepare him or her for the experience and can lessen any anxiety about leaving home or getting homesick
- If the camp emphasizes physical activity see that your child can meet the requirements needed (you may have to review this with your child's doctor)

Companions

- Are there any of your child's friends who will also be attending the camp? (good way to lessen some anxiety and find out why their parents choose this camp over others)
- Have any friends been to this camp before?

Competence

- American Camping Association has accredited 2,200 of the 8,500 American summer camps
 - Its website offers lots of information about recommended levels of staff experience, ages, staff to camper ratios and emergency protocols
 - www.acacamps.org

Comprehensiveness

- Besides the routine daily activities, how does the camp handle medical issues?
 - Is there a nurse on staff? Full time? Part time? On call?
 - Do members of the staff know how to use inhalers, nebulizers or epinephrine autoinjectors?
 - If applicable, is there a life guard on duty? Assistants?
 - How is the camp notified of local health care issues?
(West Nile virus, Lyme disease)

Coordination

- Does the camp have an arrangement with local health care providers to render needed medical care to its campers? (doctors, dentists, orthodontists, mental health professionals)
- How are campers transported to hospitals when needed? Who accompanies them?

Cooperation

- Sharing of significant medical information between staff, parents and primary care physician
- A copy of the results of a complete physical examination done within a year
- A list of all the immunizations the child has received (polio, meningitis, hepatitis, varicella, measles, mumps, rubella)

Coverage

- Does the camp need health insurance information?
Copy of insurance card?
- Are there any restrictions or modifications of coverage if care is rendered by a physician that is not enrolled with your insurance company?

Contacts

- Does the camp have a list of your child's important emergency contacts? Parents? Grandparents? Doctors? Important cell phone numbers?

Finished Checking Off All Those Cs ?

- **Now sit back and relax...**safety statistics show that summer camps are as safe as – *or even safer than* – activities parents choose for their children
- Other studies show that campers (and their parents) feel that the experience has enhanced their social skills, leadership qualities, teamwork efforts, independence and willingness to try new things