

Camp Virginia 2010 • Form #1

GENERAL INFORMATION

SAVE FOR REFERENCE

HEALTH MATTERS

- A physician and a registered nurse live at Camp Virginia 24 hours a day.
- The Camper/ Aide/ Counselor Medical Form (Form #7) is due by April 15, 2010.
 - ✓ A PHYSICAL EXAM and the completed medical form are mandatory for your son to participate in camp activities, regardless of signed permissions. It is essential that your son's medical form be thoroughly completed and signed in order for him to participate in any activity.
 - ✓ HEALTH INSURANCE: Fill out all insurance information on the medical form. While at camp, your son will be covered by your insurance plan, and we need a copy of both sides of your insurance card.
 - ✓ VACCINATIONS: Polio and tetanus must be updated before arrival.
 - ✓ DENTIST: Have your son's teeth examined before arrival at camp.
- BEDWETTING: Please pack a third set of sheets. Please contact us in advance.
- MEDICINES: Prescription or OTC medication should be marked clearly with your son's name. All medications will be kept in the infirmary. The only exceptions to this policy are emergency allergy supplies that we know about in advance.
- If any new medical needs arise for your son, we will inform you plus send a written record.
- If any new or additional prescriptions are required for your son, you will be notified and they will be purchased through the use of your insurance card.

FOOD

- We ask that campers not receive additional food at camp, either by mail, from visitors, or from shopping during an out-of-camp time with family. We have found that such food undermines appetites at meals and causes litter and critter problems.
 - There are two exceptions to the **no outside food** policy:
 - ✓ Boys may receive *homemade* items, such as cookies or brownies, once per session to share with their cabins.
 - ✓ Boys may bring bottled water, noncarbonated sports drinks, or powder mix for sports drink.
- Our CV Store will sell additional soft drinks, candy, and snack food in sensible quantities and at sensible times. As listed on Form #5 entitled "Itemized Costs", we ask that you submit \$10 (non-refundable) per week for your son's CV Store account. If you deem appropriate, additional money may be deposited during the summer.

CLOTHING; LAUNDRY; MONEY

- UNIFORM: New boys must order the basic uniform, to be issued on arrival date. Returning boys may replenish their uniform needs. All orders are due by April 15, 2010, using Form #5 "Itemized Costs" in this mailing.
- LABEL EVERYTHING WITH YOUR SON'S NAME: baggage, clothing, and all possessions.
- PACKING LIST: Copy your completed form and tape the duplicate inside the trunk.
- LAUNDRY: All boys must send out their laundry and it goes out weekly, including towels and sheets. Please send two large laundry bags with your son's name clearly written in large letters on the outside.
- MONEY: Please do not send large amounts of money to camp with your son. The CV Carnival, once per session, offers games and food. Each boy receives tickets for use at the Carnival. If your son wishes to buy additional tickets, he can bring a small amount of cash to camp; we suggest \$5. The CV Store, described above, allows each boy to draw upon his previously-deposited money.

PREPARING TO LIVE AWAY FROM HOME

- Encourage your son to get to know and to talk openly to his camp family of counselors and directors so we're aware of his progress and needs; we are there to make this a great experience for him. For more information on adjusting, see the American Camp Association's thoughts for parents: www.campparents.org/campplanner.php.

VISITING CAMP

- Visitors should park in the designated area and check in immediately with the counselors on duty.
- Please visit no more than once per 3-week session.
- Please note that we request no visitors on the first weekend of each session.
- Please honor our visiting days and hours:
 - 9:15 AM – 5:00 PM, Saturday, July 3 and Sunday, July 4
 - 9:15 AM – 5:00 PM, Saturday, July 10 and Sunday, July 11
 - 9:15 AM – 5:00 PM, Saturday, July 24 and Sunday, July 25
 - 9:15 AM – 5:00 PM, Saturday, July 31 and Sunday, August 1
- Parents may take their sons out of camp within the visiting hours.
- A camper must have prior written permission to leave camp with anyone other than his parents/guardians. Form #6 entitled "Permissions and Updates" enables you to grant such permission.
- Visitors may watch Saturday baseball games, attend Sunday church (9:30 AM), and soccer matches.
- Please do not bring your pets to camp.
- We cannot invite visitors to use CV facilities (swimming, fishing, sports, etc.).
- Although we cannot invite visitors to eat meals at Camp Virginia, we can recommend good eateries nearby.

MAIL AND PACKAGES

- When preparing packages to send, please remember the guidelines of the **no outside food** policy. If you wish to send a package by Federal Express or UPS please use the following address: **Camp Virginia • Route 601 • Burke Highway • Goshen, VA • 24439.**

ELECTRONICS AT CAMP VIRGINIA

Please note the following:

- Campers and aides may not have cell phones at Camp Virginia, nor use camp phones.
- Video players or video discs (PSP or DVD, etc.) are not permitted at camp.
- iPods or MP3 players are allowed, but only within the cabin and not for viewing video.
- Game devices are allowed but only within the cabin.
- Camp Virginia is not responsible for any lost or damaged electronic devices. Any electronic devices that have been improperly used will be held by the director until the end of the session.

MISCELLANEOUS

- The American Camp Association has accredited CV since the start of our involvement in this excellent organization. Their website for parents, www.campparents.org, is helpful and informative.
- Boys with birthdays during camp will receive a cake and a "Happy Birthday" chorus from the entire camp.
- If you visit on a Sunday, you are welcome to join us for church in Pitt Hall at 9:30 AM to hear our senior counselors speak.