



## Camp Potlatch 2019 Medical Form

*This form is to be completed by the parent or guardian. For treatment purposes and the safety of your child, it is crucial that this information be completed thoroughly and accurately, even for returning campers. Information provided below will be shared with the Camp Director, Cabin Leaders, and the Camp Nurse. All campers will receive an individual health check with the Camp Nurse on Day 1. Please feel free to add an additional page, if supplementary information about your Camper's medical status is needed*

**Office Use Only\*\*\*** Cabin: \_\_\_\_\_ Leaders: \_\_\_\_\_

**Camper's Name:** \_\_\_\_\_ **Gender:** \_\_\_\_\_ **Session Attending:** \_\_\_\_\_

**Birthdate:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **BC Care Card Number:** \_\_\_\_\_  
(Month / Day / Year)

**Family Doctor:** \_\_\_\_\_ **Dr. Phone Number:** \_\_\_\_\_

Please list any medications your child will be taking while at Camp; include name, dosage, and time taken.

Medication Name	Dose	Schedule	Details (w/food?)

*\*Please ensure your child's medication is clearly labelled, in original containers, and given to a Camp Potlatch staff upon departure.*

Does your child regularly take any medications that will not be taken at camp??  Yes  No

If yes, please explain why: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The camp nurse carries over-the-counter medications for common ailments. We will make every attempt to contact Parent A prior to administering any medications but in the case of emergency, the nurse will be required to make a decision on behalf of your camper's best interest. Please indicate below the medications the camp nurse has permission to administer while your child is at camp:

- Acetaminophen (Tylenol)       Aloe Vera       Antacids (Tums)       Antibiotic Cream (Polysporin)
- Cough Medicine       Gravol       Ibuprofen (Advil)       Insect Repellent
- Pepto-Bismol       Sunscreen       Other, please explain \_\_\_\_\_

Are your child's immunizations up to date?  Yes  No

Immunization details (if necessary): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Has your child had any of the following?

- Chicken Pox       Measles       Mono (past 1 year)       Mumps
- Rubella/German Measles       Whooping Cough       Other (please explain): \_\_\_\_\_

Does your child experience any of the following?

- ADD/ADHD
- Blackouts/Fainting
- Epilepsy/Seizures
- Nightmares/Sleepwalking
- Asthma
- Constipation/Diarrhea
- Headaches
- Eye Glasses/Contacts
- Bedwetting
- Diabetes
- Mental Health Issues
- Orthodontic Equipment
- Behavioural Issues
- Ear Infections
- Motion Sickness
- Other \_\_\_\_\_

If yes to any of the above, please explain: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Does your child carry an epi-pen?  Yes  No If yes, for what allergy? \_\_\_\_\_

Please outline any and all allergies your child has:

Indicate Type: Drug, Food, Environmental, Insect, Other	Allergen (please be specific)	Type & Severity of Reaction (indicate if life-threatening)	Management, Treatment/Medication	Date of Last Reaction

Does your child have any dietary restrictions?  Yes  No

If yes, please explain: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please describe any physical, emotional, or medical conditions your child has that could affect his/her Camp experience:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Is your child a returning camper?  Yes  No If yes, how many years have they been to Potlatch? \_\_\_\_\_

What is your child's swimming ability?

- Needs a Life Jacket
- Cannot Swim
- Okay Swimmer
- Good Swimmer
- Great Swimmer

Please provide details about your camper's swimming abilities: \_\_\_\_\_

What is your child's outlook on their camp experience this year?

- Very interested and excited
- Somewhat interested
- Somewhat apprehensive
- Very concerned or afraid

Do you expect your child to be homesick?  Yes  No

If so – what might be some techniques to help with his/her homesickness? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have there been any significant family changes in the last year? (e.g., divorce, death, birth, family move)?  Yes  No

If so – please describe: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Camp Potlatch 2019 Acknowledgement of Risks and Consent Form

----- Please read and sign the bottom of this form -----

### Description of Activities and Inherent Risks

Boys and Girls Clubs of South Coast BC ("BGC") is committed to operating Camp Potlatch in as safe a manner as possible. The following is to inform you of the potential risks of wilderness and camp environments and activities.

Campers travel to and from Camp Potlatch by boat. Activities at Camp include hiking, boating, kayaking, canoeing, swimming, rock climbing, archery, challenge courses (low ropes course), and overnight camping in developed and undeveloped campsites. Campers may also participate in a number of other activities such as fishing, crafts, orienteering, outdoor games, and ecological studies. All activities take place at Camp and/or in ocean and wilderness areas.

Each of the Camp activities, as well as transportation during the program, carries inherent risks. These inherent risks are some of the same elements that contribute to the unique character of Camp, but can be the cause of harm to the camper. These risks include, but are not limited to, fallen trees; rocks; slippery surfaces; rock falls; exposed and unexposed hazards; sport accidents; overturned boats; variable ocean, river, and lake conditions; forest fires; flooding; bears, cougars, and other animals; bats; rodents; bees, wasps, and other insects.

Incllement weather is to be expected including, but not limited to, heat, cold, wind, rain, storms, and ultraviolet sun rays. Sudden, unexpected changes are part of the wilderness experience. Campers must have adequate protection, equipment, and clothing to minimize the risk of injury and/or illness from exposure to these elements.

In addition to the hazards and risks described above, the hazards and risks of the activities may also include, but are not limited to, the following: acts of other participants (including from the failure of other campers to follow instructions or obey safety instructions), manufacturers' defects or malfunctions in equipment, consumption of food and drink, first aid, emergency treatment, or other services provided.

In an effort to make activities as safe as possible, it is vital that campers follow all instructions concerning the safety precautions and instructions for all activities. Additional risks may develop if campers do not carefully follow Camp rules.

The inherent risks may lead to injury, or illness that include, but are not limited to, minor injuries (bites, scratches, cuts/wounds), illnesses (respiratory, stomach), bodily injury (arms, legs, and torso), head or back injury, and accidental death.

### Camp Rules

I have explained to the camper that there are Camp rules that must be followed and they must use their best efforts to participate and play safely, fairly, responsibly, and with respect for the rights and property of other campers and leaders at Camp Potlatch. I have informed the camper that a breach of the rules may result in remedial action including limits on participation in program activities or being sent home.

### Consent / Acknowledgement of Risks

I understand that it is my responsibility to ensure that I consider and understand the risks, dangers, hazards, and potential harm inherent in the Camp activities. I have read the Description of Activities and Inherent Risks and give my permission for the camper listed below to engage in the activities at Camp Potlatch. I accept that there are inherent risks involved in these wilderness and Camp activities and agree to accept those risks. I have sought explanations from BGC of any risks I do not understand. I have explained the risks to the camper and have ensured that they understand them.

I, \_\_\_\_\_, being the parent/guardian or person having care and custody of  
(print name of parent/guardian)

\_\_\_\_\_, am aware of the risks associated with the programs and activities  
(print name of camper)

offered by Camp Potlatch as described above and do hereby give consent and agree to the terms above.

\_\_\_\_\_  
(Signature of parent/guardian)

\_\_\_\_\_  
(Date)

### Consent / Publicity

I also hereby give permission for BGC to use a visual reproduction (photograph, film, video, etc.) of the camper named above for publicity purposes connected with promotion of the work of BGC.

\_\_\_\_\_  
(Signature of parent/guardian)

\_\_\_\_\_  
(Date)



# Camp Potlatch 2019 Transportation Form

Camper Name: \_\_\_\_\_ Session: \_\_\_\_\_

### Individuals authorized to pick up camper on the last day of Camp:

Individual Name	Relation to Camper	Contact Number

If your child will be traveling with another camper, please indicate who: \_\_\_\_\_

### First Day of Camp Drop-off:

Fraserview Club: Departing **8:15 am**  
7595 Victoria Drive, Vancouver, BC

Surrey Club: Departing **7:45 am**  
10135 132 Street, Surrey, BC  
(Old Yale Road Elementary School)

North Burnaby Club: Departing **8:15 am**  
518 S. Howard Avenue, Burnaby, BC

Plaza of Nations Marina: Boat Departs at **9:30 am**  
750 Pacific Way, Vancouver, BC

***Please arrive 30 minutes before scheduled departure time\****

### Last Day of Camp Pick-up:

#### Sessions ending on a **Thursday**

Main Camp Sessions: 2, 4, 6, 7B, 8  
Leadership Out-trip 1 – 2 Boys  
Leadership Out-trip 2  
Leadership Camp 1 (Nootka)  
Leadership Camp 2 – 2 (Haida)

- Fraserview Club**  
7595 Victoria Drive, Vancouver  
Pick up at **2:15 pm**
- North Burnaby Club**  
518 S. Howard Avenue, Burnaby  
Pick up at **2:15 pm**
- Surrey Club**  
10135 132 Street, Surrey  
Pick up at **2:45 pm**
- Plaza of Nations Marina**  
750 Pacific Blvd, Vancouver  
Pick up at **1:30 pm**

#### Sessions ending on a **Saturday**

Main Camp Sessions: 1, 3, 5, 7  
Leadership Out-trip 1 – 1 Girls  
Leadership Camp 2 – 1 (Haida)

- Fraserview Club**  
7595 Victoria Drive, Vancouver  
Pick up at **4:15 pm**
- North Burnaby Club**  
518 S. Howard Avenue, Burnaby  
Pick up at **4:15 pm**
- Surrey Club**  
10135 132 Street, Surrey  
Pick up at **4:45 pm**
- Plaza of Nations Marina**  
750 Pacific Blvd, Vancouver  
Pick up at **3:30 pm**

\*Please note: Arrival times are estimates, and may change due to external factors such as boat arrival time, weather and traffic.

### Important Information for Transportation Day

- Buses leave on time to meet a scheduled boat charter, and are unable to wait for late arrivers.
- If you are running late, please contact Katie, our Summer Camp Coordinator at 778-991-4207.
- On the last day of Camp, campers will only be released to the individuals indicated above.
- All campers will be checked for lice upon arriving at the drop-off location. This is a standard health procedure. For more information, please see our Head Lice Policy in the Parent Handbook.



## Camp Potlatch 2019 Camper Introduction & Behaviour Contract

**Camper Introduction** (please write a short note about yourself to your cabin leader):

Dear Cabin Leader,

My name is \_\_\_\_\_. This will be my \_\_\_\_\_ summer at Camp Potlatch.

I have also been to/ am going to attend Camp \_\_\_\_\_

I am especially looking forward to \_\_\_\_\_

I am a little nervous about \_\_\_\_\_

My interests or hobbies are \_\_\_\_\_

You can make camp great by \_\_\_\_\_

***While I'm at Camp, I will do my best to live by the following code:***

- *Follow the 3 R's*
  - *Respect myself (stay hydrated, take care of belongings, sun safety, hygiene etc.)*
  - *Respect other campers and staff (personal space, belongings, opinions)*
  - *Respect the environment (Camp buildings, equipment and natural environment)*
- *Be open to trying new things and making new friends*
- *Challenge myself and step out of my comfort zone*
- *Positively encourage fellow campers*

*Camp Potlatch has zero tolerance for bullying and fighting*

\_\_\_\_\_  
(Camper signature)

\_\_\_\_\_  
(Date)

**Please complete and return these forms to the Camp Potlatch office  
at least 4 weeks prior to the start of your registered session.**

**Camp Registrar: [campreg@bgcbc.ca](mailto:campreg@bgcbc.ca)  
Katie Ellison – Summer Camp Coordinator: [summer@bgcbc.ca](mailto:summer@bgcbc.ca)**

**7595 Victoria Drive, Vancouver, BC V5P 3Z6  
Phone: 604-324-2267 Fax: 604-325-0596**



## Suggested Packing List – One week at Camp

*\*Please label everything prior to arriving to Camp, including your camper’s luggage*

### Equipment:

- Sleeping bag
- Pillow
- Flashlight
- Extra batteries
- Small backpack for hiking
- Sunglasses
- Insect repellent
- Water bottle
- Sunscreen (SPF 30+)
- Laundry bag

### Clothing:

- Sun hat
- Rain gear: raincoat, splash pant, rubber boots
- 5 T-shirts
- 2 pairs of pants
- 3 pair of shorts
- 1 long-sleeved shirt
- 1 warm sweater
- Pajamas
- 6 pairs of underwear
- 6 pairs of socks
- Swimsuit (2 is best)
- 2 pair of shoes (sneakers & sandals)

### Toiletries:

- Toothbrush
- Toothpaste
- Soap (in a container)
- 2 big towels (1 for shower and 1 for beach)
- Shampoo
- Comb/brush
- Hand/face towel
- Feminine hygiene products
- Deodorant
- Lip balm

### Optional:

- 1 twin-sized fitted sheet
- Camera
- Journal
- Sturdy hiking boots
- Fishing gear
- Stuffed animal

### Please Leave at Home:

- Food
- Cell phones & electronic devices
- Knives or weapons
- Money
- Alcohol/drugs/cigarettes
- Fireworks
- Matches/lighters
- Perfumes/aerosol deodorants
- Items of personal or material value

### What does my camper bring on the overnight out-trip?

- Backpack (to fit the following items)
  - Sleeping bag
  - Pajamas
  - 1 pair of socks & underwear
  - Warm sweater
  - Toothbrush & toothpaste
  - Sunscreen & insect repellent
  - Water bottle
- Garbage bag to help waterproof the inside of their backpack

*\*Please do not pack food or snacks of any kind. We are a nut aware facility and any food sent to Camp poses a risk to campers with allergies, and will attract unwanted pests into cabins.*