

## Camp Potlatch 2023 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 Campers medical status is needed.*

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

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

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

**Emergency Contact (Not a parent/guardian\*):** \_\_\_\_\_ **Relationship:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

\*Will only be contacted in the event that "parent/guardian A & B" cannot be reached.

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

Does your child have any dietary restrictions?     Yes     No

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

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?)

Camp medical staff carry over-the-counter medications for common ailments. Medical staff will attempt to contact Parent Guardian A & B prior to administering any medications but in the case of emergency, the Camp Director will be required to make a decision on behalf of your campers best interest. Please indicate any medications you do **not** wish us to provide:

- |  |   |  |  |
|--|---|--|--|
| <input type="checkbox"/> Acetaminophen (Tylenol)   | <input type="checkbox"/> Aloe Vera        | <input type="checkbox"/> Antacids (Tums) | <input type="checkbox"/> Antibiotic Cream (Polysporin) |
| <input type="checkbox"/> Antihistamines (Benadryl) | <input type="checkbox"/> Calamine Lotion  | <input type="checkbox"/> Cough Medicine  | <input type="checkbox"/> Gravol                        |
| <input type="checkbox"/> Ibuprofen (Advil)         | <input type="checkbox"/> Insect Repellent | <input type="checkbox"/> Pepto-Bismol    | <input type="checkbox"/> Sunscreen                     |
- Other, please explain \_\_\_\_\_  
 \_\_\_\_\_

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

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

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

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

Does your child experience any of the following?

- |  |  |  |   |
|--|--|--|---|
| <input type="checkbox"/> ADD/ADHD                | <input type="checkbox"/> Asthma                | <input type="checkbox"/> Bedwetting            | <input type="checkbox"/> Behavioural Issues |
| <input type="checkbox"/> Blackouts/Fainting      | <input type="checkbox"/> Constipation/Diarrhea | <input type="checkbox"/> Diabetes              | <input type="checkbox"/> Ear Infections     |
| <input type="checkbox"/> Epilepsy/Seizures       | <input type="checkbox"/> Headaches             | <input type="checkbox"/> Mental Health Issues  | <input type="checkbox"/> Motion Sickness    |
| <input type="checkbox"/> Nightmares/Sleepwalking | <input type="checkbox"/> Eye Glasses/Contacts  | <input type="checkbox"/> Orthodontic Equipment | <input type="checkbox"/> Other _____        |

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

Has your child had any of the following?

- |   |   |  |                                |
|---|---|--|--------------------------------|
| <input type="checkbox"/> Chicken Pox            | <input type="checkbox"/> Measles        | <input type="checkbox"/> Mono (past 1 year)            | <input type="checkbox"/> Mumps |
| <input type="checkbox"/> Rubella/German Measles | <input type="checkbox"/> Whooping Cough | <input type="checkbox"/> Other (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 so - how many years have they been to Potlatch? \_\_\_\_\_

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: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is your child's swimming ability?

- Needs a life jacket     Cannot Swim     Okay Swimmer     Good Swimmer     Great Swimmer

Please provide details about your campers swimming abilities: \_\_\_\_\_  
\_\_\_\_\_

## Camp Potlatch 2023 Health Acknowledgment Form

Staying home when you're sick is one of the most important ways to reduce the spread of communicable diseases. This is why it is important for anyone who is sick to stay home. Campers should stay at home when symptoms of illness develop (see list below). Campers experiencing illness prior to the start of camp, will be offered the opportunity to **rebook at a later session or a full refund**.

Symptoms can include:

- Fever
- Chills
- Cough
- Difficulty breathing (in children, this can look like breathing fast or working hard to breathe)
- Headaches
- Body aches
- Loss of sense of smell or taste
- Nausea or vomiting
- Diarrhea
- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness

At their drop off location, campers will be asked by camp staff to do a short health screening and have their head checked for lice. This is a standard health procedure. If a camper appears sick or has lice, camp staff will speak to the parent/guardians to discuss alternative arrangements for their camper.

Once at camp, staff will conduct a daily health screening for each camper upon arrival to the program. If a camper displays any symptoms during the program day, they will be separated from others and brought to the health center. If there are any concerns, the Director will contact the parent/guardian.

If a camper is not able to adhere to health/hygiene measures, then the camper will be sent home.

By checking this box, I confirm that I have read and understand the Camper Health Policy outlined

### COVID-19 Testing Protocol

In the event that your camper displays symptoms of COVID-19 or comes into close contact with COVID-19, our camp staff will assist them in taking a rapid antigen test(s) as necessary,

If your camper tests positive for COVID-19 while at camp, parent guardians will be notified and are required to arrange transportation to pick up their child as soon as possible.

By checking this box, I confirm that I have read and understand the COVID-19 Testing Protocol outlined

## Camp Potlatch 2023 Acknowledgement of Risks and Consent Form

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

### Description of Activities and Inherent Risks

BGC South Coast BC 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.

Inclement 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 2023 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:** \_\_\_\_\_

Please note:

Arrival times are estimates and may change due to external factors including boat arrival time, weather, and traffic.

All campers, regardless of age, must be signed out and accompanied from the pickup location by an authorized individual. Campers cannot walk, transit, uber, taxi home on their own. Please plan accordingly.

**Session Dates:**

Main Camp \$740	Leadership Camp 1 \$950	Leadership Camp 2 \$1200
Session 1: July 3 <sup>rd</sup> – 8 <sup>th</sup>	LC1-1 (G): July 3 <sup>rd</sup> - 13 <sup>th</sup>	LC 2-1 Coed: July 3 <sup>rd</sup> – July 22 <sup>nd</sup>
Session 2: July 8 <sup>th</sup> – 13 <sup>th</sup>		
Session 3: July 17 <sup>th</sup> – 22 <sup>nd</sup>	LC1-2 (B): July 17 <sup>th</sup> 27 <sup>th</sup>	LC 2- 2 Coed: July 22 <sup>nd</sup> – Aug 10 <sup>th</sup>
Session 4: July 22 <sup>nd</sup> – 27 <sup>th</sup>		
Session 5: July 31 <sup>st</sup> – August 5 <sup>th</sup>	LC1-3 (G): July 31 <sup>st</sup> - August 10 <sup>th</sup>	
Session 6: August 5 <sup>th</sup> – 10 <sup>th</sup>	LC1-4A (B): Aug 14 <sup>th</sup> – 24 <sup>th</sup>	
Session 7: August 14 <sup>th</sup> 19 <sup>th</sup>		
Session 8: August 19 <sup>th</sup> – 24 <sup>th</sup>	LC1-4B (G): Aug 14 <sup>th</sup> – 24 <sup>th</sup>	

## **First Day of Camp Drop off times**

*(Please check the appropriate box)*

<input type="checkbox"/> <b>Surrey Club</b> 10135 132 Street, Surrey Bus Departs at <b>7:45am</b>
<input type="checkbox"/> <b>Fraserview Club</b> 7595 Victoria Drive, Vancouver Bus Departs at <b>8:15am</b>
<input type="checkbox"/> <b>North Burnaby Club</b> 518 S. Howard Avenue, Burnaby Bus Departs at <b>8:15am</b>
<input type="checkbox"/> <b>Boat Dock: Plaza of Nations Marina</b> 750 Pacific Boulevard, Vancouver Boat Departs at <b>9:30am</b>

**\*PLEASE ARRIVE 30 MINUTES PRIOR TO SCHEDULED DEPARTURE TIME**

## **Last Day of Camp Pick up times**

*(Please check the appropriate box)*

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

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

<input type="checkbox"/> <b>Boat Dock: Plaza of Nations Marina</b> 750 Pacific Boulevard, Vancouver Pick up at <b>3:30pm</b>
<input type="checkbox"/> <b>Fraserview Club</b> 7595 Victoria Drive, Vancouver Pick up at <b>4:15pm</b>
<input type="checkbox"/> <b>North Burnaby Club</b> 518 S. Howard Avenue, Burnaby Pick up at <b>4:15pm</b>
<input type="checkbox"/> <b>Surrey Club</b> 10135 132 Street, Surrey Pick up at <b>4:45pm</b>

<input type="checkbox"/> <b>Boat Dock: Plaza of Nations Marina</b> 750 Pacific Boulevard, Vancouver Pick up at <b>1:30pm</b>
<input type="checkbox"/> <b>Fraserview Club</b> 7595 Victoria Drive, Vancouver Pick up at <b>2:15pm</b>
<input type="checkbox"/> <b>North Burnaby Club</b> 518 S. Howard Avenue, Burnaby Pick up at <b>2:15pm</b>
<input type="checkbox"/> <b>Surrey Club</b> 10135 132 Street, Surrey Pick up at <b>2:45pm</b>

### **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 our Summer Camp Coordinator, at 604-991-9659 or 778-988-2763.
- On the last day of Camp, campers will only be released to the individuals indicated above.
- All campers will be checked for lice and screened for COVID-19 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 2023 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, fighting or inappropriate behaviour.*

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

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

**Please complete and return these forms to the Camp Potlatch office within 30 days of registering.**

**Fahmida Sarkar, Camp Registrar: [campreg@bgcbc.ca](mailto:campreg@bgcbc.ca)  
Julie & Kayla, Assistant Camp Registrars: [register@bgcbc.ca](mailto:register@bgcbc.ca)**

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

## 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
- Backpack
- Sunglasses
- Insect repellent
- Water bottle
- Sunscreen (SPF 30+)
- Sun Hat
- 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
- At least 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
- Vapes
- Cell phones & electronic devices
- Knives or weapons
- Money
- Alcohol/drugs/cigarettes/vapes
- Fireworks
- Matches/lighters
- Perfumes/aerosol deodorants
- Items of personal or material value

During their stay at Camp, every cabin will have a taste of a true camp out on a 24 hour out-trip. Destinations will be reached by land (hiking) or sea (canoeing). An out trip is most successful when campers have the necessary gear to stay warm, dry, and sun safe. A backpack is also essential so they can comfortably carry all their needed items, listed below.

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

Backpack (to fit the following items)

Sleeping bag

Hat

Pajamas

Rain Gear

1 pair of socks & underwear

Warm sweater

Toothbrush & toothpaste

Sunscreen & insect repellent

Water bottle

Garbage bag to help waterproof the inside of their backpack