



# Camper Health History Form

## What do I do with this form?

1. The Parent/Guardian is to complete this entire form for each camper.
2. The completed form must be sent **ONE WEEK prior** to camp and emailed to [cqe@swo.ymca.ca](mailto:cqe@swo.ymca.ca). Please do not send it more than one week ahead of time - this ensures that we receive the most current information about your child.
3. Section D must be completed by all Leadership 1: DEL, Leadership 2: Venture LIT and 5-night outtrip program participants.
4. Upon arrival at camp your camper will visit the Camp Physician/Nurse to review their health history form and collect any medication. Please make sure your child knows where any medication is packed in their luggage so they can hand it in on the first day.
5. Proof of COVID-19 vaccination for each camper will be verified upon arrival on the first day of camp, DO NOT send vaccine receipts by email ahead of time.

## Section A (Click on highlighted area to type)

Camper's Name: \_\_\_\_\_ Camper's Pronouns: \_\_\_\_\_

Age: \_\_\_\_\_ Birth date: \_\_\_\_\_

Camp Session: \_\_\_\_\_

Health Card Number: \_\_\_\_\_ Other Insurance: \_\_\_\_\_

If camper has had any of the following, please check:

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Measles             | <input type="checkbox"/> Measles, German    | <input type="checkbox"/> Heart Condition |
| <input type="checkbox"/> Red Chicken Pox     | <input type="checkbox"/> Sinus Trouble      | <input type="checkbox"/> Bed Wetting     |
| <input type="checkbox"/> Asthma              | <input type="checkbox"/> Frequent Colds     | <input type="checkbox"/> Hay Fever       |
| <input type="checkbox"/> Diabetes            | <input type="checkbox"/> Mumps              | <input type="checkbox"/> Sleep Walking   |
| <input type="checkbox"/> Hepatitis           | <input type="checkbox"/> Hernia             | <input type="checkbox"/> Rheumatic Fever |
| <input type="checkbox"/> Whooping Cough      | <input type="checkbox"/> Fainting           | <input type="checkbox"/> Seizures        |
| <input type="checkbox"/> HIV/AIDS            | <input type="checkbox"/> Crohn's or Colitis | <input type="checkbox"/> Impetigo        |
| <input type="checkbox"/> Digestion Problems  | <input type="checkbox"/> Anxiety            | <input type="checkbox"/> Depression      |
| <input type="checkbox"/> Learning Disability |   |  |

Any other physical or mental wellness concerns, please specify:

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## Section B

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In case of illness or medical emergency, notify:

1. Name	Relationship
Cell Phone	Alternate Phone
2. Name	Relationship
Cell Phone	Alternate Phone
3. Name	Relationship
Cell Phone	Alternate Phone

In the past two weeks, has the camper had or been in contact with:

Lice	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Whooping Cough	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Impetigo	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Cold	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Flu	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Vomiting	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Diarrhea	<input type="checkbox"/> Yes	<input type="checkbox"/> No
COVID-19	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Campers who have a communicable illness within a week of coming to camp may be asked to delay their arrival at camp. If a camper shows symptoms of a communicable illness while at camp, they may be asked to leave at the discretion of the Camp Director. Please see our 2022 Information Guide for details.

Please ensure that you do a lice check prior to camp.

In the past year, has the camper experienced a head injury:  Yes  No

In the past year, has the camper been hospitalized:  Yes  No

In the past four weeks, has the camper visited the emergency room:  Yes  No

If yes to any of the above, please provide details of of illness/injury/treatment:

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## Section C

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### ALLERGIES AND DIETARY RESTRICTIONS

At CQE we are committed to creating a safe and inclusive environment for everyone. With this in mind we have a number of campers with severe food allergies. We recognize that nut allergies are a common concern and because of this our camp is a nut sensitive site. While our camp works to limit the introduction of nut products in our space, we do carry some products that may contain traces of nuts. If your camper has a severe allergy to nut products or any other food allergy, we will not serve that camper food that contains or may contain traces of the allergen, however that allergen may be present at camp. An anaphylaxis policy and emergency protocol are in place to ensure that campers with severe allergies are identified, and the camp will work towards eliminating camper contact with the allergen.

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**Allergies:**

Penicillin  Bee/Wasp stings  Food  Other Drugs  Animals  Environmental  Other

Please provide details: \_\_\_\_\_

Carries Epi-Pen:  Yes  No      Wears Medic-Alert Bracelet:  Yes  No

If your camper requires an Epi-Pen, please send them with a minimum of two Epi-Pens.

**Dietary Needs or Restrictions:**  Vegetarian  Lactose Intolerant  Gluten Free

Other: \_\_\_\_\_

**IMMUNIZATION HISTORY**

Is the camper fully immunized against: (Please check if yes)

Poliomyelitis  Pertussis  Diphtheria  Tetanus  COVID-19

Date of most recent booster tetanus toxoid: \_\_\_\_\_ Polio Vaccine: \_\_\_\_\_

Dates of COVID-19 Vaccinations: \_\_\_\_\_

**PHYSICAL AND MENTAL HEALTH HISTORY**

Please share any any physical or mental health information that may be useful to the camp physician/ nurse or camp staff in supporting your camper while at camp.

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**MEDICATION**

If there are medications, treatments, or injections to be given at Camp, state when, what dose, what route of entry, and what time they are to be administered. Please note that medications are administered after meals and before bed. If an alternate arrangement is required, contact the Camp Director. All medications should be brought to camp by the camper in their original packaging. Medication is administered by our volunteer doctor/nurse or a designated staff member. There may be up to 24 hours where the medical volunteer is off site, in which case a designated staff member would administer the medication. When campers leave the site, medication is administered by a designated staff person on their trip. Campers may also be provided with over the counter medication by camp staff or the medical volunteer while on site or on trip. This medication will be administered as per the instructions on the label.

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Campe Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Physician's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

In the event that further information regarding my camper is required by the camp, I hereby authorize the Camp Director or their designate to contact my camper's personal physician. To the best of my knowledge, this camper is in good health, is physically able to participate in all camp activities, except as previously indicated, and has not been exposed to any infectious disease within four weeks prior to camp. If they become exposed to any infectious disease between now and the time of departure for camp, I understand the camp must be notified and my camper may be asked to delay their arrival. I, the undersigned, authorize the Camp Director or their designate, in the event of accident or illness affecting my child, to authorize on my behalf all procedures, including admission to hospital and necessary treatment therein, as they may deem essential for the care and well being of my child. Such action is only to be taken in an emergency or when immediate contact with the undersigned cannot be made.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Section D** (Only fill this section out if your camper is attending a 5-night tripping program, Leadership 1: DEL, or Leadership 2: Venture LIT program)

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For our participants on extended backcountry canoe trips, it is important to understand the unique risks associated with being in the backcountry. The physical conditions and activities are demanding, the food is high in carbohydrates and grains, resources are limited, it may take up to 24 hours to receive medical attention, and individuals in distress may need to be transported to a suitable evacuation point. Extended and remote trips (all trips not including those on Georgian Bay near camp) will have a staff member trained in Wilderness First Aid, a fully stocked backcountry first aid kit, and a satellite communication device. However, it is important that we receive a comprehensive physical and mental medical history in order to appropriately manage the risks associated with backcountry travel. It is also advised to pack extra medication so that a back up supply can be stored separately from the main supply, and to pack a minimum of 3 Epi-Pens if you require one. We reserve the right to remove someone from the trip portion of a program based on our evaluation of the medical risks. If there is any additional information you can share that would be helpful in ensuring that your camper has a positive experience, please share it here:

I, \_\_\_\_\_ (parent/guardian name) authorize the trip leader to administer medication in the event of a illness/injury that requires the administration of prescription medication while on overnight hiking or canoe trip as part of the YMCA Camp Queen Elizabeth program. I, the undersigned, authorize the Camp Director or their designate, in the event of accident or illness affecting my child, to authorize on my behalf administration of prescription medication as they may deem essential for the care and well being of my child. Such action is only to be taken when immediate contact with the undersigned cannot be made.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please sign to indicate that you are aware of the unique risks associated with backcountry travel:

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_