NATIVE YOUTH PREVENTING DIABETES 2013

NYPD 2013

June 10 – 14, 2013

- 5 days/ 4 nights
- Outdoor Activities
- Health Classes
- Native American Cultural Activities
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*Must be turned into NYPD staff before May 10, 2013. Registration fee is due at time of registration

Registration Deadline is May 10, 2013

Camper Name:
CONSENT AND RELEASE OF LIABILITY

I understand that my child will be participating in supervised activities including but not limited to, arts and crafts, archery/rifle, nature activities, swimming, outdoor skills, basketball, volleyball/softball, rock wall climbing, canoeing, hiking, fishing and Native American cultural activities. I recognize that there are inherent risks and hazards directly or inherently involved in these activities, with some activities considered dangerous activity with the potential to cause serious injury. With full knowledge of the facts and circumstances surrounding these activities, I voluntary grant permission for my child to undertake these activities and I assume all responsibility and risk for my child’s participation in these activities.

I assure NYPD that there are no health-related reasons or problems, which preclude or restrict my child’s participation in these activities. I authorize the on-site trained medical personnel to treat my child as appropriate in the event of any injury/illness. I grant permission for NYPD and/or Camp Waluhili, and/or employees, agents, staffers, volunteers or others providing services to NYPD including the CAMPFIRE USA of Greater Tulsa, to provide and obtain medical attention in the event of my child’s illness or injury. I understand accident insurance is not included in the camp cost. Should my child require special medical treatment, prescription, or hospital care during the camp session, I agree that I shall bear the expenses.

I indemnify and hold harmless, NYPD, NYPD Coalition members, Camp Waluhili, the CAMPFIRE USA Green Country Council and/or its staff from any liability, claims, damages, actions, causes of action, rights, demands, injury or illness sustained that arise out of or relate to my child’s participation in NYPD camp and all of its activities, including claims arising or resulting from care or treatment to my child as provided by the NYPD Coalition, its employees, volunteers, faculty, staff or others providing services to NYPD, including CAMPFIRE USA of Greater Tulsa.

Signature of Parent/Guardian  Date

Media Release

I understand that my child will be videotaped and photographed for the purpose of promoting NYPD, Affiliates of NYPD and CAMPFIRE USA. I authorize the use of the above stated media for these purposes.

Signature of Parent/Guardian  Date
Dear Parents,

This year, thanks to our sponsors, we are proud to announce that the Native Youth Preventing Diabetes (NYPD) program will be having a five day, four night camp at Camp Waluhili, near Wagoner, Oklahoma. Please read over all the instructions, packing lists, rules, etc in this booklet and go over them with your child so that everyone will have a successful and enjoyable time.

NYPD is entering its 12th year of providing the tools necessary for our Indian youth to reduce the risk of developing a chronic disease. In addition to offering the usual outdoor camping experience, the NYPD camp will also provide instruction on the importance of nutrition, physical activity, self-esteem and Diabetes prevention.

Behavior and discipline problems affect the entire camp structure and other children’s camping experience. Parents will be contacted in the event behavior problems arise and campers may be dismissed.

Please do not mail or send food, candy, gum, etc., for your camper. We do not allow food in the living units because these items attract rodents. Food found in camper cabins will be confiscated and discarded. We supply three meals and a morning and afternoon snack daily.

NYPD 2013 is a place for safe, wholesome fun and learning. We are dedicated to keeping it that way! Thank you for sharing your camper with us and we will be working very hard to make sure they have a great time at NYPD 2013 this summer! If you have any questions please call:

Sincerely,

NYPD Staff
NYPD 2013
REGISTRATION

WHO’S ELIGIBLE:

- Ages: 8-12 (male or female)
- Native American

Activity limitations:

Dietary Modifications:

Check All (tendencies to illness, disabilities or special needs) That Apply:

- Indigestion
- Sinusitis
- Sore Throat
- Constipation
- Hay Fever
- Scarlet Fever
- ADD
- ADHD

Is child normally on medication for Attention Deficit? Yes or No
If so, what:

- Please explain any other Special needs or Disabilities
  that the camp staff needs to be aware of: 

Females only: Has camper menstruated? __________When __________

Medication at camp:

PERMISSION TO MEDICATE:

I, as parent or guardian of ______________________, a camp attendee at NYPD summer camp 2013, give my permission to NYPD Health Staff to give my child the medication identified as ____________________, ______ times a day for ____________days and, in the case of prescription medication, as indicated on the prescription bottle.

Signature of Parent or Guardian ______________________ Date ______________________

All medication must be turned in to the Camp Health Care Staff on first day of camp. All medicine must be in the original container and labeled with the camper’s name and directions.
2013 NYPD CAMPER
MEDICAL INFORMATION
Camper’s Name: __________________________

Doctor: __________________________ Phone: __________________________

Hospital: __________________________
ALL immunizations must be current, please complete or attach a copy of shot records.
Tetanus Booster Date: __________
Dates MUST be given.
Immunizations (give dates)
DPT: ___________ DPT: ___________ DPT: ___________ DPT: ___________
Poli: ___________ Poli: ___________ Poli: ___________ Poli: ___________
Hep A: ___________ Hep B: ___________ Hep B: ___________ Hep B: ___________
MMR: ___________ MMR: ___________
Varicella: ___________ or Chicken Pox date: ___________
HIB: ___________ HIB: ___________ HIB: ___________ HIB: ___________
Prevnar: ___________ Prevnar: ___________ Prevnar: ___________ Prevnar: ___________
TDEP (>11yo): ___________ Meningococcal (>11yo): ___________

Allergies:
Food: _______________________________________________________
Drugs: _____________________________________________________
Insects: _____________________________________________________
Animals: ____________________________________________________
Plants: _____________________________________________________
Other: _____________________________________________________

Please explain reaction and medication:
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

This page must be turned in at time of registration.

FOR MORE INFORMATION, CALL:

NYPD 2013 Activities
There are lots of fun activities this year at NYPD 2013. Campers of all ages will have a chance to enjoy:

- Arts and Crafts
- Archery/Riflery
- Nature Study
- Swimming
- Outdoor Skills
- Basketball
- Volleyball
- Canoeing/Kayaking
- Hiking
- Rapelling
- Mountain Biking
- Fishing
- Native American Cultural Activities

Classes on:
- Nutrition
- Self Esteem
- Physical Activity
- Diabetes Prevention

Registration Deadline is May 10, 2013
Food, Housing and Camp Cleanup

**FOOD**
We are happy to provide food service for NYPD 2013. Campers will receive three properly balanced meals a day, serving family style in the dining hall. They will also receive a snack and a drink in the morning and afternoon. Food that is brought to camp will be confiscated and discarded to prevent ants, mice and other rodents from getting into your camper's belongings.

**Housing**
Campers stay with other campers of the same sex and similar age. Cabins have electricity, air conditioning and bathroom facilities. Showers are found in a separate bathhouse. Counselors are stationed in each cabin.

**Camp Clean-up**
Times will be scheduled during the day when everyone will be singing, resting, and even doing chores. The care of camp is up to all of us. Chores include picking up trash, gathering wood, sweeping the buildings and the bathrooms. Campers also have fun competing for “Clean Cabin” each day, the winners of which, receive recognition and a special award each day.
Camper’s Name

______________________________

Female____ Male _____

Camper T-Shirt Size (Please choose one):
Youth -S M L XL XXL
Adult -S M L XL XXL

Age at camp_______

DOB _________

Home Phone _________

Mailing Address: ________________________________

City ______________________ Zip ______________

First year at NYPD? _____yes _____ no

Parent/Guardian: ______________________________

Home Phone: ______________________________

Work Phone: ______________________________

Cell Phone: ______________________________

Email Address: ______________________________

*Please mark all items with campers name so that they can be returned if lost
*Campers who bring inappropriate clothing and persist in trying to wear it will be sent home without a refund
*Washers and Dryers are not available for the campers. Please pack enough appropriate clothing to last the entire camp session.

- Sleeping bag or twin size sheets, blanket and pillow(s)
- T-shirts and sleeveless shirts (refer to dress code (p. 12) for appropriateness)
- Shorts (refer to dress code for appropriateness)
- Jeans, long pants or sweats
- Underwear
- Socks (must reach the ankle or above)
- Closed toe shoes (tennis shoes, hiking boots, etc)
- Swim shoes for use at waterfront and when showering or during swim time
- Jacket or raincoat
- Hat for sun protection
- Swimsuit (refer to dress code for appropriateness)
- Towels and washcloths
- Soap, toothbrush, toothpaste, and shampoo
- Brush and comb
- deodorant
- Other personal items
- Extra t-shirts and shorts for sleeping
- Flashlight and extra batteries
- Plastic cup or water bottle
- Insect repellent
- Sunscreen lotion (minimum SPF 15)
- Camera and film
- DANCE THEME: Superheroes!!- Dress up like your favorite superhero! (Please bring only appropriate and modest attire to correspond with theme)
HOMESICKNESS

How to help your child avoid homesickness at camp

Before your children go to an overnight camp you should:
1. Encourage their independence by letting them spend the night with friends and relatives.
2. Talk about what camp is like- all the fun stuff, and see if you can arrange for a friend to go with them to camp. Having a friend around sometimes makes all the difference.
3. Pack them a disposable camera so they can have fun taking pictures of what they do. Sometimes a camera can help with making new friends.
4. Pack some comforting items like:
   a. Their own pillow. Homesickness usually hits at night so if they are sleeping on their own pillow they are usually more comforted
   b. A special stuffed animal or blanket also helps in the same way.
   c. A family pictures is always a fun thing to stick in- but make sure it is in some kind of frame or it will get ruined from being handled and stuffed in their bag
   d. Letter writing items so then can write to you, is always a fun thing to pack. Put in colorful pens or markers, fun paper and stickers. That way when they sit down to write their first “I’m homesick come and get me letter, they will end up concentrating more on making the letter look good and not so much on feeling gloomy. Have some stamped and addressed envelopes ready.

Camper: On my honor, I declare that I have not brought any weapons, food or inappropriate clothing with me to NYPD 2013. I understand the camp rules and dress code and agree to abide by them.

______________________________
Camper’s Signature

Parent: I have read and agree to this policy and will discuss it with my child. I understand that my child must abide by these rules and dress code while at camp or I may be requested to pick my child up before the completion of camp without refund and that my child may not be eligible for future camps or activities.

______________________________
Signature of Parent/Guardian
Homesickness (continued)

a. Mail at least one letter before your camper leaves so they will get it the first day they are at camp, this reassures them you are thinking of them and makes them happy.

While they are there, you should:

1. Write lots of short, fun letters, discussing camp and asking questions about their activities and if they are remembering to shower and brush their teeth. These are silly, but fun letters. Don’t gush over how much you miss them, or tease them with what are you going to do when they get home.

2. Know that your child will get homesick—this is normal. However, be assured that camp counselors are trained to recognize homesickness, and know how to cheer up campers and get them back on the right track. Also if the homesickness becomes extreme, such as not eating or crying all the time you will be contacted and allowed to talk to your camper and reassure them, or even come pick them up if necessary.

3. Remember that almost every camper’s first letter home is sad. But most of the time “I want to go home” letters change to “I don’t want to go home” letters or no letters at all. No news is good news. Most campers who don’t write home are usually the ones having too much fun to take time out for writing.

4. Be on time to pick them up from the pick-up site. Do something nice like go to the park and visit about what they enjoyed at camp.
CAMP RULES

1. Profanity will not be tolerated.
2. No drugs, alcohol, cigarettes, fireworks, firearms, knives or other weapons of any kind will be permitted.
3. No suggestive or aggressive behavior or malicious pranks will be tolerated.
4. Attire should conform to camp dress code and be modest and appropriate for a Camp Fire activity.
5. Hair dryers, curling irons, cell phones, walkie-talkies, etc. are not permitted. Please do not bring radios, cassette or CD players. Most counselors will have an alarm clock/clock radio and music equipment in the living unit.
6. No food is allowed in the living units.
8. Stay away from the barn, pool area, ropes course, archery ranges, and rappelling tower when there is not a counselor present.
9. Be on time for all activity classes, flag ceremonies, meals and evening events.
10. Practice the buddy system at all times.
11. Do not leave the living unit without permission from your counselor.
12. Do not write on the living unit walls, beds, etc., or you will be responsible for repairing them.
13. Any public displays of affection on the part of a camper or staff member is prohibited.

Notes for Camp:
14. In the best interest and safety of the campers, parents/guardians/visitors will NOT be allowed in camp during its session without prior approval from the NYPD Infirmary Supervisor.

15. Explore new skills.
17. HAVE FUN!!

DISCIPLINE POLICY

Every camper has a right to attend NYPD 2013 without being subjected to threat of injury or intimidation in any fashion. Incidents of fighting, physical assault, verbal intimidation, and other negative offenses that reference sex, age, color, religion, national origin, or disability are not acceptable. In addition, all staff and campers must be allowed to live in an environment free from unsolicited harassment. Harassment is behavior which is not welcome, which is personally offensive, which debilitates morale, and which interferes with the living environment of all campers. A safe and friendly atmosphere is the responsibility of all campers and staff at Camp Waluhili.

You and your child should understand that while participating at camp, the staff is in charge. Your child should be aware that any rules and/or instructions that are made by a staff member are to be respected. In the unlikely event that there is a disciplinary problem that cannot be resolved, the parent will be notified and expected to pick up his/her child immediately. It is likely that the child will be asked not to apply to future camps.
NYPD 2013 DRESS CODE

- Clothing should be comfortable and appropriate for the camping situation rather than distracting or disruptive to others.
- Closed shoes and socks **must** be worn at all times around camp. This rule helps prevent many foot injuries.
  - **Socks must reach the ankle or above.**
  - “Flip Flops” are for use only when showering, or at the swimming pool.
- NO net shirts, NO short-waisted shirts that expose your mid-section, NO tube tops or halters, NO skimpy shirts with low necks and spaghetti straps.
  - In response to camp surveys, we will experiment with allowing sleeveless shirts that are modest and **do not** show the girls’ bras or cleavage, or boys’ pectoral area.
  - Armholes should be up under the arm.
  - Necklines should be high enough that you are not exposing yourself when you lean over.
  - Shoulder seams must be at least 3’ wide.
- NO T-shirts with slogans advertising alcohol, cigarettes or questionable practices, or any clothing with suggestive words or designs.
- Pants, jeans, shorts, etc., are to be worn at the waistline and belts are to be buckled. (No sagging)
  - If you wear low-riding shorts or jeans – your shirt **must** extend over the top of your shorts/jeans.
  - NO “short” shorts, biker shorts, “spandex” type pants/shorts, or shorts with holes in seat.
- Bathing suits are to be modest. NO string bikinis or thongs allowed.
- Pierced jewelry should be limited to studs in the ears. Other pierced jewelry **must be removed.**
- Tattoos must be concealed except during swimming.

FOR MORE INFORMATION, CALL: