



Dear Camper & Family,

We're very happy you will be spending the weekend with us! We have LOTS of fun activities planned! Please ask your parents to fill out the enclosed paperwork and return **No Later Than Friday April 27, 2018.**

Please plan to arrive between 4:00 p.m. and 5:00 p.m. on **Friday, May 4.** You will check in, then you & your family can get settled into your room. Activities will begin shortly after. Starting with dinner that evening, all meals through lunch on Sunday will be provided. We will have snacks available at all activities, and for the evening and night, but if there are special things you feel you should bring to treat low blood sugar, please do so. The menu will be created in collaboration with our dietitian. Special dietary needs will be addressed. If we have further questions after receiving your packet, we will contact you.

We have a full schedule that will go until 9:00 p.m. Friday night and Saturday 8:00 a.m. to 8:30 p.m. Sunday's schedule goes until 1:00 p.m. Please plan on being present at Merrowvista throughout the entirety of the program.

Your family will be staying together. A packing list is included to help with what to bring and not to bring. **Please bring all of your diabetes supplies.** Time is allotted in the schedule to check blood sugar and take insulin. There will be medical personnel at all of the activities who will have a meter, glucose tabs, juice, and protein-containing snacks for treatment of low blood sugar.

We DO NOT recommend bringing electronics as we do not want them lost. You will not need them as you will be very busy! Of course cigarettes, alcohol, or other illegal substances are forbidden and would mean immediate dismissal from the program.

We are VERY excited and thankful for the funding from the Wentworth-Douglass Hospital & Health Foundation which has allowed us to offer this program. If you have any questions, please don't hesitate to call 740-2861 or e-mail Kris.Ferullo@wdhospital.com.

Looking forward to seeing you at camp!

Kris

Kris Ferullo RN, CDE



Camp Lance-a-Lot Family

Mailing Address:	
Home Phone Number:	
Child's Name:	Date of Birth: _____
Medical diagnosis (if any): _____	
Dietary restrictions, special needs, or physical limitations: _____	
Allergies: _____	
Parent/Guardian Name:	Date of Birth: _____
Medical diagnosis (if any): _____	
Dietary restrictions, special needs, or physical limitations: _____	
Allergies: _____	
Parent/Guardian Name:	Date of Birth: _____
Medical diagnosis (if any): _____	
Dietary restrictions, special needs, or physical limitations: _____	
Allergies: _____	
Sibling Name:	Date of Birth: _____
Medical diagnosis (if any): _____	
Dietary restrictions, special needs, or physical limitations: _____	
Allergies: _____	
Sibling Name:	Date of Birth: _____
Medical diagnosis (if any): _____	
Dietary restrictions, special needs, or physical limitations: _____	
Allergies: _____	
Sibling/Other:	Date of Birth: _____

Medical diagnosis (if any): _____	
Dietary restrictions, special needs, or physical limitations: _____	
Allergies: _____	



Release

I agree not to bring any claim or suit against Wentworth-Douglass Hospital on behalf of my child or family for any injury or harm sustained by any event short of a criminal act, and then only the criminal shall be the subject of such a claim. I further agree that I will not cause to be brought, or encourage, a claim or suit. I also agree not to cooperate in the bringing of such a suit or claim except insofar as I may legally be required to do so. Finally, I shall indemnify Wentworth-Douglass Hospital and any and all defendants covered by this agreement for all judgments, costs, attorney fees, and other expenses incurred as a result of a breach of this agreement.

In consideration for your purposes, objectives, and work, and in consideration of your permission to participate in Camp Lance-a-lot, on behalf of myself, my heirs, executors, administrators, and assigns, I hereby waive and release any and all rights and claims for damages which I may have against you, as well as any other person connected with the program, their executors, administrators, successors, and assigns for any and all injuries which my child may suffer while taking part in the event or result thereof.

I hereby give my permission to representatives of the Camp Lance-a-lot program to render usual and customary healthcare, including medication as needed, based on the instructions received from family based on the child's home schedule, as represented under *Authorization to Administer Medication*. I understand that any part of my child's medical records may be used for medical care and related purposes. In addition, in the case of an emergency, I authorize program staff to obtain necessary medical care.

Responsibility for Medical Expenses

The undersigned hereby agrees to be solely responsible for all medical and health expenses incurred in any way in connection with the attendance and participation at this program, including but not limited to those incurred in connection with travel to or from the location. The undersigned agrees to indemnify and hold harmless Wentworth-Douglass Hospital on any claim or liability for payment of such medical or health expenses.

Photo Authorization/Release

I hereby grant full permission for organizer to use photographs of participation in legitimate accounts and promotions of Wentworth-Douglass Hospital programs (brochures, magazine, WDH social media channels, presentations, etc.).

Authorization to Administer Medication

I authorize appropriately qualified program staff of Wentworth-Douglass Hospital to administer the following medications, including over the counter medications, to my child: *(please send with child)*

Medication	Amount	Times
_____	_____	_____
glucagon	1 mg	if needed in an emergency

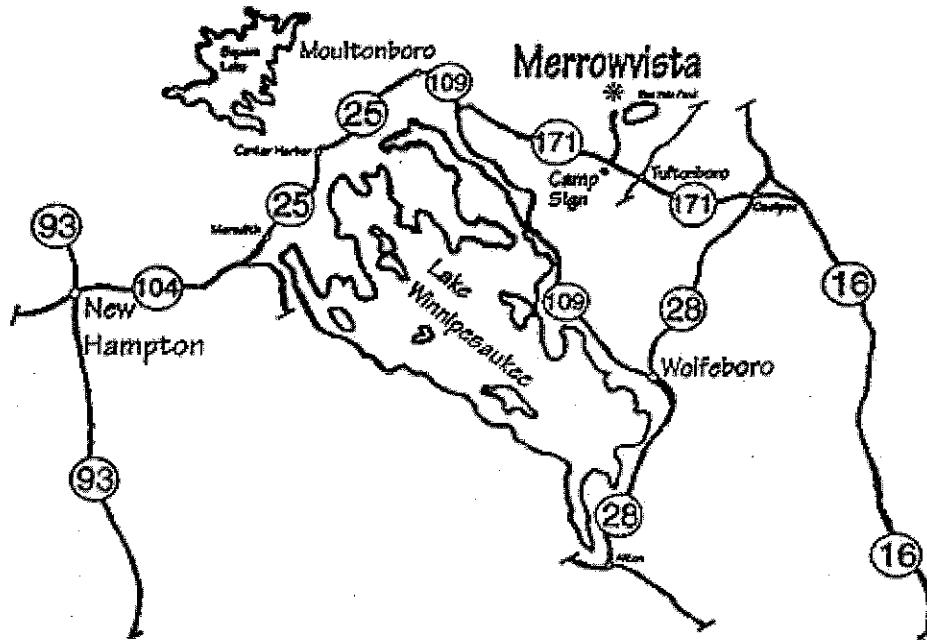
I give permission for my child to share our contact information with other campers: Yes No

Parent/Guardian Signature: _____

Date: _____

American Youth Foundation - Merrowvista

147 Canaan Rd.
Center Tuftonboro, NH 03816
Directions



From Boston, Massachusetts: Take I-95 North to Portsmouth, NH. Proceed North on Spaulding Turnpike and Route 16 to Ossipee, NH. Turn left onto Route 171 West. Continue on Route 171 through Ossipee, across Route 28, approximately 8 miles to rural crossroads (Tuftonboro Corner). Continue straight .5 miles downhill to the camp sign on the left. Turn right onto Canaan Road and follow the paved and gravel road 2.1 miles.

From Wolfeboro, New Hampshire: Take Route 28 North 9.6 miles to Route 171. Turn left onto Route 171 West and proceed 6.4 miles to rural crossroads (Tuftonboro Corner). Continue straight .5 miles downhill to the camp sign on the left. Turn right onto Canaan Road and follow the paved and gravel road 2.1 miles.

From Western New Hampshire and Vermont: Exit off I-93 at New Hampton and take Route 104 East to Meredith. When 104 comes to a 'T' in Meredith at the traffic light, go left on Route 3 through Meredith. At the next traffic light go right on Route 25 to Moultonboro. Take Route 109 East, on your right, 2.3 miles. Then bear left on Route 171, proceeding 7.1 miles to the camp sign on your right. Turn left onto Canaan Road and follow the paved and gravel road 2.1 miles.

From Portland, Maine: Take Route 25 West towards Gorham and follow this until the Ossipee area. Take Route 16 South. Take Route 28 South. Turn right on Route 171 and follow this for approximately 7.1 miles to the camp sign on the left. Turn right onto Canaan Road and follow the paved and gravel road 2.1 miles.

If you get lost, have last minute questions, or will be arriving late to Merrowvista, please contact the staff in one of the following ways:

1. Call Merrowvista (603) 539-6607
3. Call the main office number and follow the prompts to activate the emergency beeper system



Please answer all questions thoroughly; review the statement on the back and sign. This information is important for you and your child's safety. All information will be kept **confidential** unless needed in an emergency situation. Please provide all information to ensure the participant receives quality care.

Health History Form

Biographical Information

School, Program or Group Name: _____ Date(s) of Program: _____
 Participant's Name: _____ Date of Birth: _____ Gender: _____
 Address: _____ City: _____ State: _____ Zip: _____

Health History Information

Has participant experienced any of the following (please provide further explanation below):

- | | | |
|--|---|--|
| <input type="checkbox"/> Allergy to bee stings | <input type="checkbox"/> Chronic illness | <input type="checkbox"/> Hemophilia |
| <input type="checkbox"/> Allergy to medication | <input type="checkbox"/> Developmental disability | <input type="checkbox"/> Hypertension |
| <input type="checkbox"/> Allergy to foods | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Kidney problems |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Epilepsy/Seizures | <input type="checkbox"/> Lung disease |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Fainting spells | <input type="checkbox"/> Rheumatic fever |
| <input type="checkbox"/> Back condition | <input type="checkbox"/> Frequent colds | <input type="checkbox"/> Sleep walking |
| <input type="checkbox"/> Balance problems | <input type="checkbox"/> Head injury | <input type="checkbox"/> Strokes |
| <input type="checkbox"/> Bed wetting | <input type="checkbox"/> Heart disease/defect | <input type="checkbox"/> Other: _____ |

If any of the above boxes are checked, please explain: _____

- Is the participant taking any medications? Yes No If yes, explain and list all medications, dosages and times:

- Does the participant have any sensory, cognitive or physical disabilities? Yes No If yes, explain: _____
- Does the participant have any mobility impairment? Yes No If yes, explain: _____
- Any allergic reactions? Yes No If yes, explain: _____
- Does the allergy require an epi-pen? Yes No If yes, when was it last administered? _____
- Does the participant have any dietary restrictions? Yes No If yes, explain: _____
- Will the participant be bringing an inhaler? Yes No
- Has the participant been treated or hospitalized in the last 24 months? Yes No If yes, for what injury or illness? _____

Emergency Information

In case of emergency, please contact those listed below - must be parent or legal guardian if under 18:

- Primary Contact:** _____ Relationship: _____
 Phone, Home: _____ Work: _____ Cell: _____
- Secondary Contact:** _____ Relationship: _____
 Phone, Home: _____ Work: _____ Cell: _____

Acknowledgement and Assumption of Risk

We believe young people seek adventure. Merrowvista provides an ideal environment for exploring new activities in a structured manner. However, some of the activities may involve risks young people do not encounter every day. At the American Youth Foundation we make reasonable efforts to conduct safe programs and to inform families of inherent risks and to provide adequate insurance coverage.

Risk management is an essential element of the activities we offer and we observe reasonable precautions. We conduct our programs according to the practices and procedures recommended by the American Camping Association (ACA) and state licensing requirements. Our risk management program includes staff selection criteria, training and supervision, written policies and procedures for activities, systematic review of incidents for improvements, and outside reviews of our programs. While we anticipate our careful supervision will protect the well-being of each participant, we are also aware it is possible neither to foresee every contingency nor to eliminate all risk.

Examples of activities that may occur in our programs at Merrowvista include traveling in AYF vehicles, horseback riding, swimming, sailing, canoeing, kayaking, camping, using stoves and open fire, using ropes/obstacle courses that may be 50 feet high or more. Consider the obvious risks of these activities. Inherent risks include collision, capsizing, burns and falling. In addition, many of our programs include travel through remote backcountry terrain where cell phone and communication services may not be available, and where groups may be more than an hour removed from professional emergency medical care. Environmental risks include inclement and unpredictable weather, deep and or cold water, rapidly moving water, falling objects, insects, lowered and elevated body temperatures, sunburn, allergic reactions and other injuries and illnesses. There are, of course, other problems that could impact our activities.

To ensure us that you understand the kinds of activities and risks involved in AYF programs, I ask parents to sign below. Your signature will confirm that both parents and participants have read this letter and that you acknowledge and accept the risks involved in our programs and the responsibility to come prepared for camp. In signing the statement, parents/guardians grant permission to the participants to attend, and parents and participants acknowledge having read and understood the above statement.

Anna Kay Vorsteg
President
American Youth Foundation

To: American Youth Foundation

I, _____, who will be attending an American Youth Foundation (AYF) program, have read the above statement and understand there are risks involved in AYF activities like those described in this statement. I accept those risks as a part of my participation.

I am also aware that my (my child's) school or sponsoring agency is ultimately responsible for medical care of me/my child. However, in the event of an emergency, I give permission to the American Youth Foundation and their staff or designated personnel to hospitalize and/or secure proper treatment for me/my child mentioned above. I have also indicated any medical information that will ensure the proper treatment and well being of me/my child.

I give permission for AYF to use photographs, video and statements from me/my child for education and promotional purposes, including brochures, websites and slideshows. I waive the right for any future claims, including remuneration.

Signature of a Parent or Legal Guardian
(if participant is under 18)

Date

Signature of the Participant

Date

Please note for participants under the age of 18: If the participant has an allergy requiring an epinephrine kit or pen, asthma requiring an inhaler or currently taking medications, these items should be turned in to the group's chaperone or advisor. If this is an open enrollment program, these items should be given to the AYF staff member. It is recommended that participants requiring an epinephrine kit or pen or an inhaler bring two, so that one can be carried with the participant and one can be carried by the chaperone of the group at all times.



Packing List

Clothing and equipment list for the spring and fall

We have prepared a list of clothing and equipment that can help you stay warm and comfortable during your visit. The weather of the Ossipee Mountains can be unpredictable and many of the activities you will be involved in take place outside, regardless of the weather. We suggest multiple layers, as they can be removed and added easily to regulate body temperature. Wool and synthetic materials such as fleece or polypro are preferable because they are warmer than cotton, especially when wet. However, you should not have to purchase a new wardrobe to come to Merrowvista. Most participants have found that they can borrow needed equipment from family and friends. Please come prepared. **Quantities suggested are for a two-three day trip for one person.**

Necessary items:

ALL Diabetes Supplies

- 1 Backpack
- 1 sleeping bag
- 1 fitted twin sheet
- 1 pillow and pillow case
- 2 pairs of jeans or pants
- 2 long-sleeved shirts
- 2 t-shirts
- 4 pair of socks (1 non-cotton)
- 1 pair of pajamas or sweatshirt and sweat pants
- 1 change of underwear for each day
- 1 pair of long underwear (tops and bottoms)
- 1 pair of sneakers
- 1 **extra** pair of shoes/sneakers (hiking boots, if possible)
- 1 wool sweater or synthetic fleece/pile jacket
- 1 **plastic raincoat or poncho**
- 1 jacket
- 1 pair of gloves/mittens
- 1 wool/fleece hat
- 1 water bottle
- 1 flashlight and batteries
- 1 set of personal toilet articles:
 - toothbrush/toothpaste
 - wash cloth/towel
 - soap/shampoo
 - other personal items

Optional Items:

- Daypack
- bathrobe and slippers
- camera and film
- insect repellent & sunscreen
- journal & pen, reading book,
- deck of cards

Please do not bring:

- pets or animals**
- money or valuables**
- knives or weapons of any kind**
- electronic games or radios**
- gum, candy**

Snacks with Nuts in them – We are a Peanut and Treenut aware facility, we will not serve nuts from our kitchen, and we ask participants not to bring nuts onto site as well to ensure that we can also serve participants who have nut allergies.

