HEALTH INFORMATION FORM

To be completed by Parent or Guardian

NorthBay wants the camp experience to be a safe and healthy one. However, in the event of an accident or illness, it is important that we have the following information including medical history, insurance information, permission to give selected over the counter medications, and custodial parent signatures.

SCHOOL NAME: _____ **DATES AT CAMP:** _____

Please print all information and ensure that it can be read by others

CAMPER INFORMATION

Last Name:	First Name:	M.I.	Date of Birth:	Grade:

Gender (circle one) Male / Female	Home Street Address: City, State, Zip:	Home Phone:

Parent/Guardian Name Printed: Relationship to Camper: Email address:	Will you be coming as a chaperone? □ Yes □ No	Home Phone: Cell Phone: Work Phone:
Parent/Guardian Name Printed: Relationship to Camper: Email address:	Will you be coming as a chaperone? □ Yes □ No	Home Phone: Cell Phone: Work Phone:
List an Emergency Contact Printed: (friend or relative who can/will care for your child if you cannot be contacted) Relationship to Camper:		Home Phone: Cell Phone: Work Phone:

Medical Insurance Information: (to be used if students seeks medical care outside NorthBay Adventure Camp) □ Not Insured
Company: Policy Number:

HEALTH HISTORY

Camper's Primary Care Physician:	Office Telephone Number: Office Fax Number:

Health History (check if applicable & explain)

□ Asthma
□ Diabetes **(a NorthBay diabetic order form must be completed)**
□ Heart Condition _____
□ Bleeding/Clotting disorder_____
□ Seizures Type: _____
□ ADHD □ ADD
□ Psychological issues _____
□ Anxiety □ Depression □ Anger Management
□ Mood disorder
□ Autism □ Asperger's Syndrome
□ Recent illness/injury/infectious disease _____
□ Sleepwalking
□ Bedwetting
□ Recent Hospitalizations or Major Surgery
_____
□ Other not listed _____
□ **Date of Last Tetanus Shot**: _____
□ Takes medication every day **(A medication form/s needs to be completed for all medications to be taken while at camp)**

Allergies (check if applicable & explain)

□ Allergy to Medications
_____
□ Foods_____
□ Insects_____
□ Severe Poison Ivy reaction
□ Other: Please lists _____
_____

Diet / Nutrition

□ Eats a regular diet
□ Eats a vegetarian diet
□ Has special food needs (describe below)
_____
_____

Does the camper need his/her physical activity restricted □ No □ Yes – explain _____

Please provide any additional information that we need to know to ensure your child's camp experience is a positive one:

PARENT / GUARDIAN CONSENT AND LIABILITY RELEASE FORM

At NorthBay, health, safety and supervision are paramount. The approach to safety and risk management is accompanied with competence, judgment and purposeful sound programming. The children's safety and well-being is everyone's concern. As a policy of NorthBay we require that a Release of Liability Form be signed as a requirement to attend camp.

I am the parent or legal guardian of _____ (the "Camper") from (school name) _____ who wants to attend camp and participate in activities sponsored by NorthBay, LLC ("NorthBay"). I agree to sign this *Consent and Liability Release Form* so my child can attend camp. I promise the information given on this Health Form is complete and accurate as far as I, the undersigned parent or guardian, know. It is true that the Camper has had all immunizations required by the Maryland DHMH Recommended Childhood Immunization Schedule and that the school has these records.

LIABILITY RELEASE - I understand that participating in some of the activities sponsored by NorthBay, including canoeing, kayaking, boating, water skiing, hiking, swimming, snorkeling, tubing, fishing, rock climbing, zip line, sport activities, nature activities, and the ropes course, involve certain risks, including the risk of serious injury. I give my permission for the Camper to participate in all of the activities while at NorthBay and agree on behalf of the Camper that I and the Camper assume all risks. I understand that certain camp activities may include traveling in NorthBay owned and operated passenger vehicles. I also agree both for myself and on behalf of the Camper to release NorthBay, its employees, agents, and related entities from and against any and all claims, injuries, and liabilities of any kind that happen while the Camper attends camp, doing any activity connected in any way to the NorthBay program, or caused by any inappropriate behavior on the part of the camper. However, NorthBay will be responsible for claims caused by the gross negligence or intentional misconduct of NorthBay. At NorthBay, we are always trying to improve our programs to provide the best possible experience for our visiting students. As part of this effort, an external evaluation team periodically conducts research on campus. This research involves observing our programs and conducting simple surveys with visiting students. All data are kept strictly confidential. Students are not held responsible for any of their survey responses. The research occasionally results in publications that report on the accomplishments of our programs and what we are learning, so that other programs like ours can learn from our work. By signing this permission form, you are consenting to allowing your son/daughter to participate in this research. Students maintain the right on campus to refuse to take any survey with no fear of any consequences or penalties.

HEALTH CONSENT – I have legal authority to consent to medical treatment for the Camper and grant permission for the Camper to engage in all camp activities except as noted. If I cannot be reached while my child is at camp, I give permission to the medical personnel selected by NorthBay to provide routine health care or emergency treatment and to release any records necessary for treatment, billing, referral or insurance purposes. I understand that NorthBay personnel will notify me immediately of any illness or injury that requires significant medical attention or hospitalization or that significantly diminishes the Camper's ability to have a successful camp experience. In the event that I cannot be reached in an emergency, I hereby give permission to the physician selected by the Camp to treat him/her for any injury/illness. I understand medical information about my child is confidential and protected under state and federal law. I give permission for the Camp medical personnel to discuss my child's medical information with his/her health care provider if my child is ill, injured, have any medical or psychological concerns, or take medications. I give permission for the camp medical personnel to share information about my child with his Camp teachers, counselors, and dining when necessary to protect his/her health and safety. I give permission to the Camp to administer any prescription or non-prescription medications that the student brings to camp with them in accordance with Maryland law. I understand that I am responsible for any medical expense occurred while at camp for emergency transport, hospital treatment or medications needed while at camp. I understand that the Camp is not responsible to submit any insurance or prescription claims to my insurance provider.

AUTHORIZATION FOR OVER-THE-COUNTER MEDICATIONS - In the event your child experiences minor discomforts during camp, we would like the opportunity to make your child as comfortable as possible. Therefore, below is a list of over-the-counter medications that can be administered by NorthBay personnel with your authorization. These medications are approved by the NorthBay Medical Director using the recommended doses from the manufacturers. This service is provided to alleviate your child's minor discomforts and avoid being sent home early from camp. The below approved medications are intended for occasional use only. If your child requires any medication on a regular basis, you must have a medication authorization form completed by your health care provider and supply the medications. I consent to the administration of the below indicated over-the-counter medications to my child while at NorthBay (check all that apply). If they are NOT checked they WILL NOT be given to the Camper.

- □ Acetaminophen (generic for Tylenol)
- □ Ibuprofen (generic for Advil and Motrin)
- □ Calamine Lotion (for itching)
- □ Hydrocortisone Cream (for itching)
- □ Antibiotic Cream (for minor cuts/scrapes)
- □ Loratadine (generic for Claritin)
- □ Diphenhydramine (generic for Benadryl)
- □ I do not want over-the-counter medications given to my child

PUBLICITY RELEASE – I give permission to NorthBay the right to use, reproduce, and/or distribute photographs, films, video-tapes, and sound recordings of my child, without payment or approval rights. For use in materials created for promoting NorthBay.

The laws of the State of Maryland shall govern the rights and obligations of the parties to this Release and the interpretation, construction, and enforceability thereof. I agree on behalf of the Camper and myself that any lawsuit brought against NorthBay shall be brought solely in the Circuit Court for Cecil County, Maryland and, in connection with any such lawsuit, I agree on behalf of myself and the Camper that the trial will be conducted and determined by the Judge assigned to such trial, and voluntarily waive any right the Camper or I may have to a jury trial.

Parent must sign here

Signature of parent/guardian: _____ Date: _____

Printed name of parent/guardian: _____

NORTHBAY
MEDICATION AUTHORIZATION FORM

This form MUST BE COMPLETED FULLY in order for NorthBay to administer the required medication/s List all medications to be taken while at camp on the form below with all the required information about each one. A new Medication Authorization Form must be completed each time there is a change in dosage or time of administration of a medication. If the student is bringing more than 4 medications use another copy of this form for the remaining medications.

- **Prescription medication** MUST be in a container labeled by the pharmacy or physician with the student's name, dosage and expiration date. At least one dose of prescription medication must be given at home prior to the student's arrival at camp.
  - Per Maryland regulation, sample medications cannot be administered to the camper.
- **Non-prescription medication** - Per Maryland regulation, all non-prescription medications that are not listed on the NorthBay Consent/Liability Release Form must be listed below followed by a physician's signature. This includes vitamins, homeopathic and herbal medications and cough/cold medications. All non-prescription medication MUST be in the original manufacturer's container labeled with the dosage instructions and the expiration date.

School/Group Name: _____ Dates at camp: _____

Student Name: _____ Date of Birth: _____

Medication Name:	Strength	Dosage (per dose)	Route:	Reason medication is being administered:
Time/frequency of administration: □ Breakfast □ Lunch □ Dinner □ Bedtime □ Other _____ If PRN: every _____hrs For what symptoms:				
Relevant side effects: □ none expected □ Specify				

Medication Name:	Strength	Dosage (per dose)	Route:	Reason medication is being administered:
Time/frequency of administration: □ Breakfast □ Lunch □ Dinner □ Bedtime □ Other _____ If PRN: every _____hrs For what symptoms:				
Relevant side effects: □ none expected □ Specify				

Medication Name:	Strength	Dosage (per dose)	Route:	Reason medication is being administered:
Time/frequency of administration: □ Breakfast □ Lunch □ Dinner □ Bedtime □ Other _____ If PRN: every _____hrs For what symptoms:				
Relevant side effects: □ none expected □ Specify				

Medication Name:	Strength	Dosage (per dose)	Route:	Reason medication is being administered:
Time/frequency of administration: □ Breakfast □ Lunch □ Dinner □ Bedtime □ Other _____ If PRN: every _____hrs For what symptoms:				
Relevant side effects: □ none expected □ Specify				

PRESCRIBER AUTHORIZATION

PRESCRIBER SIGNATURE: _____ Date:_____

Prescribers Printed Name/Title: _____Telephone: _____ Fax: _____

PARENT/GUARDIAN AUTHORIZATION

I request that designated camp personnel administer the medication above as prescribed by the above prescriber. I certify that I have legal authority to consent to medical treatment for the student named above, including the administration of medication while at camp. I authorize the camp medical staff to communicate with the health care provider as allowed by state and federal law.

PARENT/GUARDIAN SIGNATURE: _____ Date: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Signature of Camp RN: _____ Date:_____

Medication Guidelines

MEDICATIONS ARE NOT ALLOWED TO BE KEPT IN THE CABINS; THEY MUST BE SECURED IN THE WELLNESS CENTER AT ALL TIMES WHILE AT CAMP

In order for NorthBay medical staff to administer medications you must provide ALL of the items below:

1. Medication Authorization Form listing all of the medications brought to camp
2. Parent/guardian signature at the bottom of the Medication Authorization Form
3. Physician signature at the bottom of the Medication Authorization Form
4. A pharmacy label showing the name of the student, medication, strength and dosage instructions on EVERY prescription medication including inhalers, nasal sprays, cream, disc's, etc.
5. Over the counter medications must be in their original containers – medication in baggies or pill-a-day containers will not be accepted.

- While the student is at NorthBay, all of their prescription and over the counter/non-prescription medication will be secured in the Wellness Center and can be administered by the Wellness Center staff. Before any medication can be administered a NorthBay Medication Authorization Form must be completed and signed by the prescribing physician and by the student's parent/guardian for EACH MEDICATION that is to be given. If the student already has a medication form on file with the school a copy of that form may be sent in lieu of the NorthBay Medication Form as long as it is signed by both the prescribing physician and the parent/guardian. If you are submitting a copy of the school medication form please insure that all the administration times for an entire 24 hours are listed on that form. These forms are due to NorthBay at least 2 weeks prior to the student's arrival.
- All medications that are to be given while at camp MUST be in their original container (box, pill bottle, etc.) They cannot be in a pill organizer, baggie or envelope. Prescription medications (including rescue inhalers) MUST have the pharmacy label attached to the container and it MUST match the signed NorthBay medication form in order for the student to receive the medication. Medications cannot be expired or more than 1 year past the original prescription date. Sample medications from a doctor's office cannot be administered while at camp.
- In the effort to ensure the safety of all students, medications cannot be packed in the student's luggage. All medications (including any self-carry medications) must be given to a designated school staff member prior to leaving the school then delivered to the NorthBay Wellness Center immediately upon arriving at camp. The medications will be secured in the Wellness Center for the duration of the camp and returned to school personnel at the end of the week. The medications will be returned to the parent/guardian after returning back to the school at the end of camp. The student cannot keep any medication (other than self-carry medications) in his/her cabin or give medication to his or herself. All medications that the student wishes to self-carry will be redistributed to the students after they arrive at camp and after approval is obtained by the NorthBay RN.
- **Self-Carry Medications:** The following are the only medications that can be carried by the student while at camp with permission of the NorthBay RN: rescue inhalers (Albuterol, ProAir, Ventolin, Zopenex), Epi-Pens and insulin used while in insulin pumps. These medications must be in the control of the student, educator or counselor/chaperone at all times while at camp and be self-administered with an adult's supervision. If you would like the student to self-carry any of the above medications please send two of each medication so one can be kept in the Wellness Center for quick access during any emergency.
- **Over-the-counter medications:** The following over-the-counter (OTC) medications can be given as needed by the Wellness Center staff while the student is at camp: Acetaminophen (Tylenol), Ibuprofen (Motrin, Advil), Calamine Lotion, Diphenhydramine (Benadryl), Triple Antibiotic Ointment (for minor cuts/scrapes), & Loratadine (Claritin). Before the student can receive any of these medications the parent/guardian must check the boxes beside the medications that the student is allowed to receive then sign the Parent/Guardian Consent that is on the back of the North Bay Health Form. These are the only OTC medications that the student can receive with just the parent/guardian's consent. If your student requires any medication on a regular basis that is not listed above (i.e. cold medication, cough medication) you must complete a NorthBay Medication Form (signed by a physician) and supply the medication/s while the student is at camp.

- **Please call the staff at the Wellness Center if you have any questions – (443) 674-9035**

NorthBay

What parents need to know!

NorthBay Environmental Education Center
11 Horseshoe Point Lane
North East, MD 21901

***(phone)* 443-967-0500 *(fax)* 443-967-0501**
www.northbayadventure.org

Introducing NorthBay

THE SCHOOL PROGRAM

At NorthBay, our mission is to challenge middle school students to realize that their attitudes and actions have a lasting impact on their future, the environment and the people around them by using Common Core and Next Generation Science standards, character development and the outdoors as an integrating context. Class offerings are extensive and integrate the ***Maryland Voluntary State Curriculum****.*

OUTSTANDING LEARNING AND ADVENTURE OPPORTUNITIES…

✓ **Enormous Waterfront**	✓ **Wet Lab on the Bay**
✓ **Kayaks and Canoes**	✓ **Giant Swing**
✓ **Bird Platform**	✓ **Game Room**
✓ **Snack Bar**	✓ **Gymnasium**
✓ **Art Studio**	✓ **Ziplines**
✓ **5+ miles of Hiking Trails**	✓ **High Ropes Course**
✓ **Camp Store**	✓ **Indoor and Outdoor Climbing Walls**
✓ **Sand Volleyball Courts**	✓ **Live feed aquariums**

Things to know…

CABINS

Lodging is provided in one of 18 different cabins. Each cabin consists of 2 rooms, with 6 bunk beds each, for a total sleeping capacity of 12/room and 24/cabin. Inside the cabin, next to each room is a bathroom. Our cabins are heated and air conditioned, and separated by gender. **Males and females are NEVER allowed to be in or around a cabin of the opposite gender! Students are NEVER allowed in the cabin without adult supervision.** Each cabin will have at least one adult chaperone who will move throughout the week with that group from one activity to another.

***Bed linens are provided by NorthBay!**
***Towels and washcloths are NOT provided**

CLASSES

Classes meet all over camp. On average, students spend 75% of their class time outside. Dressing in layers is recommended and boots are always a good idea as feet will be in wet areas during every season. **Students are expected to come to class dressed appropriately for any and all weather conditions. During winter months, a warm jacket, hat, and mittens or gloves are essential to provide adequate warmth.** Some form of rain gear is another essential during warmer months. Chaperones will know their schedule before the day begins and help students to prepare accordingly.

MEALS

NorthBay takes time with meals and serves them family style to make them fun, full of surprises, relationship oriented, nutritious, and tasty. We can also accommodate special dietary requirements for your child assuming they are communicated in advance.

ACCESSIBILITY FOR ALL

The buildings, pathways, and activities at NorthBay are accessible to disabled persons. Students with special needs can participate in all activities, including our adventure courses. We encourage all students to attend and request to be informed of students with special needs.

Parents with additional questions can call NorthBay office Mon.-Thur. 8am-5pm, Fri 8am-3pm @ 443-967-0500 or visit www.northbayadventure.org

SNACK BARS and STORES

NorthBay's snack bar will be open during activity time for student and adult use and serve foods such as ice cream, granola bars, sport drinks, soda, juice, pretzels, etc. "The NorthBay Trading Company" is open during students' activity time in the afternoon and evening. Items for sale include film, toiletries, various educational books and materials, along with t-shirts, sweatshirts, and other NorthBay items.

THOUGHTS ON POCKET MONEY…

$15 for snacks should be plenty for any student during the week. The NB Trading Company carries items which range in price from $1.00-$35. NorthBay recommends students bring no more than $50 to camp, $30 is average, and small bills are always helpful. For your convenience and security, non-refundable gift cards are available for campers to use at the snack bar and store. To utilize this option, please call our main office with a credit card number and the amount you wish to put on the card.

MEDICAL SERVICES

NorthBay's Wellness Center contains a treatment area, isolation rooms, medication storage, and appropriate bathrooms. NorthBay's staff includes two RN's as well as several EMT's trained in CPR, first aid and medication administration. Twenty-four hour emergency medical care is also available at Union Hospital in Elkton, MD.

MEDICATION REQUIREMENTS FOR SCHOOLS AND PARENTS

- **The Health Information form is required for every child attending NorthBay.** If your child requires prescription medication during their stay, then the additional Medication form is required.
- Medications must be coordinated and approved by your school representative.
- All individual medications must **be in their original containers, labeled for the student by the pharmacy.**
- Medications and the appropriate forms are to be delivered to NorthBay by a school representative not the camper.

PARENT NOTE: SAFETY & STAFF

At NorthBay safety is paramount. All of our class locations, adventure courses, and safety equipment are regularly certified and inspected. Our instructors are also qualified in their field, federally background checked & drug tested. We make the safety of your child our highest priority.

Parents are discouraged from visiting their children at camp for security reasons and because it can cause disruption and home-sickness for students. All visitors must announce themselves at the front gate, sign in/out at the office, show appropriate ID, and wear a NorthBay wristband while on the premises. We ask that if you need to pick up/drop off your child for an extenuating circumstance, it is between the hours of 8:30 am and 6:00 pm.

PHONE CALLS

A NorthBay phone is available at meal times throughout the day for students. Parents can leave a message with administration to request that their child call home. Those messages will be delivered during meal times. Please understand that NorthBay can house up to 350 students per week and therefore students will not be able to call home every day of their stay.

NorthBay has a policy of zero tolerance for the use/possession of drugs, alcohol, cigarettes, or weapons. Parents will be notified and children will be sent home, along with appropriate measures.

What to Bring to NorthBay…

Students and adults are responsible for bringing personal items and clothing appropriate for the season and the setting.
We want your stay at NorthBay to be as pleasant and trouble free as possible. A suggested list follows…

Clothing

2 pairs of tennis or hiking shoes (one old)
Shoes to wear in the water
Sweaters/Sweatshirt
Several changes of outer clothing
Changes of inner clothing
5-6 pairs of socks
Swimsuit (seasonal)
Pajamas

Personal Gear

Towel(s) & Washcloth
Soap and Shampoo
Toothbrush & Toothpaste
Medications
Sunscreen
Insect Repellent

Optional Personal Gear

Flashlight
Camera & film
Store/Snack bar money
Water bottle
Sunglasses
Backpack
Rain Gear and boots

Add for Winter Season:

Winter Hat (ear muffs are not enough)
2 pr. mittens or gloves
Long underwear
Warm jacket

What NOT to Bring…

Cell Phones **highly discouraged**
Ipod/MP3/CD Players
PSP/Gameboys
Drugs, alcohol, cigarettes or weapons
Skateboards