Medical Care & Nutrition

Health Center

The Camp Ondessonk Health Center is centrally located in the main area of camp and is stocked with first aid supplies and emergency medical equipment. A staff member with advanced medical training is on-duty 24 hours a day. A licensed medical professional is on site daily and a Medical Doctor is always on call when campers are on-site. If your child would need medical care while at Camp Ondessonk, your insurance would be billed by the medical facility. Camp has accident coverage (up to $2,500) that is secondary to your insurance coverage. Sickness that would or could occur without relation to camp will be given medical treatment but will not be covered by camp insurance. In all cases, parents will be contacted if their child needs the care of a physician, a hospital visit, or if they spend the night in the Health Center.

Prior to Arrival

At least 4 weeks prior to arrival at camp, please log into your Campwise account and complete all medical-related items required to participate. This includes:

- Camper Medical Questionnaire: located in the **FORMS/Online Forms** section of your account dashboard.
- Allergies: Click on the "Allergies" button in the **MEDICAL** section of your account dashboard & complete it EVEN IF YOUR CAMPER DOESN'T HAVE ANY. Click the box "No Known Allergies" if none.
- Over the Counter Authorization: Click on the "Over the Counter" button in the **MEDICAL** section of your account dashboard & complete it. This lets us know what your camper can/cannot have if he/she needs it.
- Prescription Medications *(if applicable)*: Click on the green "Add Medication" button in the **MEDICAL** section of your account dashboard & complete it IF APPLICABLE. If not applicable, disregard it. You can edit this section at any time.
- Medical Physical: Provide a medical physical dated within 12 months of camp start date. **This is in addition to the camper medical questionnaire.** Camp Ondessonk does not have a specific form. Any form signed by a physician or from MyChart (or similar portal) is acceptable.
    - Upload it in the **FORMS/UPLOAD FORMS** section of your account dashboard **(YOU CANNOT UPLOAD PICTURES. Only PDF or DOC formats)**
    - OR email it to registration@ondessonk.com
    - OR you or your physician can fax it to 618-695-3593
- Immunization Record: Provide current immunization records. This is due no later than four weeks before your camp start date.
    - Upload it in the **FORMS/UPLOAD FORMS** section of your account dashboard **(YOU CANNOT UPLOAD PICTURES. Only PDF or DOC formats)**
    - OR email it to registration@ondessonk.com
    - OR you or your physician can fax it to 618-695-3593

Arrival Day

On arrival day, all campers must participate in a cursory health interview which will include temperature checks and a head screening. To provide a safe and healthy environment for all campers, children with a temperature of 100 degrees F. or higher and/or flu-like symptoms will be asked to return home, and arrangements will be made to participate in a different session.

Medications

All camper medications (prescription and over-the-counter) and vitamins will be kept in the Health Center for the duration of the camper's stay. Parents should send at least a 9-day supply of your child's medication. If your child has asthma, please send two albuterol rescue inhalers, one to be kept in the Health Center, and one to be kept with your child's Unit Leader.

IMPORTANT: ALL medications, including over-the-counter (OTC) meds, **MUST** be in the original container. We CANNOT administer medications not in their original packaging.

Additional Medical Care Information

Poison Ivy, mosquitoes, and ticks are common at camp. Campers are advised to wear repellent and appropriate clothing when necessary, and mosquito netting is available at the Trading Post. If the Health Center Staff believes that a health risk has occurred that may require attention after the camper leaves camp, you will be contacted prior to your arrival for camper pick-up

Nutrition

Camp Ondessonk food service is under the supervision of full time licensed personnel. All food service employees are trained in accordance with the Illinois State Board of Health and the FDA. We are devoted to serving healthy meals away from home, while staying away from institutional food.

Our menu is nutritious and attempts to meet the variety of tastes of the campers. Many items will be to your child's liking, some items your child may never have tried before, and other items may be things they dislike. Because of our need to feed over 500 people in a relatively short period of time, we are not able to offer "taste-based" special requests for meals. Parents, please help your camper prepare for Camp by relaying the expectation that they will try new things and that they may be hungry if they do not eat what is served. Please note that we always provide a vegetarian option as well as special menu items for children with medically-based dietary needs and common allergies such as milk, egg, peanuts, tree nuts, gluten, and soy. Additionally, all staff are trained in food and allergy safety. **Be sure to complete the Allergy section in your online account to indicate any food allergies/dietary restrictions for your camper. Please be specific and very detailed, as will we.**

Here at Camp Ondessonk your child will enjoy healthy meal choices with restaurant quality. Outside of the kitchen we also prepare a trail ready lunch, a hamburger dinner cooked over an open fire, a cold cut picnic lunch, and our famous pulled pork sandwiches.