



What to Wear and Bring to Camp

Keep this page at home as a reference.

General reminders:

- Please label all items brought to camp with your child's name.
- Tennis whites must be worn in order to play on the tennis courts.
- Squash footwear must be worn to play on the squash courts.
- *Emergency Forms, Pick up Permissions, and Health Care Emergency Forms* (allergies, asthma, etc.) must be completed fully and, if medically necessary, an epipen left with staff.
- Morning snack is provided as part of the NHLC Summer Program fee; Tennis Camp and Tennis Academy campers purchase snack at the Snack Bar.
- Lunch is ordered through the Snack Bar. Lunch forms must be submitted prior to children attending camp. Each child's lunch form must be reviewed every Monday morning with camp staff prior to parent/caregiver departure to ensure that children and parents/caregivers have chosen foods that please *both* child and parent/caregiver.

All Summer Program Campers (including Internship Programs)

Bring to camp:

- Sunscreen, sunstick, sunhat and coverup, water bottle
- Bathing suit, goggles, towel, hairbrush/hair ties as needed, poolside footwear (crocs, sandals, etc.)
- Rain jacket and/or sweatshirt (if rainy/cool weather)

Three to five year-olds (9 am–12 noon campers):

- Children must be potty trained to attend the NHLC Summer Program.
- *Arrive wearing tennis whites and athletic footwear*
- Bring two sets of play clothes. (Please leave one in a ziplock bag to have available as an extra change of clothes.)
- Bring your tennis racket and a filled water bottle.
- Bring sunscreen, sunstick, sunhat and coverup, water bottle
- Bring your bathing suit, goggles, towel, hairbrush/hair ties as needed, poolside footwear (crocs, sandals, etc.)
- If rainy/cool weather, bring rain jacket and/or sweatshirt

Five to 12 year-olds (9 am–3 pm campers):

- Arrive wearing play clothes and athletic footwear
- *Bring your tennis whites* to change into.
- Bring your tennis racket and a filled water bottle.
- Bring sunscreen, sunstick, sunhat and coverup, water bottle
- Bring your bathing suit, goggles, towel, hairbrush/hair ties as needed, poolside footwear (crocs, sandals, etc.)
- If rainy/cool weather, bring rain jacket and/or sweatshirt

Aftercare/Beforecare Campers:

- Bring a book from home you like to read.

New Haven Lawn Club Summer Program 2016



Permissions Form

Please complete a separate form for each child attending and return to NHLC attn: Jen Russo *before* your child begins the Summer Program:

Permissions Form **Lunch Form** **Emergency Medical Form*** (if your child has allergies, asthma or other medical concerns)

Child's Name: _____

FOOD: Children receive a morning snack as part of their camp enrollment and should bring a refillable water bottle daily. Families submit weekly lunch orders from the Snack Bar Menu along with camp enrollment. Children must stay within a "healthy choices" menu during camp hours and wait until camp ends to order ice cream, chips, etc.. Children attending Aftercare purchase snacks directly from the Snack Bar; for children enrolled in Aftercare, families must communicate with Summer Program staff about the guidelines for their child's choices at the Snack Bar. While we are not a peanut-free program, we do not provide children with snacks containing peanuts, tree nuts or other nut-containing products to limit the risk of exposure. However, families whose children have severe allergies need to leave epipen and antihistamine medication with the Summer Program and complete the Emergency Health Plan.

____ Initial here to confirm you have read and understand the Summer Program food policies.

____ Initial here to give permission for your child to order an afternoon snack from a list of "healthy" choices open to camp children.

Sunscreen: Children should arrive at camp already wearing sunscreen. However, they will need it applied throughout the day.

Please initial the box to allow camp staff to apply additional sunscreen to your child during the camp day.

____ Initial here to give permission for camp staff to apply sunscreen to your child.

Children's Tylenol: Children with fever of 99 degrees and higher will be asked to go home from camp and return to camp only when they have been 24 hours without fever.

____ Initial here to allow camp staff to give children's Tylenol to your child.

Photo Permission:

____ Initial here if you **do** give permission for photos of your child to be posted on the NHLC website photo galleries or used for camp publicity materials.

____ Initial here if you **do not** give permission for photos of your child to be posted on the NHLC website photo galleries or used for camp publicity materials.

Transport (walking, automobile, bus):

____ Initial here to give permission for your child to be escorted and/or transported by Lawn Club staff in the event of field trips or medical emergencies.

Allergies/Asthma/Other Medical: Any family whose child has an allergy requiring medication must also fill out the Emergency Medical Form.*

____ *Initial here if your child has allergies/asthma/other medical concerns and you have filled out the Emergency Medical Form.

____ *Initial here to allow camp staff to give the following medication(s): _____
to your child at a dosage of _____ and call _____.

____ *Initial here if you have filled out the required Emergency Medical Form.

It is understood that all exercise and use of all facilities, as well as escort and transport to and from off-site field trips and in the case of medical emergencies shall release New Haven Lawn Club and its staff from any and all claims, demands, injuries, damages, actions or causes of actions to person or property arising out of, or connected with the use of any services or facilities of New Haven Lawn Club at the premises where the same are located; including those arising from the acts of active or passive negligence; and New Haven Lawn Club and its staff are therefore discharged from all such claims, demands, injuries, damages and punitive proceedings from alleged causes of action.

Parents'/Guardians' Names: _____

Parents'/Guardians' Signatures: _____



Emergency Health Care Plan

This form must be on file for all children registering for camp who have asthma, a severe allergy of any kind, or other medical concerns. Note that if there are no medical concerns, you do NOT need to fill out this form.

Camper's name: _____ Date of birth: _____

Asthmatic: Yes *high risk for a severe reaction No

Allergy to: _____

SIGNS OF AN ALLERGIC REACTION

Systems:	Symptoms:
MOUTH	Itching and swelling of the lips, tongue or mouth
THROAT	Itching and/or a sense of tightness in the throat, hoarseness and hacking cough
SKIN	Hives, itchy rash, and/or swelling about the face or extremities
GUT	Nausea, abdominal cramps, vomiting and/or diarrhea
*LUNG	Shortness of breath, repetitive cough, and/or wheezing
*HEART	"Thready" pulse, "passing out"

The severity of symptoms can quickly change.

**All the above symptoms can potentially progress to a life threatening situation.*

ACTION FOR MINOR REACTION

If only symptoms are: _____

give (medication/dosage): _____

Then call:

1. Mother _____, Father _____ or emergency contact _____

2. Dr. _____ at _____

IF CONDITION DOES NOT IMPROVE WITHIN 10 MINUTES, FOLLOW STEPS 1-3 BELOW.

ACTION FOR MAJOR REACTION

If ingestion/contact with substance is suspected and/or symptoms are: _____

Immediately give (medication/dosage): _____

Then call:

1. **911 RESCUE SQUAD (ask for advanced life support)**

Then call:

2. Mother _____, Father _____ or emergency contact.

3. Dr. _____ at _____

Do not hesitate to call 911!

Parents' Signatures _____ Date _____

Doctor's Signature _____ Date _____

Lunch Form

NEW HAVEN LAWN CLUB SUMMER PROGRAM AND TENNIS ACADEMY 2016

Member # _____ Member Name: _____ Child's Name: _____ Child's age: _____ Allergies: _____

Lunch for Week of: June 13 June 20 June 27 July 5 July 11 July 18 July 25 Aug 1 Aug 8 Aug 15

Camp attending: NHLC Summer Program NHLC Tennis Academy Split-Day Camp: NHLC Tennis Academy/NHLC Summer Program Specialty Camp: _____

Check one sandwich and one beverage for each day. *Please make a second choice for PB & Jelly. This choice may not be available during certain weeks, due to allergies. For families with food allergies, please note that peanut butter is served at the Snack Bar. All children with allergies must provide an Emergency Health Plan and epipen to Summer Program staff. (If your child stays for Aftercare, please communicate with Summer Program staff about Snack Bar selections made during Aftercare.)

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Sandwich <input type="checkbox"/> PB & Jelly* \$3.50 <input type="checkbox"/> 1/2 PB & J* with side salad \$4 <input type="checkbox"/> Bacon, egg & cheese \$6 <input type="checkbox"/> BLT \$5.25 <input type="checkbox"/> Grilled Cheese \$3.75 <input type="checkbox"/> Grilled Cheese w/tomato \$4.25 <input type="checkbox"/> Grilled Cheese w side salad \$5 <input type="checkbox"/> Cheese Quesadilla \$4.50 <input type="checkbox"/> Grilled Chicken Sandwich \$7.25 <input type="checkbox"/> Hamburger \$6.75 <input type="checkbox"/> Cheeseburger \$7.25 <input type="checkbox"/> Turkey burger \$5.25 <input type="checkbox"/> Turkey burger w/cheese \$6 <input type="checkbox"/> Veggie burger \$6.75 <input type="checkbox"/> Veggie burger w/cheese \$7.25 <input type="checkbox"/> Hummels Hot Dog \$3.75 <input type="checkbox"/> Turkey Sandwich \$7.25 <input type="checkbox"/> 1/2 Turkey Sandwich with side salad \$6.25 <input type="checkbox"/> Tuna Sandwich \$7.25 <input type="checkbox"/> 1/2 Tuna 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Lunch Form

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