

Health update



Dear FCWC Parents,

Camp week is soon approaching, which means Spring is finally on its way!
Hopefully bringing more sun, outdoor time, and less sick days!

Due to increasing concerns of viral illnesses in current events, I am sending this message to inform you of what we are doing to make sure our campers are protected during the week of Work Camp & how you can help as well!

What **FCWC** is doing:

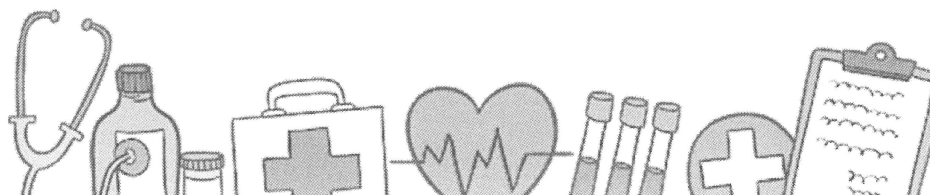
1. Screening **all campers** upon arrival to their Home Base.
2. Continued symptom screening during camp week.
3. A **return to home** for any camper with fever/Flu symptoms.

What **you** can do:

1. Please **do not send your child to camp** if they have had a fever, cold symptoms, & or vomiting in the last 24 hours.
2. Please remind your children hand washing is the **#1 way** to prevent the spread of illness!

Thank you for your partnership in this. Believing for an awesome week of Camp!

Sincerely,
Bethany Hudnell, RN
Medical Director, Flower City Work Camp



March 11 @ 10:30pm

Dear Volunteers,

We are working hard on final preparations for Flower City Work Camp 2020, and it is shaping up to be a fantastic year. We want to share a Pre-Camp Health Update with you so you can keep these points in mind and help us prepare for a healthy Work Camp environment.

The health and safety of our students and volunteers are very important to us, and we have worked consistently to make improvements in recent years. Last year, for example, we started conducting a 100% medical screening at the time of registration for all students. This year, we will also be emailing each of you ahead of Camp to make sure that you are healthy before reporting for your role leading, serving and blessing others.

All of our medical staff are amazing - typically a licensed registered nurse, but but may be an EMT, LPN, MD, PA or CNP - who are on hand 24 hours a day during Work Camp.

Some additional steps we are taking this year are to:

- Contact our home owners ahead of Camp to ensure that everyone in their household is healthy. In the event they are not, we have pre-selected some alternate homes to work on during the week.
- Check in with youth attending Sidewalk Clubs and Sports Camps to ensure they are healthy enough to attend.
- Add hand-washing stations at the entrance to the dining facilities so hands can be sanitized prior to eating.
- Disinfect common surface areas regularly so that germs don't linger and spread.
- Strictly enforce our "Shower Every Day" policy for students so that personal hygiene is maintained.

It is our intent to be smart about our preparations for Work Camp, and to have a wonderful week together. Please be praying with us for the same!

That the city might see Jesus!

- FCWC Planning Team



Flower City Work Camp Doctor Authorization

Your patient: _____ DOB: _____ is applying to attend a week of camp on their spring break in the Rochester area. There will be a Camp Health Nurse at camp during the week to provide for any health care needs of all campers. In addition to the use of basic medical supplies to provide for general health care, the Camp Health Director is able to consult with an area M.D., P.A. or C.N.P. should the need arise. Your office and the camper's parents would also be contacted should the situation warrant. Please review the following general prn orders, deleting (by crossing out and initialing) or adding any additional OTC or prescription medications. Your signature at the bottom will authorize the Camp Health Director to administer treatment should your patient require general health care during his/her week at camp. (The Camp Health Nurses meet all certification standards for Overnight Camps – He or she is typically an RN, but may be an EMT, LPN, MD, PA or CNP.)

Orders for Camp Nursing Care

Seasonal Allergy Symptoms: Benadryl, Loratadine, Cetirizine, or Fexofenadine per dosing instruction.

Mild Pain: Tylenol or Ibuprofen per dosing instruction.

Bee Sting WITH anaphylactic reaction (or ANY ANAPHYLACTIC REACTION): Give epinephrine (bee sting kit) and call 911 immediately.

Contact Dermatitis/Skin Allergies: Apply hydrocortisone cream per dosing instruction.

Stomach upset: Assess for dehydration, give clear liquids. Tums may be given for acid indigestion.

Fungal-type Skin infections: Apply Clotrimazole cream per dosing instruction.

Persistent Cough: Mucinex per dosing instruction.

ADDITIONAL PRN MEDICATIONS THAT MAY BE GIVEN:

MEDICATION RESTRICTIONS:

List all Allergies:

Medications _____

Food _____

Insect Stings _____

Other _____

List any food or activity restrictions:

Camper's Name: _____

Please list ALL medications (including over the counter or nonprescription drugs) taken routinely.

Medication	Dosage	Specific Time Taken	Purpose

Attach additional pages for more medications.

- Camper must keep inhaler with them at all times (check if applies).
- Date of last physical exam: _____
- Additional information that would be pertinent for the health staff at Flower City Work Camp _____

In my opinion, the above registrant is able to participate in an active camp program.

X _____
In my opinion, the above registrant is able to participate in an active camp program.

***Signature of Licensed Medical Personnel (MD, PA, or CNP ONLY)**

*(*This signature is required for any camper or for any staff member under the age of 19. By signing this form, the MD, PA or CNP is indicating they have read all four pages of this health form. An electronic signature is acceptable.)*

Date:

Printed Name of Physician: _____

Phone: _____

Professional Lic. Number: _____

Address: _____



Student Fact Sheet

East Camp Home Base: Browncroft Community Church, 2530 Browncroft Blvd, Rochester, NY 14625
West Camp Home Base: Bethel Christian Fellowship, 321 East Avenue, Rochester, NY 14604

WHAT TO BRING

- | | |
|--|---|
| <input type="checkbox"/> Durable, warm clothing: jeans, sweatshirts, socks | <input type="checkbox"/> Bible |
| <input type="checkbox"/> Sturdy shoes or work boots | <input type="checkbox"/> Pen or pencil |
| <input type="checkbox"/> Rain gear | <input type="checkbox"/> Notebook or note paper |
| <input type="checkbox"/> Jacket | <input type="checkbox"/> Personal hygiene articles |
| <input type="checkbox"/> Plastic bags for wet or soiled clothing | <input type="checkbox"/> Towel and washcloth |
| <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> Spending money (there is a Camp store) |
| <input type="checkbox"/> Air mattress or foam pad | <input type="checkbox"/> Camera (no camera phones) |
| <input type="checkbox"/> Work gloves | <input type="checkbox"/> Bathing suit for showering (if desired for privacy in open shower areas) |
| <input type="checkbox"/> Tools (as told by work site leader) | |

DO NOT BRING

Portable electronics – cell phones, iPods, hand-held games, etc. These items will be confiscated if found.

SPECIAL NOTE REGARDING WORK CLOTHES

Flower City Work Camp requires that while students and adults are serving on Work Site Teams, Sidewalk Club Teams and Sports Camp Teams **no bandanas or plain white T-shirts will be worn**. These items are worn in Rochester as symbols of gang membership.

MONEY

Your registration fee covers all needs at Camp, including your Camp T-shirt. However, you'll want some spending money for the snack bar and merchandise store. A few dollars in cash is sufficient for snacks. New FCWC t-shirts, sweatshirt, car magnet and other merchandise will also be available for sale.

ACCOMMODATIONS

Students will be sleeping on the floor and will need to bring a sleeping bag or sheets and blanket. An air mattress or foam pad is strongly recommended. Shower facilities are available and students are expected to shower daily, so bring towels, soap, etc. Breakfast and lunch will be served daily at their Home Base and lunches will be brought to their Team onsite during the day.

PERSONAL HEALTH

All participants must have a current tetanus shot. The Student Registration Coordinator for Flower City Work Camp must be notified of any special health needs or conditions. Students are encouraged to shower daily to remove construction residue and to maintain general hygiene. **Students must also be covered by their family's personal health insurance.**

WEATHER

Weather for the Rochester area is unpredictable. It can be cold, snowy and rainy OR hot and sunny. Bring appropriate clothing and be prepared to get wet, dirty, and/or muddy.

LAUNDRY

No laundry facilities are available. Make sure to bring enough clothing to last the week.

FREE TIME

Some free time is built into each day for using the gym, socializing with friends, writing encouragement notes, and naps.

If you have any further questions or concerns about Flower City Work Camp, contact your Youth Leader or the Student Registration Coordinator, Jill Herman at students@flowercityworkcamp.org.

Typical Day

A Day in the Life of Flower City Work Camp

Work Camp begins with registration on Sunday and continues through the closing session of praise and testimony on Thursday ending at 11:30 a.m. In between are times of work, prayer, teaching, worship, socializing, eating and (a little) sleep. Here's a typical day at Flower City Work Camp:

6:00a.m.	Wake – up
6:30a.m.	Breakfast Shift #1
7:00a.m.	Breakfast Shift #2
7:30a.m.	Morning Praise & Worship
8:00a.m.	Depart for work sites
8:30a.m.	Sidewalk Clubs get together to prepare music, lessons and drama for the day; Work sites arrive and begin preparing for a day of work, which might include cleaning out basements, putting up dry wall, painting, installing new windows, yard work, installing ceilings and flooring, bathroom repairs, new kitchen cabinets and counters, etc., etc., etc. Basketball Camps and Soccer Camps head out to the community center to begin passing out invitations and preparing for the day's camp
9:00a.m.	Agency Support teams depart for their sites of service
11:00a.m.	Prayer walks for some work sites; Sidewalk Clubs head out to their sites to pass out invitations and take a Prayer Walk through the neighborhoods in which they'll be serving
Noon	Lunch and devotions for work sites; Sidewalk Clubs begin their first club
1:00p.m.	Work sites continue cleaning, repairing and installing
2:00p.m.	Prayer walks for some work sites
3:00p.m.	Sidewalk Clubs begin the second Club of the day
4:00p.m.	Work sites begin cleanup to prepare to head back to Home Base
4:30p.m.	Dinner is underway at Home Base; Sidewalk Clubs & Agency Support teams prepare to return to Home Base; free time until evening session for writing notes for Encouragement Envelopes, getting to know new friends, showering, etc.
7:00p.m.	Evening session of worship, prayer, teaching and videos
9:30p.m.	Snack Bar opens
10:00p.m.	Cabin Time
11:00p.m.	Lights out!

FLOWER CITY WORK CAMP

Rules

Review the following rules for Camp before submitting your student application. Any questions should be directed to your Youth Leader or the Student Registration Coordinator, Jill Herman.

Rule 1: Students may not leave Home Base or their Work Site during Work Camp (i.e., from arrival on Monday until dismissal on Friday). Specifically - No doctor or dentist appointments, jobs, sports practices, running. No taking students to home for showers. No taking to restaurant for lunch. No arriving at Camp late for registration. No leaving camp early for vacation, sporting, or school events. No leaving camp on Friday morning before dismissal.

Reasons: Full participation in camp. Safety. Security. Fairness to other students. Get the most out of Camp.

Consequences: Students who leave camp will not be permitted to return. Students who leave camp early may not be accepted to attend Flower City Work Camp in subsequent years.

Exceptions: For a medical emergency you will be transported to the hospital or medical facility for immediate attention. For illness occurring while at your Work Site you will be transported to Home Base. Other exceptions are (rarely) granted with prior permission of the FCWC Executive Committee only.

Rule 2: No alcohol, cigarettes, or drugs.

Reason: Health of students. Obedience to the law.

Consequences: Substance will be confiscated and destroyed or turned over to the authorities. Discussion with Youth Leader/Pastor, parents, and/or police as needed. Possible arrest. Student may be dismissed from Camp.

Exceptions: None.

Rule 3: No personal listening or communication devices (cell phones, beepers, iPods, portable CD players, etc.)

Reason: Our desire is to promote community and communication and to avoid isolation. Personal listening devices limit communication. Our desire is that the focus of the week will be Flower City Work Camp and personal listening/communication devices are a distraction from that focus.

PLEASE do not invite temptation – leave these items at home!

Consequence: The device will be confiscated.

Exceptions: None.

Rule 4: No food or drink is permitted outside of the cafeteria or designated eating areas.

Reason: Prevent spills, mice, rats, ants, etc. We desire to respect the property of our host churches by keeping ALL food out of the sleeping rooms.

Consequences: Students will be asked to return to the eating area. Food found in the sleeping areas will be confiscated and stored in an acceptable place. This includes candy and gum.

Exceptions: None.

Rule 5: No showers before 5:00 AM or after lights out. (This applies to East Camp)

Reason: Students need sleep in order to work well during the day and stay awake during sessions.

Consequence: Students seen in the hallway will be told to return to their room. Discussion with the Youth Leader.

Exceptions: None.

Rule 6: No boys in girls' rooms or girls in boys' rooms.

Reason: To promote an atmosphere of purity. Eliminate possibility inappropriate behavior.

Consequences: Students seen in the wrong rooms will be asked to leave that room immediately. Discussion with the Youth Leader.

Exceptions: None.

Rules (cont.)

- Rule 7:** No PDA's - public displays of affection (e.g., kissing, hugging, holding hands).
Reason: PDA's distract from the focus of Work Camp.
Consequences: Students will be asked to stop immediately. Discussion with the Youth Leader.
Exceptions: None.
- Rule 8:** Students must attend all sessions (morning devotions, evening worship, and teaching time). Students must stay awake and participate during sessions.
Reason: The Flower City Work Camp experience depends on participation in ALL aspects of Camp.
Consequence: Students not attending a session will be escorted to the meeting room. Discussion with the Youth Leader.
Exceptions: Illness or injury confirmed by an adult leader.
- Rule 9:** Students must attend all meals and eat. If a student is allergic to a particular food the kitchen staff should be notified so an alternative can be provided.
Reason: It is important for students to maintain the strength needed to work properly and be attentive during sessions. Proper diet is vital to a successful Work Camp experience.
Consequence: Students found missing a meal will be sent to the cafeteria. Discussion with the youth leader.
Exceptions: None.
- Rule 10:** No telephone calls are to be made from Home Base or the Work Site. No borrowing of an adult's cell phone.
Reason: Respect for Home Base and the homeowner's phone bills. Students should be focused on Camp and not on calling home, friends, etc.
Consequences: Discussion with the Youth Leader.
Exceptions: Major family crisis (e.g., illness or death in the family) as monitored by a Leader.
Note: In case of emergency (e.g., "I forgot my sleeping bag"), Home Base will make calls on behalf of the student.
- Rule 11:** Visitors must obey the Visitor Policy established for Work Camp.
Reason: FCWC is primarily for Work Camp participants. Facilities are already stretched to the limit with the number of people officially participating. Safety issues (need to monitor those who are in the building).
Consequences: Visitors who "overstay their welcome" will be requested to leave.
Exceptions: None.
- Rule 12:** All property at Home Base and on the Work Site should be treated with respect. No rough-housing or other behavior that could cause injury to others or damage to property.
Reason: We desire to present a caring Christian witness to those for whom we work and to the churches that are generous to host us.
Consequences: Broken or damaged property will be replaced or repaired by the responsible individual(s). If damage is done intentionally, student will be asked to leave camp.
Exceptions: None.
- Rule 13:** Flower City participants should dress modestly. For example: underwear should be covered, no short shorts, no exposed midriffs. Participants will avoid inappropriate messages on clothing.
Reason: It is our desire not to be a stumbling block to our brothers and sisters in Christ by the things we do or the clothes we wear.
Consequences: Participants will be required to change clothes.
Exceptions: None.

FLOWER CITY WORK CAMP

Areas of Maturity

Expectations for All Students Participating in Flower City Work Camp

- ✝ The following areas of maturity are required of all students attending Flower City Work Camp.
- ✝ Please review these with your youth leader or pastor.
- ✝ By signing your Student Application form, you are committing to live up to these expectations.
- ✝ Failure to live up to these requirements will have consequences.

MATURITY TO WORK

Flower City Work Camp requires three full days of work to complete the tasks on the Work Sites, Sidewalk Clubs and Sports Camps. All students are expected to give their best effort for all three days. This may mean working when you are tired or doing jobs that you may not "like."

MATURITY TO PARTICIPATE IN PROGRAMS

All students are expected to fully participate in all morning and evening programs. This means participating in singing and praying, as well as giving full attention to the speaker during teaching times.

MATURITY TO OBEY LIGHTS OUT

Sleep at Flower City Work Camp is a limited and precious commodity. It is critical all campers obey the time for lights out so they, and those around them, can get the rest they need to perform their work and be alert during programs.

MATURITY TO OBEY THE RULES

All students and their parents are expected to read and obey the rules.