

Camper Health Information

We want your camper to be happy and healthy during her time at Hollymont. Our camp nurses do a great job of providing both "mother" and medical care but your input is essential.

We need the:

green CAMPER HEALTH HISTORY (FORM 1) - completed by parent or guardian

pink CAMPER HEALTH-CARE RECOMMENDATIONS (FORM 2) - completed by licensed medical personnel (also referred to as the health exam form 2).

First time campers:

You will need to complete the green **CAMPER HEALTH HISTORY (FORM 1)**.

You will need to complete the pink **HEALTH-CARE RECOMMENDATIONS (FORM 2)**.

If your daughter has had an exam recently, her physician may elect to complete the pink health (form 2) without a new exam. The health exam upon which the pink health form 2 is based must have been conducted after August 13, 2009 (within 24 months of the 2011 summer).

Returning campers:

You will need to complete the green **CAMPER HEALTH HISTORY (FORM 1)**.

The pink 2010 Hollymont health form 2 was based on an exam conducted _____.

____ You will need to complete the pink **HEALTH-CARE RECOMMENDATIONS (FORM 2)**.

____ You will not need to complete the **HEALTH-CARE RECOMMENDATIONS (FORM 2)** for 2011 **if your daughter's health has not substantially changed since her last exam.**

Your daughter's most recent health exam form 2 was based on an exam conducted after August 13, 2009 (within 24 months of the 2011 summer).

A Word Regarding ADHD Medications:

Sometimes doctors recommend that children not take their medications during the summer since they are out of school.

Camp is TWICE as intense as school.

There is constant stimulation from 8 am – 9/10 p.m.

Based on years of experience, it is our recommendation that campers take their ADHD medications while at camp.