

# **PRE-CAMP**

# **GUIDE**

**FOR PARENTS OF CHILDREN  
ATTENDING ASTHMA CAMP**





## Camp Easy Breathers 2023

Camp Easy Breathers is designed to provide physical and social experiences that are fun while increasing a child's understanding of his or her asthma. This packet of information was developed for parents of children who are attending or thinking of attending camp. We hope that this Pre-Camp Guide will also assist you as you prepare for your child's camp experience once selected for camp.

When getting ready for asthma camp, please keep in mind that this is a great opportunity for your child to learn about managing and living with asthma, meet other children who have asthma, and have a great time. We have included some basic camp information along with some important dates and reminders you'll need to keep in mind to ensure a great camping adventure for your child.



## INSTRUCTIONS AND CONTACT INFORMATION

Dear Parents,

Congratulations for taking an important step in successfully managing your child's asthma by showing interest in our asthma camp program. Your child will not only enjoy all the activities that we have scheduled, but will also gain a better understanding of how to live with asthma.

### Can my child attend Camp Easy Breathers?

#### **Requirements for campers are:**

- **Children between the ages of 7 to 14 with moderate to severe asthma and no other limiting physical conditions.**
- **Children who have had emergency visits to their doctors and/or an emergency department, or miss a lot of school due to asthma.**
- **Children who can benefit from an asthma education program**
- **Children already on controller medications, such as inhaled steroids (Advair, Asmanex, Dulera, Flovent, Pulmicort, QVar, Symbicort)**

If your child meets the above requirements, please read all instructions on this guide. If you decide to apply for this summer's camp program, you will need to obtain a **CAMPER APPLICATION PACKET** (Health Forms) and submit all forms included in the packet before the deadline. Please remember that you will be required to attend a camp registration/orientation **with your child before** camp begins. Registration dates will be shared with you once your child is approved to attend camp.

The Camp Easy Breathers Health Forms and Physician's Health Form must be completed in order to be considered for camp. The Camp Easy Breathers Health Form, along with all other required forms can be downloaded from our website or you may call us and we will mail out an application packet.

We cannot guarantee that your child will attend camp upon completion of all forms. Because of space, personnel and financial limitations, we will be accepting applications based on the following:

- Completed and returned application packet
- Asthma category and symptoms
- Need for an asthma education program

Please read the following information carefully before submitting your application. Remember that your child may only attend camp if he/she meets all requirements for asthma camp.

## **Completing Your Child's Application**

In order to complete your child's application, please review the following and submit all completed forms as soon as possible.

Your child's application needs to include the following forms:

1. The Camp Easy Breathers Health Form completed and signed by the applicant's **parent or legal guardian**.
2. Your child's current Immunization Records, if not attending public school.
3. A copy of the applicant's current health insurance card or other documentation of the applicant's enrollment in health insurance coverage.
4. An updated Asthma Action Plan from your child's asthma/allergy or primary care doctor.
5. An updated Anaphylaxis Emergency Plan from your child's asthma/allergy or primary care doctor.

Eligibility for selection to attend Camp Easy Breathers is conditioned upon completion of all forms, releases, and applications contained herein, maintenance and the provision of a copy of the camper's health insurance card, and compliance with any and all requirements of these documents, the policies and procedures of Camp Easy Breathers and applicable law. Camp Easy Breathers reserves the right to verify or re-verify the accuracy and completeness of such information.

Once your application is received, a health care professional will review all of the information and determine whether your child is eligible to participate. We will notify you if your child has been accepted for this year's camp. Once we contact you, you and your child will be required to come in person to register and review medical information before camp begins. We will give you a date and time when this will be taking place.

**Camp Easy Breathers staff appreciates your interest in sending your child to asthma camp.**

**Application Forms must be submitted by noon on  
May 19, 2023**

**Forms may also be faxed to (361) 808-2022. If you do not get a fax confirmation email/phone call in 24 hours, please give us a call. Completed packets can also be mailed:**

**Driscoll Children's Hospital  
Pulmonary Function Laboratory  
Sloan Building 5th Floor  
3533 S. Alameda  
Corpus Christi, Texas 78411**

There is no charge to the families or volunteers to attend camp.

Driscoll summer camp is made possible for your child through the generous gifts from amazing individuals, organizations, foundations, and corporations!

The camp includes all meals, snacks and activities.

**If you have any questions please call Aracely Bigelow, RRT (Shelly) at**

**(361) 694-4580 or**

**e-mail: [aracely.bigelow@dchstx.org](mailto:aracely.bigelow@dchstx.org)**

**CAMPER REGISTRATION**  
**IMPORTANT- PLEASE READ!**

All applications will be accepted until the deadline of **5:00 p.m. May 19, 2023.**

Please submit as early as possible.

We have a limited amount of campers we can accept each year.

**All applications will be considered on a first come, first served basis.**

On or before this date, the Camp Easy Breathers' medical staff will review all of the completed applications and a determination of your child's eligibility will be made.

Once campers have been selected, you will receive notification by phone.

At this time, we will schedule you for one of the registration sessions.

**IMPORTANT:** All **campers and parents** are required to attend one of these registration sessions before the child can attend camp. A parent or legal guardian **MUST** accompany the child to this registration. All consent forms will need to be completed and signed at this time.

Your child's health and safety at camp is very important. These sessions are designed to ensure we have all of your child's medical information correct and available so that we can best treat your child during camp and in case of emergency. This is also an opportunity to meet some of the medical staff and ask any questions you may have. At registration, the child's health history and all current medications will be reviewed by the medical staff. You will need to bring all of your child's current medications, including all prescribed inhalers. We will also take pictures of your child for identification purposes. We will review all health information and answer any questions you may have.

*Any questions about the application or registration process will be handled by the camp director or assigned staff. Camper inquiries will not be dealt with on a "drop in" basis at the pulmonary clinic. Please make sure to call us. We will do our very best to return your call as soon as possible.*

## IMPORTANT DATES TO REMEMBER

**Tuesday, May 19, 2023**

**Last day to turn in application forms**

**Friday, June 2, 2023**

**Last Day to Register** (camp staff will notify you regarding registration dates)

**Monday, June 12, 2023**

**First day of camp**

**Arrive/Check in starting at 1:30 p.m.**

(specific arrival time for your child will be given at registration)

**Thursday, June 15, 2023**

**Last day of camp**

**Parent Arrival @ 1:30 pm for Asthma Education and Awards Celebration**



## APPLICATION FORMS CHECKLIST

1. **Camp Easy Breathers Health Form**  
*Available for download at [www.driscollchildrens.org/campeasybreathers](http://www.driscollchildrens.org/campeasybreathers)*
2. **Immunization Records (if not attending public school)**
3. **Copy of child's health insurance card**
4. **Asthma Action Plan from your child's asthma/allergy or primary care doctor.**
5. **Anaphylaxis Emergency Plan from your child's asthma/allergy or primary care doctor.**

*The following consents and release forms will be made available and will need to be completed and signed at your designated registration date.*

6. **HIPAA Release Form**
7. **Camper Information Form**
8. **General Consent & Release Form**
9. **Acknowledgement of Behavior Policy Form**
10. **General Authorization Form**





# What to Bring To Camp

## Packing List

- ❖ **For Sleeping**
- ❖ Pillow and pillow case
- ❖ 2 sheets and a blanket/comforter to fit a twin bed or a sleeping bag
  
- ❖ **Clothing (enough for 5 days)**
- ❖ Comfortable closed toe shoes (tennis shoes and/or hiking boots)
- ❖ **One extra pair of shoes** to get wet during water games
- ❖ Flip flops (sandals) to wear at swimming pool and in shower
- ❖ Shorts
- ❖ T-shirts
- ❖ Socks
- ❖ Underwear
- ❖ One pair of jeans or long pants
- ❖ Jacket/sweatshirt
- ❖ Swimsuits (2 pc bikinis not allowed/ tankinis are ok)
- ❖ Pajamas
- ❖ Shirt and shorts that could be disposed of
  
- ❖ **Toilet & Hygiene**
- ❖ Towels (4)
- ❖ Beach towel
- ❖ Washcloths
- ❖ Soap & shampoo
- ❖ Toothbrush & toothpaste
- ❖ Comb/brush
- ❖ Chapstick/Lip Balm
- ❖ Other personal needs
- ❖ Feminine Hygiene Products
  
- ❖ **Miscellaneous but necessary**
- ❖ Laundry bag or extra pillow case
- ❖ Flashlight and extra batteries
- ❖ Games/activities for cabin quiet time
- ❖ Raincoat/umbrella
- ❖ Hat(s)/ Head cover
- ❖ **Sunscreen**
- ❖ **Insect repellent (lotion preferred)**
- ❖ Sunglasses (with UV protection)
- ❖ Notebook & pen
- ❖ Disposable cameras allowed

### **What NOT to bring:**

**Cell phones** (please see camp policy)  
Silly string  
Balloons  
Pets  
iPods/MP3 Players/Walkmans\*  
Digital Cameras\*  
Other Valuables\*  
Expensive ear phones/buds\*  
\* We cannot guarantee the security of these items and suggest that they remain at home.

### **Possession of any of the following items will lead to immediate dismissal from Camp Easy Breathers:**

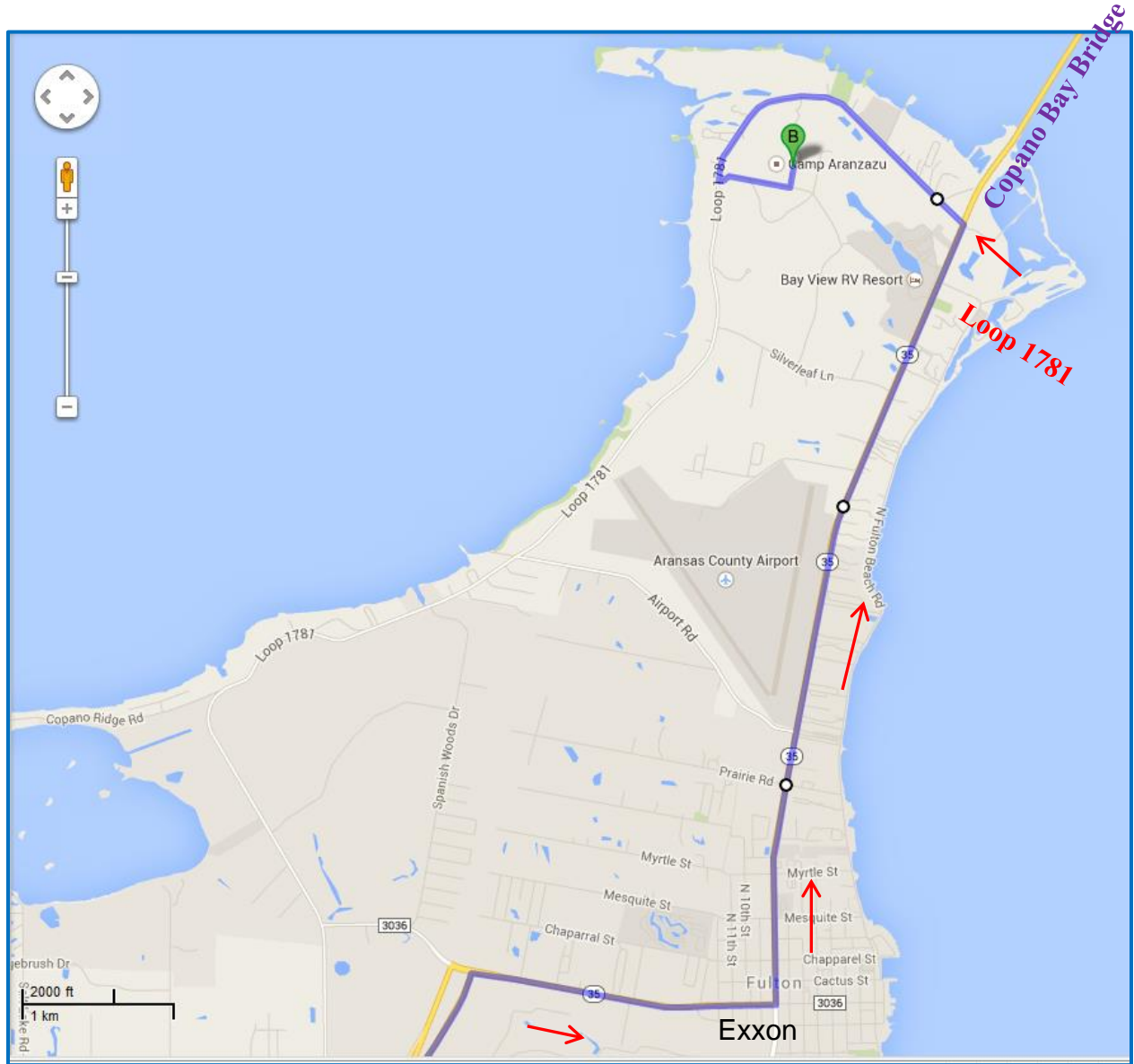
Weapons (of any sort)  
Firearms or ammunition  
Knives (no pocket knives)  
Firecrackers  
Mace or pepper spray  
Sexually explicit materials  
Laser pointers  
Illegal drugs  
Inhalants (unless prescription)  
Alcohol  
Tobacco products, matches, lighters, e-cigarettes/vaping products

**Please ensure that all items are labeled with the camper's name.**

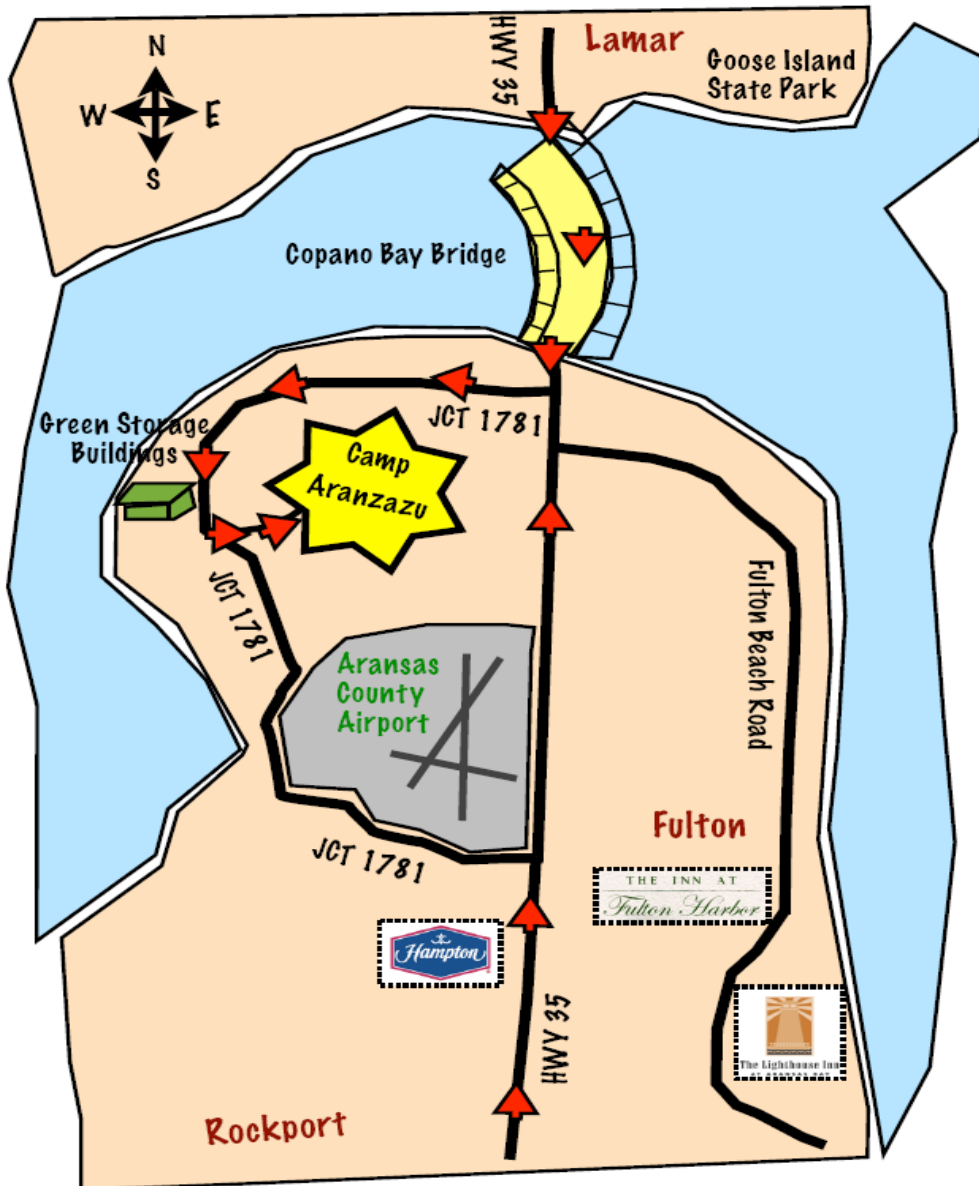
**☺ MEDICAL – Please bring all medications your child is taking!**  
**ALL MEDICATIONS MUST BE IN THEIR ORIGINAL CONTAINERS**  
**Properly Labeled with Child's Name and Name of Medication with**  
**Dose!**

# MAP TO CAMP ARANZAZU

(From Corpus Christi, Tx.)



*From Corpus Christi*



Just follow the RED arrows to Camp Aranzazu!



## **IMPORTANT CONTACTS**

**During the camp week, please call the Camp Aranzazu Office if you need to speak to the staff.**

**The camp director and camp coordinator will have cell phones, but the service is not always reliable depending on the location at camp.**

Camp  
Aranzazu

(361)727-  
0800

5420 FM 1781  
Rockport, Tx.  
78382-7622

[www.camparanzazu.org](http://www.camparanzazu.org)

Camp  
Director

Aracely Bigelow

(361) 694-  
4580

[aracely.bigelow@dchstx.org](mailto:aracely.bigelow@dchstx.org)

Camp  
Coordinator

Yadira Claudio

(361) 694-  
4464

[yadira.claudio@dchstx.org](mailto:yadira.claudio@dchstx.org)

Driscoll  
Children's  
Hospital

(361)694-  
5000

3533 S.  
Alameda  
Corpus Christi,  
Tx.  
78411

[www.driscollchildrens.org](http://www.driscollchildrens.org)

Camp Easy  
Breathers'  
website

[www.driscollchildrens.org/campeasybreathers](http://www.driscollchildrens.org/campeasybreathers)

