The Camp Erin Volunteer
Providence Hospice of Seattle
Volunteer Requirements

Providence Hospice of Seattle volunteers must meet the following requirements:

Core Criteria
The volunteer must have qualities of warmth and compassion, the ability to communicate clearly and effectively, and be committed to Providence Hospice of Seattle goals and philosophy. Volunteers provide non-judgmental and empathetic support to patients and their families.

Health
The volunteer must be in good physical condition and should disclose any physical limitation (such as an injured back) to Volunteer Services staff. If the volunteer is in recovery or remission from a serious illness, they will regularly evaluate their ability to serve as a volunteer with their Volunteer Coordinator.

Personal Loss History
If a volunteer has experienced a recent loss, they will evaluate their readiness to work directly with patients and families together with Volunteer Services and/or Grief Support Services staff. The national norm is that hospice volunteers do not provide direct patient care services for the first twelve months after a personal loss. (This does not apply to volunteers who provide administrative/program support.)

Transportation
A volunteer provides their own transportation (car, bus, bicycle, etc.) to a patient’s residence. Volunteers who drive may be asked to run errands or to provide patient/family transportation. Volunteers are required to have and maintain proof of current automobile liability insurance and a valid Washington state driver’s license. Copies of these items must be included in a volunteer’s personnel file before they are permitted to drive for hospice-related business.

Training
Volunteers are required to participate in an orientation interview and attend core training (one evening session).

After core training, other requirements include:

- Patient Care volunteers are required to attend two-day training.
- Administrative/program support volunteers will receive on-the-job training.
- Bereavement and Safe Crossings volunteers must attend specialized trainings.
- Stepping Stones, Vigil and Spiritual Care volunteers must first attend Patient Care Volunteer training, and then attend specialized training.
- Complementary therapy volunteers must have experience working with hospice patients and provide proof of licensure in their complementary modality.
- Camp Erin volunteers must attend committee meetings and a specialized training.

Please note: Completion of volunteer training is not a guarantee of a volunteer placement. Training is the opportunity for Providence Hospice of Seattle and the prospective volunteer to discern the appropriateness of volunteering in our organization.

Personnel File
The volunteer must submit all required personnel file documentation (including personal references) prior to starting active volunteer service. Current copies of annual TB testing, driver’s license and auto insurance are also required.
**Confidentiality:**
The volunteer must sign and abide by Providence Hospice of Seattle’s confidentiality policies and is expected to demonstrate good judgment in determining which information to share with other team members.

**Time Involvement**
The volunteer commits to providing a minimum of four (4) hours of hospice service per week for one year after the completion of training (this does not include transportation, phone or documentation time.)

**Monthly Reports**
As team members, all volunteers who work directly with patients are required to document all contacts with patients, caregivers, and care team members on the appropriate forms and submit them to the office each month. Volunteer documentation becomes a permanent part of the patient’s medical record.

**Time Sheets**
Volunteers must document and submit the number of hours of hospice service he or she has performed at the end of each month.

**Evaluation**
The volunteer must complete an annual self-evaluation and program evaluation to be reviewed by or with the appropriate Volunteer Coordinator.

**Continuing Education and Volunteer Support Meetings**
Volunteers are expected to attend mandatory trainings, continuing education events and support meetings. Continuing education events are designed to build and refine patient care skills, inform volunteers about emerging issues in hospice care, and promote self-care. Support meetings provide volunteers an opportunity to discuss concerns, share experiences, ask questions and give support to one another.

**Communication/ Supervision**
The volunteer is expected to maintain regular contact with the Volunteer Coordinator and their assigned patient’s Care Team to ensure that patient, volunteer, and program issues are addressed in timely manner.

**TB Screening**
The volunteer will be screened for tuberculosis in compliance with Providence Hospice of Seattle’s TB screening policy. The volunteer must have documented proof of a negative TB test.

**Background Checks**
All volunteers are subject to a standard Washington State Patrol criminal history check, as well as other standard background checks.
Camp Erin Volunteer Position Description

Position Title: Camp Erin Volunteer
Reports to: Camp Erin Coordinator
Supervises: No one

Basic Function: To assist in the development and implementation of Camp Erin, a program of Providence Hospice of Seattle (PHOS). Camp Erin volunteers participate as a Committee Member, a Cabin Big Buddy, a Back-up Big Buddy, or a Clinical Point Person. As needs arise and shift a volunteer may be given an opportunity to accept a different assignment. Volunteers may decline an assignment at the time it is made.

Position Specifications and Qualifications:
1. Completion of trainings.
2. Ability to view campers with respect, compassion and acceptance.
3. Ability to be flexible.
4. Listening and communication skills.
5. Dependability, responsibility and reliability.
6. Recognition of when consultation with a PHOS Staff person is appropriate.
7. Ability to operate as a member of the team.
8. Must be eighteen years or older.
9. Must submit a copy of results of a PPD (TB) skin test each year.
10. Commit to being at camp for as long as your camp role demands.
11. Maintain a tobacco, alcohol, and illegal-substance free environment.

Standards of Performance: Each of these is considered an essential function.
1. Treat all others with respect and compassion.
2. Keep camper information confidential.
3. Consistently demonstrate principles of safety.

General Duties and Responsibilities for all Camp Erin Volunteers:
1. Maintain strict confidentiality in all camper contacts and with all camper information.
2. Attendance at mandatory trainings and relevant meeting prior to camp.
3. Attendance at camp for the entirety of the period your role necessitates and participation as a member of the camp community.
4. Immediate reporting to a PHOS Staff person if child is threatening harm to self or others.
5. Reporting of volunteer hours.
6. Open communication regarding role, programmatic concerns, and complex situations.
7. Adherence to PHOS policies and procedures.
8. Adhere to camp rental site’s policies and procedures.
9. Allow space for capers to work through their own grief process.
10. Assist campers in the activities provided during the weekend.
11. Utilize PHOS staff and Clinical Point People for support.
12. Notify PHOS staff of any concerns you have of campers even if they arise after camp.
13. Honor Safe Crossings policy not to communicate with clients outside of program (e.g., through a social networking site, e-mail, phone, and so on). Moreover, if a client initiates communication with you outside of program you will notify Safe Crossings Staff.
14. Aware of the rules for all campers and volunteers:
   a. Confidentiality.

(over please)
b. Respect one another / no put downs.
c. You can always pass - if someone does not wish to talk, it is OK.
d. Campers always stay with their Cabin Big Buddy.

Specific Roles:

Cabin Big Buddy Duties and Responsibilities:
1. Responsible for the four to five children in your cabin for the entire weekend.
2. Attend the Pizza Party to meet the campers and assist them in getting to know one another.
3. Greet the campers in your cabin and assist them in the registration process.
4. Facilitate rule setting and cabin bonding.
5. Responsible to know where your campers are at all time and to accompany them to each activity on time per the camp schedule.
6. Ensure that coverage of campers is maintained at all times, even during break times.
7. Update and communicate with your Clinical Point People at appropriate times.

Note: Because the Cabin Big Buddy role requires being responsible for their cabin of campers at all times, it is not feasible for Cabin Big Buddies to function in other roles at camp.

Back-up Cabin Bid Buddy Duties and Responsibilities:
1. Adhere to the same responsibilities as the Cabin Big Buddy.
2. Be available prior to camp for meeting and trainings relevant to another committee or committees of which you are a member.
3. Notify your Big Buddies the times you need to be available for the other committee(s).
4. At camp complete the tasks of your assigned committee(s) (e.g., Welcome, Games, Art) before returning to your cabin.
5. Provide coverage or relief if the other Cabin Big Buddies need a break or have to communicate to Providence of Seattle staff and/or Clinical Point People.

Committee Members:
1. Prior to camp assume a committee or committees to participate in at camp (e.g., snack, Movement, Ritual) with consultation form the Camp Erin Coordinator.
2. Provide plans in writing to the Coordinator with a proposed budget.
3. Attempt to obtain donations or discounts whenever possible.
4. Once the budget is approved, procure supplies.
5. At camp, support the area for which you are responsible.
6. Submit reimbursement forms with accompanying receipts, by no later than two weeks from the time of purchase.

Clinical Point People:
1. Meet with the Camp Coordinator and Clinical Lead of your camp to review role assignment.
2. Serve as a support to the Big Buddies of a multiple cabin assignment.
3. Assume an activity to support and facilitate.
4. Work with the volunteers before camp to procure the activity supplies and finalize the curriculum, with approval from the Camp Erin Coordinator and Clinical Lead.
5. Help as needed throughout the year, in trainings or at meetings.

Note: Clinical Point Person requires an educational and work background with bereavement. Whether or not a volunteer qualifies as a Clinical Point Person is at the discretion of the Clinical Lead.
As a Providence Hospice of Seattle Volunteer at Camp Erin I agree to the following:

1. To maintain confidentiality of all information related to patients, medical staff, employees, and other information, as appropriate.

2. To participate in all committee meetings and trainings relevant to my role.

3. To work with my co-committee members in creating a safe and healthy experience for the campers.

4. To submit timesheets and receipts of purchase on time to the Camp Erin Coordinator.

5. To make an initial one-camp commitment.

6. To provide open communication with the Camp Erin Coordinator regarding changes in my contact information; concerns and suggestions for the volunteer program; and problem solving with complex situations.

7. While at camp, immediately report to Camp Erin staff if a child is threatening harm to self or others.

8. To honor Safe Crossings policy not to communicate with clients outside of program (e.g. through a social networking site, e-mail, phone, and so on). Moreover, if a client initiates communication with me outside of program I will notify Safe Crossings staff.

9. To participate in an annual evaluation to review my activities as well as the agency’s, and complete an annual competency assessment.

10. To be reliable and dependable with all assignments. I understand that I can accept or decline an assignment.

11. To adhere to Providence Hospice of Seattle’s policies and procedures.

12. To actively support and incorporate the mission and core values of Providence Hospice of Seattle into daily activities.

13. To treat all others with respect and demonstrate excellence, justice and compassion in daily work and relationship with others.

14. To consistently demonstrate and incorporate principles of safety and infection control in daily activities.

15. To accept the Camp Erin Coordinator’s right to terminate me, should policies or procedures not be adhered to and/or it becomes evident that the best interests of the patient, myself and/or Hospice are not being met.

I have read the Providence Hospice of Seattle Volunteer Contract and have had the opportunity to ask questions and discuss its contents with the Camp Erin Coordinator.

Volunteer Signature___________________________________________Date_____________________

Camp Erin Coordinator Signature_________________________________Date_____________________
WHAT TO BRING TO CAMP ERIN (Volunteers)

Please bring:

- A watch (to make sure we stay on schedule); you may also want an alarm clock
- Toiletries, including towel, toothbrush & toothpaste (soap and shampoo provided)
- Comfortable clothes/shoes for both sun and rain
- Flashlight/headlamp
- Sunscreen and insect repellent
- Cell phone (to get in touch with us if needed)
- Optional: Swimsuit (we won’t swim but there will be canoeing and kayaking)
- Optional: Sleeping bag, pillow (sheets, blankets, and a pillow provided by Camp Korey)

In addition, please wear your Camp Erin t-shirt to camp on Friday.

Please DO NOT bring:

- A camera. We have an official photographer who will take pictures over the weekend.
- Alcohol or drugs (other than medications that are prescribed to you)
- Weapons of any kind

In addition, please note that campers have been asked NOT to bring the following items. Please use common sense when packing your own items.

- Electrical appliances (including hair dryers, curling irons, electric shavers, etc.)
- Electronic games (such as Gameboys), PDAs (Blackberries, iPad, etc.), or laptop computers
- Music or other media players (iPods and other MP3 players, Walkman players, boom boxes, CD/tape players, etc.)
- Cell phones or pagers

(Please see other side for camper packing list that is provided to camper parents/guardians)
CAMPER PACKING LIST (this is what campers are told to bring)

Campers are asked to bring the following items to camp:

*All items should be labeled with the camper’s first and last name.*

- Toiletries, including towel, toothbrush & toothpaste
- Warm coat or jacket
- Heavy sweater/sweatshirt
- Rain gear
- Pajamas
- Tennis shoes
- Warm hat for the evening
- Flip Flops (for showers) and/or Sandals (need to have heel support i.e. straps)
- Underwear & Socks
- Flashlight
- Long pants and shorts
- Shirts, t-shirt (each camper receives a camp t-shirt as well)
- Sunscreen and insect repellent

In addition, campers should bring:

- All medications the camper will need while at camp; keep them separate when packing as you will need them at registration, only bring necessary amount (not the entire bottle)
- A picture of the person that died (a color copy is fine) no larger than 4X6. Keep this separate when packing as you will need it at registration/check-in at camp.
- Any comfort items needed to ease bedtime (such as a favorite blanket or stuffed animal)

Campers should NOT BRING:

- Electrical appliances (including hair dryers, curling irons, electric shavers, etc.)
- Electronic games (such as Gameboys), PDAs (iPad, etc.), or laptop computers
- Music or other media players (iPods and other MP3 players, Walkman players, boom boxes, CD/tape players, etc.)
- Cell phones or pagers
Example: Camp Erin 2011 Schedule (Kids)

Thursday
10:00 – 4:00  Camp Set Up

Friday
10:00 – 11:30  Volunteers arrive
- Unpack, set up sleeping area, settle in
- Cars end up in Ranch House parking lot
11:30 – 12:30  Lunch and Application Review – Meadows Shelter
- Bring your own lunch
- Pick up name lanyard and t-shirt
12:30 – 1:00  Volunteer Meeting & Group Photo – Meadows Shelter
- Welcome (Chris)
2:00 – 3:00  Kids arrive - Cedars Parking Lot (Welcome Committee)
- Campers check in with RN - Pathway to Cedars Shelter
- Welcome Committee, BB & CPP meet and escort kids to Art Barn
- Frame and nametag decorating - Art Barn
- Organized drop-in activities/Games/Ice Breakers – Meadows
  (Games/Entertainment Committee)
2:00 – 3:30  Parent Tours – Cedars and Surrounding Areas
3:30 – 5:00  Parent Education Session – Cedars
3:30 – 3:45  Opening ceremony at flagpole (Beverly/Chris)
3:45 – 5:30  Move in/cabin bonding – Cabins
- BB facilitate small group discussion
  (Cabin icebreaker, Go over rules, Facilitate discussion of loved one who died)
- If you finish early, play in the Meadows, but don’t disturb other cabins
5:30 – 5:45  Walk to dining hall; stay outside dinning hall for circle up
5:45 – 6:00  Circle up: introduction of staff/Girl Scouts/review rules (Chris)
6:00 – 7:00  Dinner - Dining Hall
7:00 – 7:15  Introduce musicians (Melissa and Suzie)
Corners game – Dining Hall (Beverly of CPP)
7:15 – 7:30  Walk to amphitheater (fire will be built but not set)
7:30 – 8:30  Entertainment - Amphitheater (Games/Entertainment Committee)
- Rain alternative: Art Barn
8:30 – 9:30  Campfire & Remembrance Ritual
- Erin’s Story (Erin’s family)
- Photo Ritual (Beverly & Ritual Committee)
- Rain alternative: Art Barn
9:30 - 10:30  S’mores
10:30 Return to Cabin
- Cabins 4 & 5 may stay at the bonfire later
- BB facilitate end of day discussion
- Books available in respective shelters for bedtime stories
- Musician plays for children outside cabins
- Beverly checks in w/ cabins, along with CPPs

**Saturday**

7:00 Wake up
- Kids may put on swimsuits under clothes. BB may choose to have everything gathered for day and evening activities; Duffle bags provided for each cabin.

7:30 – 8:30 Breakfast - Dining Hall

8:30 – 9:00 Puppet show – Dining Hall

9:00 – 9:15 Walk to grief activity

9:15 – 10:15 Grief activities:
- Cedars – CB2 Girls, CB3 Boys & Girls
- Art Barn – CB1 Boys & Girls; CB2 Boys
- Dining Hall/Heart song Hill – CB4 Boys & Girls/CB5 Girls & Boys

10:15 – 10:30 Travel to next grief activity

10:30 – 11:30 Grief activities:
- Cedars – CB1 Boys & Girls; CB2 Boys
- Art Barn – CB4 Boys & Girls, CB5 Girls & Boys
- Dining Hall/Heart song Hill – CB2 Girls, CB3 Boys & Girls

11:30 – 12:00 Reconnect with BB; walk to amphitheater for lunch & swim.

***Attn Cabin 2 Girls, Cabin 3 Boys & Girls Big Buddies**** If you wish to save time, you will need to be sure that you have brought everything in your duffle bags that kids will need for the swim activity so you don’t have to walk down to the cabins and back to change clothes.

12:00 – 2:30 Lunch and swim (Amphitheater)
- Ice Cream Sundaes at 2:00pm
- If raining, games available in dining hall.
- Could also use this as down time if kids are tired or need alone time. If kids want to go to cabin, BB must accompany.

2:30 – 3:00 Change and walk to next grief activity.

3:00 – 4:00 Grief activities:
- Cedars – CB4 Boys & Girls, CB 5 Boys & Girls
- Art Barn – CB2 Girls, CB3 Boys & Girls
- Dining Hall/Heart song Hill – CB1 Boys & Girls, CB2 Boys

4:00 – 5:30 Cabin Bonding Time
- Commercials, Down time, Nap, Nature Walk, Games, etc.

5:30 – 6:00 Walk to dinner
Games in dining hall for kids that get there early

***Attn All Big Buddies: Be sure that kids have everything needed for evening activity (flashlight, bug spray, jacket/sweatshirt, etc) in duffle bag.
6:00 – 6:45 Dinner - Dining hall  
6:45 – 7:00 Walk to amphitheater (fire will be built but not set)  
7:00 – 8:15 Entertainment and campfire – Amphitheater (Entertainment & Games Committee)  
    - Rain Alternative: Art Barn  
8:15 – 10:00 Love light Ritual - Amphitheatre (Ritual Committee)  
    - Rain Alternative: Dining Hall  
10:00 – 11:30 Entertainment & Pizza - Dining Hall  
    - Campers may also want to return to cabin or shelter  
10:00 – 11:30 Option: Return to cabins anytime  
    - Big Buddies end of day discussion  
    - Books available in respective shelters for bedtime stories  
    - Musician plays for children outside of cabins  
    - Beverly checks in with cabins  

**Sunday**  
7:00 – 7:45 Wake up  
    - Pack and clean cabins  
    - Drop off luggage in shelters  
7:45 – 8:00 Walk to Breakfast  
8:00 – 8:45 Breakfast - Dining hall  
8:45 – 9:00 Walk to Amphitheatre  
9:00 – 11:00 Treasure Hunt – Amphitheatre (Entertainment & Games Committee)  
11:00 – 12:30 Parent Meeting – Meadows Shelter  
11:00 – 11:45 Odds and Ends – Dining Hall  
    - Group pictures, Evaluations, Campers can share their contact information w/ each other, Hang out, Snacks  
11:45 – 12:15 Ending Ceremony – Amphitheatre  
    - Pocket Heart Ceremony (Ritual Team)  
12:15 – 12:30 Walk to Meadows/Meet Parents  
    - Pick up objects at dining hall (bell and mandala piece) and Art Barn (diorama)  
12:40 – 12:45 Lower Camp Erin Flag  
    - All volunteers escort campers and parents to their cars  
12:45 – 2:00 ALL Volunteer clean-up  
2:00 – 2:30 Volunteer appreciation meeting - Meadows Shelter  

That’s All Folks!
## Example: Teen Camp Erin 2011 Schedule

**Thursday**
10:00 – 4:00  
Camp Set Up

**Friday**
10:00 – 11:30  
Volunteer Arrival
- Unpack, set up sleeping area, settle in
- Cars end up in Ranch House Parking Lot
- Big Buddies can use tarps in Cedars Parking Lot

11:30 – 12:30  
Lunch and Application Review – Meadows Shelter
- Brown Bag Lunch
- Pick up name lanyard and t-shirt

12:30 – 1:00  
Volunteer Meeting & Group Photo – Meadows Shelter

2:00 – 3:00  
Camper Arrival – Cedars Parking Lot (Welcome committee w/BB help)
- Campers check in with Camp RN – Pathway to Meadows Shelter
- Frame decorating – Meadows picnic shelter
- Organized icebreaker activities – Meadows Field between Pebbles and Ranch House

2:00 – 3:30  
*Parent Tours – Cedars and Surrounding Areas (Parent committee)*

3:30 – 4:00  
*Parent Dismissal – Cedars (Parent committee)*

3:30 – 4:00  
Circle Up – Meadow Shelter

4:00 - 4:30  
Travel to Teen Camp
- Girls to Alder Valley
- Boys to Wagons West

4:30 - 5:55  
Cabin Check In
- Hot Snack available in teen shelter areas. Cabin counselors review rules and offer small circle sharing with rain stick
- Cabins that finish early stay in cabin quietly or go to Cascades so as not to bother other cabins

5:55 - 6:00  
Travel to Cascades

6:00 – 6:05  
Drum Call – Cascades
- Review camp rules
- Introduction to evening’s agenda

6:05 – 6:15  
Erin’s Story

6:15 – 7:15  
Introductions to Activities
- Corners Game, Grief 101, group poem, labyrinth
7:15 – 7:30 Walk to Dining hall
7:30 – 8:15 Dinner
8:15 – 8:30 Walk from Dining Hall to Cascades
8:30 – 9:40 Cedar Bark Activity - Cascades
  - Introduction of special person
  - Set picture & candle on Cascade bunks
9:40 – 9:50 Walk to Wagons West
9:50 – 9:55 Entertainment Presentation
  - Intro to opportunities, respect those who want quiet space or go to bed early
9:55 – 11:45 Entertainment and S’mores – Wagons West
11:45 Sleep

**Saturday**
7:30 - 8:00 Wake up
  - Dress for challenge course
8:00 – 8:30 Breakfast – In respective sites (AV and WW)
8:30 – 8:45 Drum Call – Parking Lot
8:45 – 12:00 Challenge Course
  - Big Buddies take a break
  - Snack at Challenge course
12:00 -12:15 Intro to Writing activity/snack—Cascades (these are the same snacks there were at challenge course! Volunteer can bring them up)
12:15 – 1:00 Writing – Respective Cabins
  - Teens to change to Swim Gear
1:00 – 1:50 Lunch – Wagons West – All teen camp will eat together
1:50 – 2:00 Walk to Alder Valley
2:00 – 4:00 Mask activity
  - ½ Big Buddies take a break
  - Older teens at Alder Valley shelter
  - Younger teens at Cascade shelter
  - When teens finished with masks they can be walk labyrinth, journal, toss football. At 3:45 they can go to Teen dock to begin water safety.
3:45 – 4:15 Walk to Teen Docks – when finished with Mask activity
3:45 – 4:30 Canoe safety – Teen Docks – (Girl Scouts to lead) – we will fit jackets and do safety as cabins roll in from mask activity. It will keep numbers smaller like last year.
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<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>4:30 – 6:20</td>
<td>Beach time/Ice cream sundaes – Waterfront</td>
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<td></td>
<td>- Cabins can go back earlier, for hang out time, journaling, labyrinth,</td>
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<td>arts and crafts, and so on...</td>
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<td>6:20 – 6:30</td>
<td>Walk to Cabins</td>
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<td>6:30 – 6:40</td>
<td>Change Clothes</td>
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<tr>
<td>6:40 – 6:45</td>
<td>Walk to Cascades</td>
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<tr>
<td>6:45 – 6:50</td>
<td>Drum Call – Cascades</td>
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<td>- Go over evening’s agenda and walk to dining hall</td>
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<td>6:50 – 7:00</td>
<td>Walk to Dining Hall</td>
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<td>7:00 – 7:45</td>
<td>Dinner – Dining hall (past waterfront by 8p.m. for kids ritual)</td>
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<td>7:45 – 8:00</td>
<td>Walk to Cascades</td>
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<td>8:00 – 8:15</td>
<td>Intro to Luminary activity – Cascades</td>
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<td>8:15 - 9:15</td>
<td>Luminary activity</td>
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<td>- Younger Teens to Alder Valley Shelter</td>
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<td>- Older Teens to Cascade Shelter</td>
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<td>9:15 – 9:30</td>
<td>All campers gather together at Cascades shelter</td>
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<td>9:30 – 10:30</td>
<td>Luminary Ritual on lake</td>
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<td>10:30- 11:45</td>
<td>Entertainment – Wagon’s West (entertainment to light campfire)</td>
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<td>- Karaoke</td>
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<td>- Pizza</td>
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<td>- Labyrinth/quieter space in Cascades</td>
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<tr>
<td>11:45</td>
<td>Sleep</td>
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**Sunday**

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<th>Time</th>
<th>Activity</th>
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<tr>
<td>7:30 – 8:00</td>
<td>Wake up</td>
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<td>8:15 – 9:00</td>
<td>Breakfast – Respective Sites</td>
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<td>- Packs up things, Alder Valley put in shelter, Wagons West put near</td>
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<td></td>
<td>entrance (volunteers can put luggage out too)</td>
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<td>- Hold on to journals</td>
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<td>8:45 - 9:00</td>
<td>Lulu to meet with check in with girls camp (AV) and guys camp (WW)</td>
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<td>separately to talk about day’s events, evaluations and introduce cabin</td>
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<td>9:00 – 9:45</td>
<td>Cabin Sharing – Respective Cabins</td>
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<td>- Masks should be at cabins when kids arrive</td>
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<td>- Evaluations</td>
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<td>9:45 – 10:15</td>
<td>Odds and Ends – Wagons West</td>
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<td>- Group pictures/exchange contact info./snacks/hangout</td>
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<td>10:15 – 11:30</td>
<td>Open Mic – Wagons West</td>
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11:00 – 12:30  Parent Meetings – Meadows Shelter

11:30 – 11:45  Walk to Cascades
11:45 – 12:15  Closing – Cascades

- Remove Cedar barks
- Final Drum circle
- Muslin closing activity

12:15 – 12:30  Walk to Flagpole to meet Parents
12:30 – 1:00  Walk families to cars
1:00 – 2:00  ALL Volunteer Clean Up – Everywhere

- Volunteers may move cars from to Troop House 5 (as needed for packing)
- The girl scouts will deliver luggage to Cedars parking lot if desired

2:00 – 2:30  Volunteer Meeting – Meadows Shelter

That’s All Folks!
Prevent a Severe Food Allergy Reaction: Follow the FAST Formula

FACTS about Food Allergies
• Food allergy reactions can be triggered by a tiny trace of allergen
• A food allergy reaction can cause death within minutes
• Children with asthma are at the highest risk of dying
• Know every child’s emergency treatment plan

AVOID the Allergen
• Read food ingredient labels
• Clean tables, desks and other surfaces
• Wash hands often
• Check ingredients of art supplies and personal care products

SIGNS and Symptoms
• Itching of the mouth, swelling of lips and/or tongue
• Tightness of the throat and hoarseness
• Shortness of breath, coughing, wheezing
• Vomiting, diarrhea, cramps
• Weak pulse, dizziness, fainting
• Symptoms vary and can change quickly

TREAT Immediately
• Give epinephrine - do not delay!
• Call 911 and request that a paramedic respond
• Call emergency contacts

Seattle Children's Food Allergy
Community Health Education Program
seattlechildrens.org/foodallergy
Food Allergy Resources

Information about food allergies, including fact sheets, related legislation, newsletters, sample emergency plans, materials translated into Spanish, and more is available on these Web sites.

Accommodating Children with Special Dietary Needs (USDA)

American Academy of Allergy, Asthma, & Immunology (AAAAI)
www.aaaai.org

Food Allergy & Anaphylaxis Network (FAAN)
www.foodallergy.org

Food Allergy Initiative (FAI)
www.faiusa.org

Food & Drug Administration (FDA)
www.fda.gov/Food/FoodSafety/FoodAllergens/default.htm

Medline Plus

Washington State Schools Food Allergy Guidelines
www.k12.wa.us/HealthServices/Publications/09-0009.aspx

Seattle Children’s Food Allergy Community Health Education Program
In partnership with the Food Allergy Initiative (FAI) — Northwest, Seattle Children’s Food Allergy Community Health Education Program provides tools and resources to help create safer environments for children with food allergies. Our food allergy community health educator gives training and educational presentations to adults who care for children in a variety of settings, including schools, camps, day-care centers and community programs.

To schedule a visit with our food allergy community health educator, please call 206-884-1012 or e-mail foodallergy@seattlechildrens.org.

Contact us
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Community Health Education Program
TEL 206-884-1012
EMAIL foodallergy@seattlechildrens.org
WWW seattlechildrens.org/foodallergy