

### **MEDICAL HISTORY and HEALTH EXAM REQUIREMENTS**

We have included a health history and examination form for your child.

We require that each camper have a physical exam within 12 months of attending camp.

We also require that the history form be completed and **signed**. Any forms sent to us incomplete and/or not signed will have to be returned.

The deadline for mailing the health history/exam form is **May 15, Please no later.**

If your child has special requirements at camp such as food allergies, diabetes etc., we need your health history forms and medical information as soon as possible, no later than May 15.

#### **Medication Requirements**

If your child takes any medication, prescription or over the counter medication, you must use the "Authorization to Administer Medication" form. This form is to be brought to camp (DO NOT MAIL) along with any medication(s) a camper will be taking, this includes any over the counter medication. We cannot accept any medication without this form and it must be signed by your child's physician.

All med's must be in the original container bearing the pharmacy label with it's name, address telephone number, The date Rx was filled with pharmacist's initials on bottle. Also, name of the medication, directions for use & any cautionary statements (if applicable).

Please bring only the # of capsules/tablets which may be needed for camp stay.

A separate form must be used for each medication (make copies or print from our website) and needs to be completed by the parent and cosigned by prescribing practitioner. The dosage on the bottle must be the same dosage as written by prescribing practitioner.

Children with severe allergies requiring epi-pens should bring 2 pens to camp, one for their gym bag and one for the nurse.

Inhalers with spacers should be brought in a Ziploc bag with the child's name clearly marked. We do not allow any narcotic pain relievers at camp.

New Policy!

If your child needs any over the counter medication on a regular basis, such as Tylenol, ibuprofen for minor pain, cough syrup, cough drops or Benadryl for allergies, you must use the Medication Authorization Form, your child's physician must authorize all over the counter medication to be given at camp.

Thank you for your support and if you have any questions or need extra forms please call us at 888-345-8550 or see our website at [www.usgymnasticscamps.com](http://www.usgymnasticscamps.com)

#### **Roommate & Room Assignment Information**

Camper's at U.S.G.T.C. are roomed with the roommate they listed on their application. Please make sure that the roommate(s) your child has chosen has also listed your child as their choice, this makes assigning rooms and roommates a lot easier! We make room assignments just before camp starts, so if you have any changes in roommate requests just drop us a note by July 1 and we will make the change. We prefer 2 campers to a room and 3 maximum.

Camper's that come to camp without a roommate are assigned a roommate of the same age that has also come alone. This works out great because they have made a new friend immediately! There is no awkwardness of a camper being bunked with a cabin of teammates that already know each other, the advantage of 2 to a room.

Room assignments are given at registration, once you've registered you can help your child move into the dorm and meet their floor counselors. Please be sure to make a note of your child's floor counselor and room number.