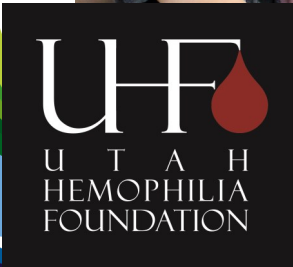




2024

Parent Information And Resource Guide





Welcome to CAMP VALOR



Camp Valor is a safe place where children affected by bleeding disorders, ages 8 to 13, receive skills to manage hemophilia and von Willebrand Disease.

Through a variety of experiences, Camp Valor promotes independence and empowers these children to live healthier and more self-sufficient lives.

Develop new and lasting friendships between children affected by bleeding disorders.

Offer experiences that emphasize what children affected by bleeding disorders CAN do, rather than what they can't.

Provide positive role models for children affected by bleeding disorders.

Create a foundation for life-long learning and managing bleeding disorders, which includes teaching children:

- The pathology of hemophilia and von Willebrand Disease
- Self-advocacy skills to ensure their continued access to quality care, medication, and insurance
- Self-infusion techniques
- How to advocate for themselves to ensure they get what they need to live healthy and self-sufficient lives





What to Bring to Camp Valor

Put camper's name on everything!

MED SHED Notebook from last year

***If this is your first year of camp, you will receive one when you arrive.*

Clothes:

4 –5 Short-sleeved shirts/t-shirts

Long pants

Shorts* (2-3 pair)

Jacket/Sweatshirt

Socks (4-5 pair)

Underwear (4-5 pair)

Tennis shoes/good walking shoes

Hat

Swimming Suit

Flip flops (for pool & shower)

For Sleeping:

Sleeping bag (or sheets/blankets)*

Pillow

Pajamas

Hygiene Items:

Towel/Washcloth

Toothbrush/Toothpaste

Comb/Brush

Shampoo

Deodorant

Soap

Feminine supplies

Other Important Items:

WATER BOTTLE (non-disposable)

Flashlight/Batteries

Sunscreen (SPF30+) & Bug Spray

Items for "Flat Out Time" - optional
(see page 8 for more information)

Factor and Rx Medications:

If your camper is on prophylaxis treatment, you will need to bring enough of your own factor concentrate to last for the duration of camp. All medications brought to camp must be in their original packaging, including prescription meds.

**All cabins have bunk beds with mattresses. You may bring sheets/blankets or a sleeping bag. It is recommended you bring a sheet to cover the mattress.*

Directions to Camp Valor (UT Elks Lodge, Camp Wapiti)

PLAN ON APPROXIMATELY 45 MINUTES DRIVING TIME FROM DOWNTOWN SALT LAKE CITY, BARRING ANY TRAFFIC CONGESTION OR CONSTRUCTION

From Ogden

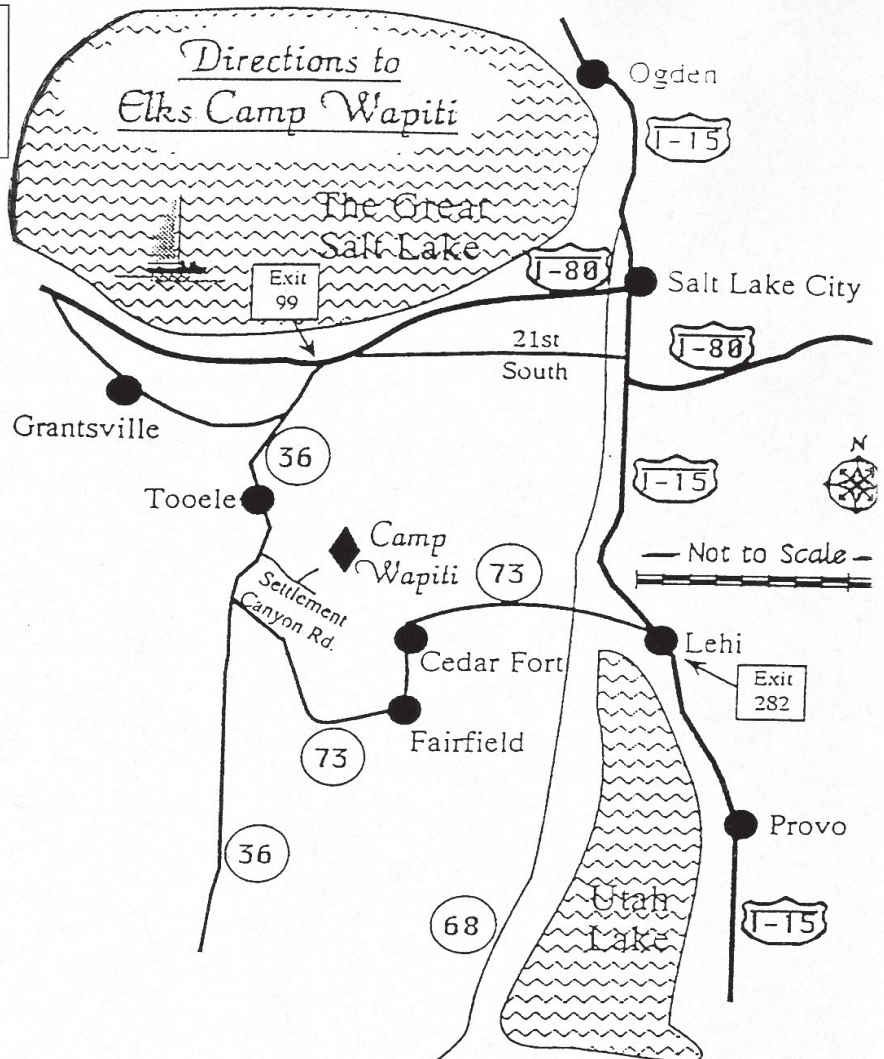
- Drive south on I-15 towards Salt Lake
- Take I-80 West Exit (part of I-215 until the airport/I-80/Wendover exit)
- Drive approximately 19 miles west towards Exit 99 (Tooele, Stansbury and Grantsville exit).
- Take Exit 99 South, which exits right and crosses over the freeway.
- Drive 10.6 miles south towards Tooele on Highway 36.
- See "Heading South Through Tooele" below

From Salt Lake

- From Salt Lake County, drive west on the 2100 South/Utah Highway 201
- Drive west approximately 17 miles from I-15, passing the Kennecott smelter on the left
- The 2100 South Freeway merges onto I-80 West after you pass the smelter
- Take Exit 99 (Tooele, Stansbury and Grantsville exit)
- Take exit 99 south, which exits right and crosses over the freeway
- Drive 10.6 miles south towards Tooele on Highway 36
- See "Heading South Through Tooele" below

From Provo

- Drive north on I-15 to the Lehi Exit 279
- Take the Lehi exit and drive West on Utah Highway 73
- Drive approximately 20 miles to Cedar Fort, 5 more miles to Fairfield, and 21 more miles to the Junction with Utah Hwy 36
- Turn right (north) and drive 10.5 miles to Tooele



- Before you enter Tooele, the road curves slowly toward the right. Watch for the WHITE square brick building on the right and prepare to turn right. If you drive past a church on the right and a church on the left, or if you pass the Comfort Motel, you have gone too far.
- See "To Camp Wapiti"

Heading South Through Tooele

- After you pass the "Welcome to Tooele" sign, drive approximately 2.3 miles south through town

- The road will slowly curve right for about 1/2 mile. Watch for 2 churches
- Take the first left after the churches onto Settlement Canyon Road

To Camp Wapiti

- Drive 1.4 miles up towards the canyon, passing the fishing reservoir on the left.
- Wave to the fishermen and watch for the Camp Wapiti sign
- Turn left at the sign and drive 1/2 mile more

Where is **Camp Valor** Located?

Camp Wapiti Tooele, UT

*Typically,
50 campers join
us each summer;
along with 30+
teen and adult
volunteers.*

Camp Valor is held at a facility built and maintained by the Utah Elks Association. Camp Wapiti (which is Navajo for “Elk”) sits in the foothills of the Oquirrh Mountains, and is located about 15 minutes from downtown Tooele.

The camp has a heated swimming pool, arts and crafts center, sleeping cabins, showers and bathroom facilities, an infirmary, volleyball court, basketball court, ropes course, and a large lodge with a dining hall and kitchen.

Each camper is assigned to a cabin with two adult counselors and two teen co-counselors. Each cabin sleeps a total of 12 people and includes six bunk beds, all with mattresses. Campers may bring a sleeping bag and/or a set of sheets and blankets to cover their bunks. Generally, there are six to eight campers assigned to each cabin.

Campers are grouped according to their age and bleeding disorder type. To maximize the opportunity children have to make new friends; siblings are, generally, not placed in the same cabin.



Main lodge at Camp Wapiti,
where kitchen and dining hall are located.



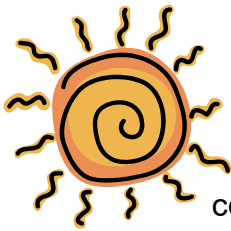
Girls stay in one set of cabins, while boys
stay in cabins on the opposite side of the camp.

Who May Attend Camp?

This year, children from Utah's bleeding disorders community, **ages 8-14**, who have hemophilia, von Willebrand disease, or who are carriers, may attend camp. Additionally, siblings and children of affected parents, ages 10-14, may also attend.



A limited number of teen volunteer positions are available. Teens (ages 14-17) must fill out an online application and complete an interview with the camp director and UHF director. Teen volunteers will be selected after all teens are interviewed (first preference will be given to older teens). Please contact Jan Western at the UHF office for more information about teen volunteer opportunities.



Camp Registration & Fees

The UHF requests a modest registration fee to help offset what it costs for your child to attend camp. (The UHF pays about \$400 per camper for each week-long camp). The registration fee is paid at the time of online registration. The UHF NEVER wants the registration fee to impose a financial hardship on a family. Arrangements can be made for a camper to receive a partial or full camp scholarship. Please contact Jan at the UHF office for information on camp

Camp Staff

Camp Valor is staffed by volunteer counselors, activity leaders and kitchen staff. All volunteers must pass a criminal background check, be interviewed by UHF staff, and attend a mandatory orientation before camp begins. The medical staff includes nurses and staff from the Hemophilia Treatment Center. Specialty areas of camp, such as swimming, are staffed by experienced/certified lifeguards.



Camper Check-in Procedure

Camper must have a parent/responsible adult with him/her during the ENTIRE check-in process

Camp check-in begins **Monday, August 5, @ 10:00 a.m.**, at the campsite Main Lodge and will include the following steps:

1. Check for missing items on the "What to Bring" list (especially, water bottle & sunscreen)
2. Receive cabin assignment
3. Check in with medical staff for health overview (*ALL campers must do*)
4. Parents say good-bye to campers and leave camp area.
5. Campers meet counselors and settle into cabin

IMPORTANT

PARENTS: DO NOT LEAVE CAMP UNTIL STEPS 1-3 ARE COMPLETED!

It is very important you stay with your camper throughout the full check-in process to make sure our staff has all the information we need to care for your child the entire week.

Tentative Camp Valor Daily Schedule

- 7:00 a.m. Infusion Instruction & Practice
- 8:00 a.m. Morning Campfire/Breakfast
- 9:00 a.m. Rotations*:
Swimming, Archery, Arts & Crafts, Music, Games, Zipline,
Bleeding Disorders Education (we call it 'Med Ed'), etc.
- 12 Noon Lunch & Free Time
- 1:00 p.m. FLAT OUT Time (**see explanation on following page*)
- 2:00 p.m. Rotations Continue
- 6:00 p.m. Dinner & Free Time
- 7:00 p.m. Evening Activities
- 9:00 p.m. Cabin Time
- 10:00 p.m. Quiet Time/Get Ready for Bed
- 10:30 p.m. Lights Out





Flat Out Time

What is This?

Everyday, after lunch, we will have an hour rest period called ***FLAT OUT TIME***. This will be a form of “quiet & rest time,” where all campers and volunteers are in their cabins, on their bunks, doing a quiet activity. The activity is free choice, as long as it is quiet and individual and can be done sitting on their bed.

Examples of such activities may include:

- ◇ reading a book
- ◇ playing a game on your phone
- ◇ taking a nap
- ◇ doing a crossword, word search, or similar type puzzle
- ◇ contemplating the meaning of life, etc.

We will have a selection of books, puzzle books, etc. at camp that campers may use. You are welcome to bring any items for your personal use during this time (but, it must be something you can do quietly).

We know Camp Valor will be a busy time for little (and big) bodies. FLAT OUT TIME will give all the change to rest and re-charge their batteries.





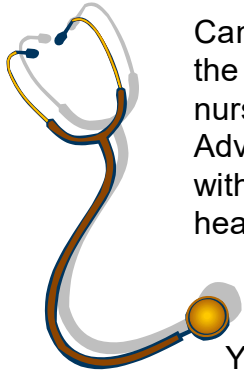
Camper Behavioral Expectations

- Each camper is to be **respectful** of all campers and adults; including being respectful to both the camp property and personal property of others. This includes not touching things that don't belong to them. If damage occurs, the camper and his/her family will be responsible to pay for all damages.
- **The use of these items is prohibited at Camp Valor:** tobacco products, illegal drugs, weapons of any kind (including pocket knives), matches/lighters, and fire-works. Additionally, no one may vandalize any portion of camp, or engage in any other illegal or inappropriate behavior.
- **No one is to leave camp premises** unless on a special, escorted field trip or for a medical emergency.
- Each **camper must sleep in their assigned cabin and individual bunkbed.** Campers must be in their cabin after the designated "lights out" time. Sneaking out of the cabin after curfew is not allowed and may be cause for dismissal from camp.
- **Boys and girls need to stay in their dedicated lodging areas.** Boys are not allowed in the girls' cabin area and girls are not allowed in the boys' cabin area.
- **All clothing worn shall be within the bounds of decency and in good taste.** No halter tops, tube tops or bare backs or shirts that show cleavage or excessively baggy or tight fitting clothes will be acceptable.
- **Use of cell phones is not permitted during camp activities.** One of the goals of Camp Valor is to teach all campers to be independent. So that your camper will have the greatest success while at camp, please refrain from calling or texting your camper. If there is an emergency, a camp staff member will contact you.
- **All campers and staff members have the right to enjoy a safe camping experience.** Campers who become a danger to themselves or to another camper will be asked to sit out of activities and to speak with the Camp Director to determine further action.

If, at anytime, the camp director determines that a camper is not meeting these expectations parents will be contacted to come and pick up their camper.

Camp Valor offers a summer camping program to all children of the bleeding disorders community regardless of race, creed, religion, color, orientation, or place of national origin.

About the Camp "Med Shed" (Medical Infirmary)



Camp Valor maintains a 24-hour infirmary, which is under the guidance of the Hemophilia Treatment Center, and is staffed at all times by on-site nurses. The Med Shed is stocked with standard medical supplies (Tylenol, Advil, throat lozenges, bandages, etc.), which you will not need to send with your child to camp. The Med Shed will provide bleeding disorder and health education throughout the week, as well as teaching infusion techniques to campers.

You and your child will meet the Med Shed staff during the camp check-in process. This will give our staff the chance to acquaint themselves with your child's medical needs.

ALL campers and parents are required to check-in with the medical staff. Please do not leave your Camp Valor until this check-in process is completed.

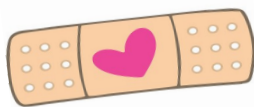


All medications need to be in their original bottle/packaging or they will not be accepted at camp. Your child should bring a sufficient supply of all medications that he/she will need to take while at camp. When your child arrives at camp, the medical staff will collect and review your child's medications, doses and schedule with you. All medication will be held and dispensed by the medical staff. It is not necessary to pack Tylenol, band-aids, or other items of a "First Aid" nature. Camp has a fully stocked medical infirmary that will provide these items to your child, if needed. Please **DO** remember to pack sunscreen and insect repellent for every day use.

Factor:

Please make sure your child has an ample supply during his/her stay at camp. Campers on prophylaxis should have the doses needed for camp, plus two additional doses. Campers on demand treatment should bring four to five treatments to camp. Please pack all factor separately, as they will be collected during check-in by the Camp Valor Medical staff.

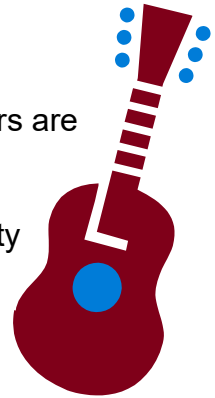
Campers experiencing a bleeding episode will be evaluated by HTC staff and treated by the medical staff at camp. Following camp, parents will receive a treatment record of any bleeds treated at camp.



The Camp Valor medical staff is equipped to handle any urgent situation that may arise during the week of camp. If needed, a staff member will contact you if an emergency occurs with your child.

May I visit my child at camp?

For the safety of all children, volunteers and staff members, outside visitors are **NOT** allowed on the premises during the week of camp. Visitors include parents, grandparents, other extended family members, friends, and anyone who has not previously registered or invited to attend a specific activity with Camp Valor. Thank you for your cooperation and support!



Camper Pick-Up @ the Conclusion of Camp Valor

At the end of the week, medical staff members will want to share with you all the things your camper learned about bleeding disorders. So that they have ample time to meet with you, a specific time will be scheduled for you to pick up your camper. These times will begin in the late afternoon on Thursday, August 8. Further information about your camper's pick-up time will be emailed to you as camp gets closer.

Camp Valor Contact Information

The phone number at camp is 435-882-5241. This number should **only** be used if you have an emergency and need to contact your child. Campers will be too busy having fun and learning about bleeding disorders and will not have time to accept or make phone calls while at camp.



Camp Valor campers and counselors sing fun songs around the fire pit



Questions?

For questions about Camp Valor, please contact Jan Western at the Utah Hemophilia Foundation office:
western@hemophiliautah.org or 801-484-0325;
772 East 3300 South, Suite 205, Salt Lake City, UT 84106.

