

2019 Parent Information Manual



Everything
You Need to Know
To Send Your Child
To Camp Valor





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*:

Please put your name on EVERYTHING

Non-disposable water bottle

Sleeping bag (or sheets/blankets for bunks)*

Pillow

Towel/Washcloth

Toothbrush/Toothpaste

Comb/Brush

Shampoo/Deodorant/Soap

Pajamas

Marked sack for dirty clothing

Flashlight/Batteries

Medications (*including factor*) *see below**

Long-sleeved shirt

4 -5 Short-sleeved shirts/t-shirts

1 pair long pants

2-3 pair shorts

Jacket or Sweatshirt

Socks—4 pair

Underwear—4 pair

Tennis shoes/good walking shoes

Hat

Flip flops (for pool & shower)

Swimsuit (no bikinis or Speedos)

Sunscreen (SPF30+)

Raincoat or poncho



**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.*

**Contact Jan Western at the UHF office if you have difficulty providing any items.*

PLEASE REMEMBER ♦ PLEASE REMEMBER ♦ PLEASE REMEMBER



Clothing must be modest. Shirts must cover midriff and shoulders. No cut-offs or booty shorts. No two-piece swimsuits or Speedos.



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 MUST BE IN ORIGINAL PACKAGING/BOTTLE



DO NOT BRING: Candy or other treats; weapons (firearms, knives); matches or lighters; fireworks or firecrackers; items of great monetary value

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

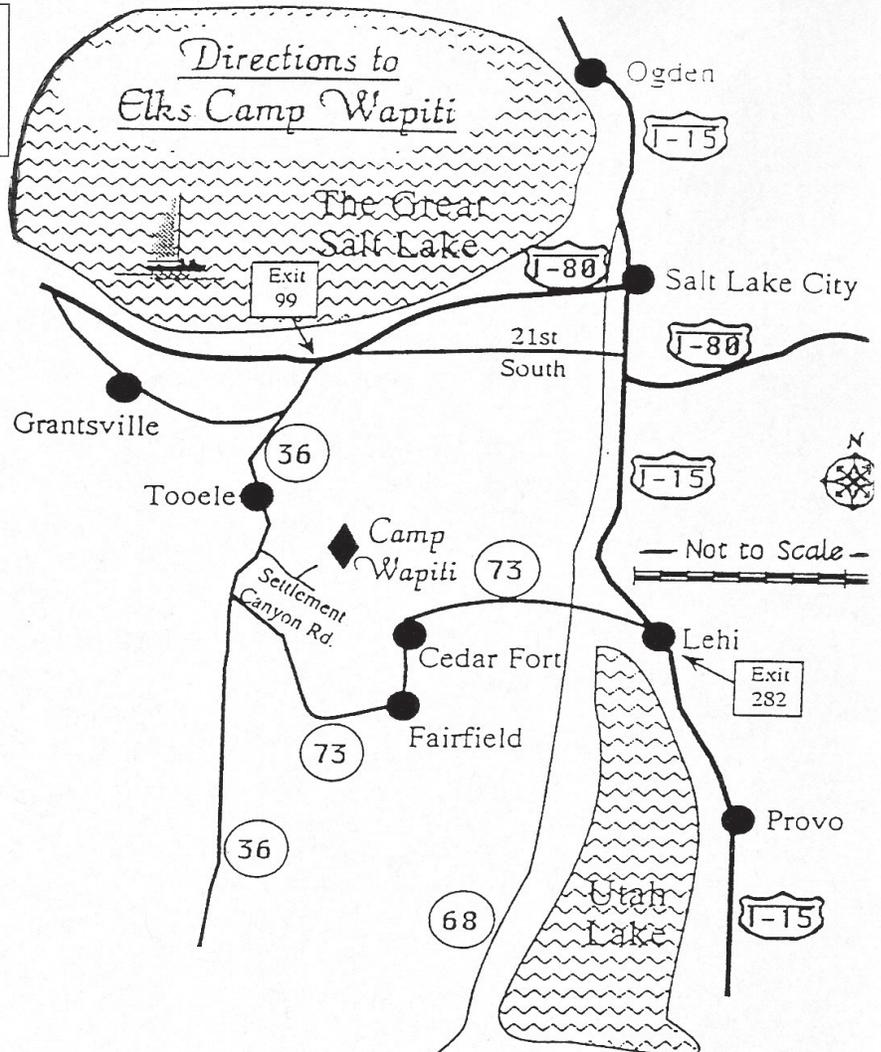
- Drive south on I-15 towards Salt Lake
- Take I-80 West Exit (part of I-215 until the airport/I-80/Wendover exit)
- Drive approximately 19 miles west towards Exit 99 (Tooele, Stansbury and Grantsville exit).
- Take Exit 99 South, which exits right and crosses over the freeway.
- Drive 10.6 miles south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

Heading South Through Tooele

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

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. 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.



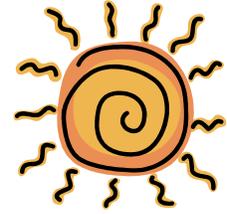
Main lodge at Camp Wapiti, where kitchen and dining hall are located.



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

Who May Attend Camp?

Camp Valor is for children from Utah's bleeding disorders community, ages 8-13; who have hemophilia, von Willebrand disease, or who are carriers of the gene that causes these disorders. Also included are a limited number of siblings and children of affected parents, ages 10-11.



Cabin Assignments

Grouped together by age bleeding disorder type, campers are assigned to boys or girls cabins, where they are guided through the routine of camp life by two trained camp counselors. **Generally, siblings are not assigned to the same cabins.** We create ample opportunities for campers to foster friendships with other campers in other cabins.

Meals

Tasty and nutritious camp meals are prepared, on-site, by our own camp chef; with healthy snacks available during the day and a special dessert each evening. Special dietary requests are also honored. Please notify Camp Valor of special dietary needs on your child's application. Kids and staff at Camp Valor DEFINITELY do not go hungry.



Camp Staff



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

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 or Scott at the UHF office for information on camp scholarships.



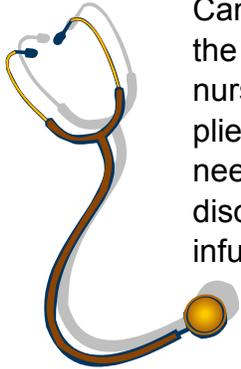
Camper Behavioral Expectations

- 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.
- No one is to use tobacco products, illegal drugs, weapons of any kind (including pocket knives), 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 be in the cabin after the designated "lights out" time. Sneaking out of the cabin after curfew is not allowed.
- 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.
- 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.

The “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 first-aid and medical supplies (Tylenol, Advil, throat lozenges, Band-Aids, 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 (parent signature is required on registration form to grant permission for infusion training).

Medications at Camp

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.

What if my child gets sick?

A child with mild injury or illness can recuperate and sleep in the privacy of the infirmary, under the supervision of the medical staff. Parents will be contacted in the case of major illness or injury.

What if my child has a bleed at camp?

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.

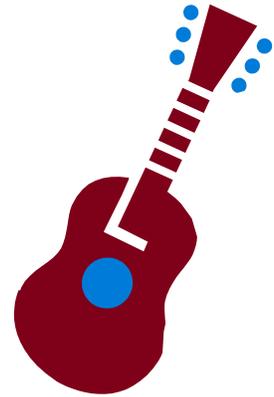
May I visit my child at camp?

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!

What is a typical day like at Camp Valor?

A day in the life of a Camp Valor camper, typically, look like this:

7:00 a.m.	Infusion Instruction & Practice
8:00 a.m.	Breakfast
9:00 a.m.	Activities: Swimming, Archery, Arts & Crafts, Music, Medical Education, Games, Ropes Course, etc.
12 Noon	Lunch & Free Time
1:00 p.m.	Activities Continued
4:00 p.m.	Free Time
5:00 p.m.	Dinner
6:00 p.m.	Evening Campfire and Activities
9:00 p.m.	Cabin Time
10:30 p.m.	Lights Out



Contact Information

The phone number at camp is 435-882-5241. This number should only be used to reach us in an emergency. Campers will not be accepting or making phone calls while at camp. If you are not able to reach anyone at the above number, please call the Utah Hemophilia Foundation office, 801-484-0325. Messages will be checked, periodically, during the week of Camp.



Questions?

For questions about the camping program or about any other aspect of Camp Valor, please contact Jan Western at the Utah Hemophilia Foundation office, western@hemophiliautah.org or 801-484-0325.