



WINSHAPE CAMPS

CAMPER CODEBOOK



Welcome to the WinShape Foundation!

On behalf of WinShape Camps and all ministries of the Foundation created by Truett and Jeannette Cathy to serve your family, I offer you our sincerest gratitude for this opportunity.

We exist for a singular reason—to glorify God by creating experiences that transform. Our focus is to serve families by helping kids and college students become the full expression of the person God created them to be. Although I have only been at WinShape for a few summers now, this has been my personal mission for over 30 years.

Having raised and launched my own children, I understand the weight of walking with your kid through their becoming. As someone who has invested their life in the development and discipleship of kids and families for three decades, I have never been more concerned for a generation of parents than you. Raising a child is difficult in normal circumstances. However, what you face is overwhelming. The world just seems so stacked against them.

Yet, I believe in a transcendent God who has never failed to deliver just what we need, just when we need it. Though it may take decades, His good, pleasing, and perfect will can always find a way for those who keep moving toward Him. I pray that this time at camp will be used by Him to strengthen your family with respite and hope.

I promise we won't sleep well this summer because we will be burdened for your child. We will wake up every day concerned for their safety first. We will burn midnight oil to create the kind of fun that changes them from the inside out. We will give ourselves over to the attempt to model the heart and mind of Jesus for them in how we love and lead them. Thanks again for this opportunity. We will not take it for granted.



Here to serve you for Him,

Chris Witt

Senior Director

WinShape Camps



INTRODUCTION TO CAMPER SAFETY

At WinShape Camps, safety is a top priority. We always have and always will take the physical, spiritual, and emotional safety of every Camper very seriously. We recognize the level of trust you give us when you send your kid to one of our experiences, and it is our promise to fully honor your trust by creating safe environments.

We create our safety policies in partnership with child safety professionals and our legal department. We train our staff on these policies and work to ensure that each Camper who attends WinShape Camps has a fun and safe experience. In an effort to diligently seek the highest level of Camper care, we have implemented a 360-degree approach to Camper safety.

This approach begins with you—you know your kid better than anyone. Please discuss the Honor Code and the Additional Guidelines for Appropriate Interactions with your Camper before they arrive. Help us educate your kid on acceptable and unacceptable behavior for Summer Staff and/or other Campers. This effort will not only help protect your Camper, but it will protect our staff and other Campers as well.

On the following pages, you will find:

- [Honor Code](#)
- [Additional Guidelines for Appropriate Interactions](#)
- [Recognize, Resist, Report Philosophy](#)
- [Explanation of our Say Anything Box](#)
- [Dress Code](#)
- [Healthcare at Camp](#)
- [Frequently Asked Questions](#)

At WinShape Camps, we seek to create next-level experiences with over-the-top intentionality for Campers. The only way we can truly accomplish this mission and serve your family well is to create a safe environment for all who come in contact with our organization. Preparing your kid ahead of time supports these safety efforts—thank you for your help keeping our Campers and Summer Staff safe.

Please feel free to reach out to Customer Experience at 844-WS-CAMPS or info@winshapecamps.org at any time to discuss this subject further.

WINSHAPE CAMPS HONOR CODE

WinShape Camps desires to promote an environment that is emotionally safe for everyone. Therefore, we will not tolerate profane language, poor sportsmanship, crude behavior, gossip, or idle talk. To help create a fun and exciting environment where each Camper feels welcomed and loved, we believe everyone should do their part in promoting a supportive and uplifting culture. WinShape Camps has a zero-tolerance policy for the use of alcohol, illegal or non-prescribed prescription drugs, and tobacco products, including vapes.

Please see the Honor Code that serves as our standard for expected behavior below.

*Because I want to honor God, I will:
be honest, be positive, show respect for staff,
property, and other Campers.*

Be Honest

This means speaking and living in a truthful way. It means never saying or doing anything that would lead someone to believe something that is not completely true.

Be Positive

This means building others up and never putting them down. It also means having a good attitude about all activities and people, including yourself. This is characterized by affirmation, encouragement, and wholehearted participation and inclusion. It is refusing to have a negative attitude, regardless of circumstances or differences. It includes contributing to a safe environment by being as healthy as possible (not using drugs, alcohol, tobacco, vapes, or anything else that is illegal or would hurt your mind or body).

Show Respect for Staff

This means speaking to and about those in authority in a respectful and courteous way and following their directions, whether in their presence or not.

Show Respect for Property

This means only using things in an appropriate way and not stealing or damaging anything that does not belong to you.

Show Respect for Other Campers

This means treating others as you want to be treated. It also means not hitting, biting, kicking, scratching, or hurting anyone for any reason. It means not making fun of or bullying anyone.

Parents, please be sure to discuss the WinShape Camps Honor Code with your Camper prior to their arrival at camp. Failure to adhere to the Honor Code may result in a Camper being sent home and not being allowed to return to camp the following summer. Reasonable efforts will be made to assist your kid in adjusting to the camp program.

ADDITIONAL GUIDELINES FOR APPROPRIATE INTERACTIONS

We train our staff on the following policies and work to ensure that each Camper who attends WinShape has a fun and safe experience.

- Touching should be limited to the hand, shoulder, or upper back and should not last for an extended period of time.
- Touching should occur only in the company of other adults.
- A brief hug is acceptable, but a prolonged hug is not.
- Staff shall not sit with a Camper on their lap or with their arm around a Camper.
- No back rubs, tickling, or similar touching of Campers by staff.
- Never touch against a Camper's will (unless in the case of clear and present danger to the child).
- Never touch causing a Camper's discomfort, whether expressed verbally or non-verbally.
- Never touch when it would have the effect of overstimulating the Camper.
- Never touch a place on a Camper's body that is normally covered by a bathing suit, unless for a clear medical necessity, and then only with the supervision of another adult.
- There shall be no "hazing" of Campers by staff or other Campers.
- Campers shall not be subjected to "initiations" that are abusive in any manner.
- Staff must not be alone with Campers while Campers are changing clothes. If an adult is needed, there must be at least two.
- Campers should be encouraged to change their own clothes.
- Campers must not be alone with staff in the staff's quarters.
- Staff shall not, under any circumstances, share a bed or sleeping bag with Campers.
- Staff will set appropriate limits with Campers who "cling" to or hang onto them.
- Pillow fights, wrestling matches, or other similar activities among Campers may become overstimulating and therefore must be avoided.
- Staff shall not discuss their romantic lives or interests with Campers.

Specific Guidelines for WinShape Camps Staff

- Everyone must travel in groups of at least three, and no Camper is to be taken off by themselves.
- Staff should never be in a secluded area with Campers.
- Staff shall not hit Campers under any circumstances.
- Staff shall not use abusive or derogatory language with Campers.
- Staff should ask for assistance from other adults when discipline or correction of Campers is needed.
- Staff who encounter a Camper with a particularly difficult behavior should seek the assistance of their supervisor.
- Staff-to-staff public displays of affection are never allowed.
- Staff shall not assist Campers of the opposite gender in the restroom.



RECOGNIZE, RESIST, & REPORT PHILOSOPHY

As a part of our safety training, we communicate the following action steps to Campers so they may be utilized, if needed.

- Recognize what is an appropriate and inappropriate interaction.
- Resist inappropriate interactions. You have the right to say “NO” to anything that makes you feel uncomfortable.
- Report what makes you feel uncomfortable or if rules have been broken. Tell Summer Staff or a Healthcare Team member. You may also put a note in the Say Anything Box.

To provide more information about the many and various ways we work to keep your Camper safe in the summer, we have put together some safety videos. They address topics such as the Recognize, Resist, and Report Philosophy; the Honor Code; bullying; physical safety; emergency action plans; medical safety; water safety; social media policies; and camp staff safety. We encourage you to review these videos at your convenience. They can be found at winshapecamps.org/safety.

SAY ANYTHING BOX

Each camp location will provide a locked comment box at designated locations where Campers and Summer Staff can submit information anonymously. If Campers experience something that makes them feel uncomfortable and they do not feel comfortable talking to their leader about it, they are encouraged to write a note and leave it in the Say Anything Box.

Specific leadership staff will access these boxes, check them daily, and respond accordingly.

An announcement about the location of the Say Anything Box will be made to all Campers.

DRESS CODE

The following guidelines are applicable to all Campers and Summer Staff at WinShape Camps.

WinShape Camps seeks to create the ultimate camp experience in which each Camper can thrive in an undistracted, safe, and fair environment. One aspect of creating this environment is establishing expectations around personal appearance for both Campers and Summer Staff. Please support us in this effort by reviewing the Dress Code and planning in accordance.

Thank you in advance for your partnership and helping your Camper pack within the following guidelines.

Guidelines for WinShape Camps for Boys

- Clothing should be suitable and wholesome, reflecting the spirit of our camp's mission. Additionally, any clothing with degrading or suggestive messaging in image or language is not permitted. Should any such attire be worn, Campers will be asked to change.
- During camp activities, all Campers are required to wear closed-toe shoes for safety purposes.
- Please note, Crocs, Chacos, Birkenstocks, and other similar shoes are not considered closed-toe shoes.

Guidelines for WinShape Camps for Girls

- Clothing should be wholesome and modest; any clothing that reveals cleavage or undergarments is unacceptable at camp. Additionally, any clothing with degrading or suggestive messaging in image or language is not permitted. Should any such attire be worn, Campers will be asked to change.
- All shirts must have sleeves. Bare midriffs and tank tops of any kind are not permitted.
- Swimmers of all ages must wear either a modest, one-piece swimsuit or a modest tankini. Tankinis must completely cover the midriff, with the top and bottom pieces touching. Please ensure that swimwear does not have cutouts (with the exception of small cutouts in the back of the swimsuit), high-cut bottoms, or plunging neck/backlines.
- Shorts and skirts must be loose fitting and of modest length (5-inch inseam).*
 - Excessively tight items are not permitted and may include, but are not limited to, yoga pants, leggings, spandex, or biker shorts. Campers may wear leggings or biker shorts when they are paired with shorts of modest length (5-inch inseam).*
- All of the aforementioned dress code standards include nightwear.
- Closed-toe shoes are required during camp activities for safety purposes.
- Please note, Crocs, Chacos, Birkenstocks, and other similar shoes are not considered closed-toe shoes.

*For additional clarification, please reference the [FAQ section](#).

Although this is not an official policy, please be mindful that most Campers will participate in activities that require helmets to be worn as a part of our safety procedures. We ask that hairstyles are planned accordingly to ensure that all buns, braids, and other styles will not prevent a helmet from fitting securely on your Camper's head. It is our desire that all Campers are able to fully participate in recreational activities.

If a Camper's clothing does not align with the policy standards listed above, they will be asked to change or arrangements will be made to provide them with appropriate clothing. Parents will be contacted by a member of the Leadership Team, and any charges associated with providing the Camper appropriate clothing will be logged in their WinShape Account.

HEALTHCARE AT CAMP

Policies, Procedures, & Expectations

Safety & Escalation of Care

The Healthcare Team (HCT) does everything in its power to make parents aware of events occurring in the camp setting that require Emergency Medical Services, Urgent Care, and Camper isolation, while putting the care of the child first. The HCT will not wait for parental notification before providing emergent treatment required for the safety and well-being of a Camper, though communication will be provided swiftly after the Camper's safety is ensured. In the event of a visit to the doctor, all office visit copays and charges for prescribed medications will be charged to the Camper's WinShape Account. The amount will vary depending on insurance coverage, facility fees, etc.

For the safety of all Campers, medications—including prescriptions, over-the-counter medicines, vitamins, sleep aids, or supplements—are not allowed in Cabins or any areas accessible to Campers. Medications are kept with the Healthcare Team. Exceptions are made for rescue medications, such as EpiPens and Albuterol inhalers with the approval of the parent/guardian and the Healthcare Team.

Isolation

The term *isolation* is used to describe the setting a Camper will reside in while contagious or not well enough to engage in camp. When in isolation, Campers will lodge with the HCT under the constant supervision of Nurses and Nurse's Aides. Parents will be made aware if isolation is required for their Camper. In isolation, Campers will be monitored throughout the day and night—with temperature checks, and medicated, as needed. While isolated, a Camper may have their own room or be housed with another Camper in their same age group who has the same diagnosis. Isolation itself is not as fun as camp—it can't be! If a HCT member lets you know that your Camper is in isolation without the likelihood of returning to the camp setting soon, please make it a priority to pick them up as soon as possible.

Vomiting & Stomach Bugs

Individual incidences of vomiting that may be attributed to overeating, sugary treats, activity after eating, etc., will not be treated as suspicious for communicable illness. In instances like these, Summer Staff and HCT members will provide support and monitor Campers for the days following, while they remain at camp. Campers with multiple vomiting episodes of unknown origin, including those accompanied by other symptoms (e.g. cramps, fatigue, fever, etc.) will be isolated and taken to Urgent Care for evaluation. Parents will be notified of any trips made to Urgent Care and updated with recommendations given by Healthcare Providers. Campers will return to camp when they have been vomit-free and fever-free for 24 hours without the use of nausea medication or fever-reducing medication.

COVID-19, Strep Throat & Influenza

If the HCT suspects your Camper may have COVID-19 due to symptoms and recent exposure, parents/guardians will be notified of the need for either a rapid COVID-19 test or immediate pick-up, dependent upon parental preference. Campers who test positive for COVID-19 will be isolated in housing with the HCT, and parents will be notified to pick them up immediately. Their belongings will be packed and moved to isolation with them. Please make it your utmost priority to come and pick them up in a timely manner.

Campers with symptoms of Strep throat (fever, fatigue, sore throat, patches on throat, etc.) will be isolated in housing with the HCT and taken to Urgent Care for a rapid Strep test as soon as possible, with parental notification. If positive, Urgent Care will prescribe an antibiotic regimen for the Camper. The Camper will remain in isolation until they have been on their antibiotic regimen for 24 hours, are fever-free without fever-reducing medication for 24 hours, and there is an overall improvement in how they feel.

The same procedures apply to Influenza. If positive for flu when tested at Urgent Care and prescribed Tamiflu, the Camper will return to camp when they have been on Tamiflu for 24 hours and fever-free for 24 hours. Parents will be made aware of any medications prescribed, and parents will be notified before a Camper begins any medication regimen.

Injuries, Wounds, & Skin Irritation

Though our staff makes every effort to keep Campers safe, injuries do occur from time to time. If an injury occurs under their observation, Summer Staff will consult the HCT. In addition, Summer Staff are encouraged to monitor Campers for limps, pain behaviors, or changes in Camper behavior that might suggest an injury. Significant injuries, wounds, bites, and skin irritations are treated on-site. First aid is applied, and then the HCT assesses whether a trip to Urgent Care or the Emergency Room is required. The HCT will notify parents/guardians immediately of any trips off campus. They will also let parents know immediately about injuries that require splinting or brace application or any injuries to the head or face. Injuries will be continually assessed by the HCT throughout the remainder of the Week/Session in case follow-up trips to Urgent Care or the Emergency Room are needed.

Blister Pack

A blister pack is a form of tamper-evident packaging where individually sealed tablets, in their appropriate dosing, are pushed through sealed foil to administer the medication. Oral medications in tablet, capsule, or gummy form (prescription medications, over-the-counter medicines, vitamins, sleep aids, and supplements) must be blister packed by a pharmacist OR come in individual doses in the manufacturer packaging.

Blister packing medication ensures that the right Camper receives the right medication in the right dose at the right time. For more information and to locate pharmacies that offer blister packing, please [click here](#). If you are unable to blister pack, WinShape can arrange to have medications blister packed for a \$50 fee per medication (maximum \$150 per Camper) that will be charged to your Camper's WinShape Account.

Liquid medications, EpiPens, inhalers, ointments, or creams cannot be blister packed. Please bring these medications in their original container, and if it is a prescription medication, include the prescription label.

With questions about healthcare, please reach out to the Healthcare Team at 844-WS-CAMPS, option 2 or healthcareinfo@winshapecamps.org.

FREQUENTLY ASKED QUESTIONS

General

How do you handle lost and found items?

Lost and Found is located throughout camp, so Campers can check for misplaced items daily. Please help us keep Lost and Found items to a minimum by labeling your Camper's items while packing! On Friday Family Fun Day, we encourage you to check for any misplaced items before you leave. Items left behind will be donated. WinShape Camps is not responsible for returning Lost and Found items after Campers leave.

What is the staff-to-Camper ratio?

We have an excellent staff-to-Camper ratio of 1 Summer Staff to every 5-7 Campers, allowing each Camper to have specialized, individual attention from our staff.

What is your policy on inclement weather?

Before an outdoor activity, our teams check WeatherBug, Flash Weather AI, or Tempest Weather for the latest forecast to determine the likelihood of thunderstorms and lightning. Our policy is to move all staff and Campers indoors until 30 minutes have passed since the last reported lighting within 10 miles.

Our goal is to make Camper drop-off on Spectacular Starting Sunday quick and easy for parents. However, inclement weather might hinder these efforts. If lightning occurs on Spectacular Starting Sunday, we may need to adjust the Camper drop-off schedule, meaning that the estimated time for Camper drop-off could change. Our team will contact you via text with regular updates. Thank you for your patience with us as we aim to create a safe environment for all persons on campus.

Contacting Campers and Camper Drop-Off

During camp, may I contact my Camper by phone or visit my Camper?

No—Campers are not permitted to make or receive telephone calls, and no visitation by parents, relatives, or friends is allowed. Experience has taught us that calls and visits may be very disruptive to a Camper as they settle into camp and may even cause homesickness. Homesickness can be prevented most successfully by creating a safe environment that provides engaging activities for the Campers to enjoy. You can most effectively empower your Camper by communicating your confidence in them and in our staff and by expressing your shared excitement for what they will experience while they are at camp.

If there is an emergency and you need to speak to camp personnel, please contact our office and we will relay a message to the appropriate person. Please allow ample time for camp staff to assess the situation and get back to you. Campers are not permitted to leave camp during the Week/Session (for vacations, practices, competitions, or any other events), except in the case of a family, medical, or other emergency and with the approval of the Camp Director.

Can I drop off my Camper late or pick them up early?

No—Campers are not permitted to be dropped off later than designated Check-In times or permitted to leave camp during the Week/Session (for vacations, practices, competitions, or any other events), except in the case of a family, medical, or other emergency and with the approval of the Camp Director. Please keep this policy in mind as you select a Week/Session for your Camper to attend.

Technology

What is your policy on technology?

No Camper may have in their possession a smart watch, cell phone, laptop, personal music device (MP3 player or iPod of any type), tablet device (iPad), electronic reading device (Kindle, Nook, etc.), or video game player while at camp. We believe in disconnecting from technology to better connect with the people around us. Please support this policy by keeping your Camper's electronics at home while they are away at camp.

If your Camper is found to have one of these items in their possession during their stay, it will be collected by Camps personnel and securely stored in the camp office for the duration of the Week/Session. We will make a phone call home to inform you of the situation.

Homesickness & Behavioral Issues

How is your staff prepared to handle homesickness?

Overnight camping allows your Camper to develop a strong sense of personal responsibility and independence within the exciting atmosphere of camp. Homesickness can and does happen from time to time. We train our staff specifically to identify homesickness and care for Campers who may be experiencing it. We also keep our Campers' days highly active. When they are having fun, they're less likely to be homesick. If feelings of homesickness do arise, our staff can be trusted to walk through these feelings with your Camper. Campers who walk through feelings of homesickness and overcome them usually experience an enhanced sense of accomplishment. As a Camper perseveres through the struggles that may come when they are away from home and what is familiar, they can grow tremendously! If the situation becomes serious, rest assured, we will contact you.

Parents may call the Camp Office at any time with concerns. Please allow staff the time to assess the situation and get back to you as quickly as schedules permit. We want to do all we can, in partnership with you, to ensure the best possible experience for your Camper! You can help us prevent homesickness by preparing your kid before you arrive and keeping your own anxieties in check.

Offering statements like, "Have fun! I cannot wait to hear about everything you are getting to do at camp!" will go a long way toward helping your Camper adjust more easily. On the other hand, other statements may make the adjustment more difficult for your Camper, for example, "I'll come get you if you want me to," or "Call anytime you need me." As you write letters, make them upbeat and encouraging. Avoid statements that speak too much about things they are missing while they are away. Although updates on life at home are good, you may also create a longing for your Camper to come home sooner than expected.

Should your Camper send a disturbing letter home, remember that several days have passed since they wrote it and everything is likely fine by the time you are reading it. Nevertheless, do not hesitate to call us to check in. We are aware that in the first few days of camp a Camper may be hesitant to share apprehensions with someone new in their life.

What is your policy on behavior problems?

Parents will be contacted if there is a continuous problem of non-participation in the program, bullying, stealing, telling inappropriate stories, using inappropriate language, or any other behavior that detracts from the Christian and wholesome environment WinShape Camps wishes to provide. Profanity is prohibited. The use of alcohol, non-prescription drugs, or tobacco in any form, including vaping, is not permitted for Campers or staff.

Violent, threatening, dishonest, dangerous, negative, or otherwise unsatisfactory behavior on the part of a Camper may result in a Camper being sent home and not being allowed to return to camp the following summer. Our Honor Code, by which we ask all staff and Campers to abide, is "Because I want to honor God, I will: be honest, be positive, and show respect to staff, property, and other Campers."

Dress Code

What do you mean by “shorts of modest length” in the Dress Code?

We ask all of our Campers to wear modest shorts (5-inch inseam) during their time at camp. Each of us are created with unique body types, and it is our desire to intentionally craft an environment in which each and every Camper either gains or maintains a positive body image. This is countercultural to the images our girls are bombarded with on social media and the realities of their everyday lives. However, we are determined to present a bold, uplifting opposition to this. Physical safety is also a concern, as we offer activities involving harnesses, recreational equipment, and exploration in nature.

To protect our Campers as they engage with the aforementioned elements, we ask that these questions are kept in mind:

1. Can I wear a harness without the rope touching my bare skin?
2. Am I able to bend down toward my toes without exposing skin normally covered by my swimsuit?
3. Does the hem of my shorts extend to at least the middle of my thigh?

It is our highest priority to ensure the emotional, physical, spiritual, and mental safety of our campers. We believe this is one way to do so. All of our Summer Staff and full-time staff are held to the highest standards of modesty to model this well for our Campers. We are grateful in advance for your support.

Healthcare & Medication

How is Camper medication stored and administered throughout the session?

WinShape Camps takes medication safety very seriously. The Healthcare Team will take possession of all Camper medications during Check-In and confirm with the parent/guardian that the information in the Camper's CampDoc profile is correct. This includes prescription medications, EpiPens, inhalers, over-the-counter medicines, vitamins, sleep aids, and supplements. Camper medications will be administered by the Healthcare Team at scheduled times, typically mealtimes and bedtime. Medications are kept with the Healthcare Team while Campers are on campus and stored in a locked cabinet, closet, or office between medication times.

Medications (including over-the-counter medicines like Tylenol or Benadryl, melatonin, vitamins, or other supplements) are not allowed in Camper cabins or any areas accessible to Campers when camp is in session. Even if your Camper is mature and responsible, WinShape Staff maintain the safety of all Campers by requiring all medications to be kept with the Healthcare Team. Any remaining Camper medications will be available for pick-up during Check-Out, so please ensure to pick up those medications on Friday Family Fun Day.

Exceptions: Emergency medications, such as EpiPens and rescue inhalers, can be kept on the Camper during the Session, if both the parent and the Camper sign a medication release form at Check-In.

What does it mean to “blister pack” medications, and why does WinShape Camps require it?

A blister pack is a form of tamper-evident packaging where individually sealed tablets, in their appropriate dosing, are pushed through sealed foil to administer the medication.

Oral medications in tablet, capsule, or gummy form (prescription medications, over-the-counter medicines, vitamins, sleep aids, and supplements) must be blister packed by a pharmacist OR come in individual doses in the manufacturer packaging.

Blister packing medication ensures that the right Camper receives the right medication in the right dose at the right time. For more information and to locate pharmacies that offer blister packing, please [click here](#). If you are unable to blister pack, WinShape can arrange to have medications blister packed for a \$50 fee per medication (maximum \$150 per Camper) that will be charged to your Camper's WinShape Account.

Please bring liquid medications, EpiPens, inhalers, ointments, or creams cannot be blister packed in their original container. If it is a prescription medication, include the prescription label.

What happens if my Camper has a headache, stomachache, or other discomfort at camp?

Our Healthcare Team (HCT) is well stocked with many common over the counter (OTC) medicines. The HCT will assess the Camper, follow the WinShape Camps standing orders, and administer OTC medications as needed.

OTC medications that the Healthcare Team keeps in stock at camp are listed below. Tablets, chewable tablets, and/or liquid options are available.

- Advil/ Ibuprofen
- Dramamine/ Dimenhydrinate
- Pepto/ Bismuth
- Benadryl/ Diphenhydramine
- Imodium/ Loperamide
- Phenylephrine
- Claritin/ Loratadine
- Milk of Magnesia
- Tums/ Alkalak
- Cough drops
- MiraLAX
- Tylenol/ Acetaminophen

What if my Camper comes in contact with someone who becomes sick?

If a Camper becomes sick, the Healthcare Team maintains a watchful eye on the other Campers in the cabin. Counselors are taught to keep the HCT informed if other campers begin to feel unwell. If your Camper begins exhibiting symptoms of illness, you will be notified.

With questions, reach out to Customer Experience at 844-WS-CAMPS or healthcareinfo@winshapecamps.org.