

Staying Healthy at camp!

1. Proper Clothing:

- On SUNNY days I wear a HAT.
- If I have SUNBURN I wear a SHIRT.
- I use SUNSCREEN on my NOSE, CHEEKS, AND SHOULDERS before outdoor sports or pool.
- On COLD days I wear my WARM CLOTHES like Sweatshirts, socks and long pants. I also wear DRY clothes after SWIMMING.
- I ALWAYS wear my SHOES and clean DRY SOCKS.
- In the RIVER I wear my LIFE JACKET.
- When the BUGS are out I wear insect REPELLANT.
- I always put my DIRTY clothes in my LAUNDRY BAG.

2. Handwashing:

- I WASH my HANDS after going to the BATHROOM.
- I always wash my hands BEFORE I EAT and especially after SNEEZING or BLOWING MY NOSE if I have a cold.

3. Eating Properly:

- I EAT 3 meals EVERYDAY because I need food for ENERGY to be able to PLAY all day.
- I DRINK 7-8 big glasses of WATER or JUICE everyday and if it is HOT outside I DRINK even MORE.

4. Sleeping and Resting:

- When I am TIRED I need to rest at REST HOUR and get plenty of sleep at NIGHT.
- If I DO NOT FEEL WELL I need to see the NURSE and get plenty of REST.

5. Know and obey Camp Safety Rules:

- I need to LISTEN to the COUNSELORS when they tell me RULES because I know that: at Camp Laney, fun is # 1, but safety comes first!