



SAINT NICHOLAS RANCH & RETREAT CENTER

A Ministry of the Greek Orthodox Metropolis of San Francisco

P.O. Box 400 · Dunlap, CA 93621 · Phone (559) 338-2103 · Fax (559) 338-0065
www.stnicholasranch.org · e-mail: info@stnicholasranch.org

Dear Friends,

Thank you for your interest in Saint Nicholas Ranch Summer Camp 2012. The dates for this summer are as follows: Week 1: July 8-14, Week 2: July 15-21, Week 3: July 22-28, Week 4: July 29-August 4. Age requirements for weeks 1-3 are 8 years of age (or entering the 3rd grade in September 2012) to 17 years of age (or Spring 2012 high school graduates). ***Week 4 is for High School Students only, grades 9-12, who have at least completed their 9th grade year.***

Enclosed you will find all the required forms in order to sign up. Use the ***Camper Registration Form*** to register for summer camp. Please include full payment with this form. For registration fees, see the back side of this form. Registration deadlines: ***Early Registration*** must be postmarked by April 1; ***Regular Registration*** must be postmarked by June 1; ***Late Registration*** is anything postmarked after June 1.

The additional forms may be sent later. They include the following: ***1. Camper Health History Form, 2. Camper Health Care Recommendations, 3. Waiver, 4. Travel Information.*** These forms may also be obtained from the Saint Nicholas Ranch office or our web site and must be returned to our office by June 15, 2012. Additional information on the summer camp program will be sent to you after we receive your registration.

We look forward to hearing from you soon and seeing you this summer.

In Christ,

Michael A. Pappas
Director, Saint Nicholas Ranch



SAINT NICHOLAS RANCH SUMMER CAMP

Camper Registration Form 2012

Use this form to register for summer camp. Age requirements for camp are 8 years of age (or entering the 3rd grade in September 2012) to 17 years of age (or Spring 2012 high school graduates). **Week 4 is for High School Students only, grades 9-12, who have at least completed their 9th grade year.** Registration deadlines: **Early Registration** must be postmarked by April 1; **Regular Registration** must be postmarked by June 1; **Late Registration** is anything postmarked after June 1. Additional required forms may be sent later (see below). Please include full payment with this form. For registration fees, see the back side of this form.

Additional required forms include the following: **1. Camper Health History Form, 2. Camper Health Care Recommendations, 3. Waiver, 4. Travel Information.** These forms may be obtained from the Saint Nicholas Ranch office or our web site and must be returned to our office by June 15, 2012. Additional information on the summer camp program will be sent to you after we receive your registration. Please fill out form completely. Be sure to include payment information on back side.

Registration Information for Camper #1

Camper's Name: _____
Birth Date: ____/____/____ Male: ____ Female: ____
 Month Day Year
Grade in School as of September 2011 _____
Which session (s) will camper attend?
____ Week 1 (July 8-14) ____ Week 2 (July 15-21) ____ Week 3 (July 22-28)
____ Week 4 (July 29-Aug 4) High School Only
A camp t-shirt is included in the registration fee. Please indicate t-shirt size:
Child Sizes: Small ____ Medium ____ Large ____ X-Large ____
Adult Sizes: Small ____ Medium ____ Large ____ X-Large ____ XX-Large ____

Registration Information for Camper #2

Camper's Name: _____
Birth Date: ____/____/____ Male: ____ Female: ____
 Month Day Year
Grade in School as of September 2011 _____
Which session (s) will camper attend?
____ Week 1 (July 8-14) ____ Week 2 (July 15-21) ____ Week 3 (July 22-28)
____ Week 4 (July 29-Aug 4) High School Only
A camp t-shirt is included in the registration fee. Please indicate t-shirt size:
Child Sizes: Small ____ Medium ____ Large ____ X-Large ____
Adult Sizes: Small ____ Medium ____ Large ____ X-Large ____ XX-Large ____

Registration Information for Camper #3

Camper's Name: _____
Birth Date: ____/____/____ Male: ____ Female: ____
 Month Day Year
Grade in School as of September 2011 _____
Which session (s) will camper attend?
____ Week 1 (July 8-14) ____ Week 2 (July 15-21) ____ Week 3 (July 22-28)
____ Week 4 (July 29-Aug 4) High School Only
A camp t-shirt is included in the registration fee. Please indicate t-shirt size:
Child Sizes: Small ____ Medium ____ Large ____ X-Large ____
Adult Sizes: Small ____ Medium ____ Large ____ X-Large ____ XX-Large ____

Registration Information for Camper #4

Camper's Name: _____
Birth Date: ____/____/____ Male: ____ Female: ____
 Month Day Year
Grade in School as of September 2011 _____
Which session (s) will camper attend?
____ Week 1 (July 8-14) ____ Week 2 (July 15-21) ____ Week 3 (July 22-28)
____ Week 4 (July 29-Aug 4) High School Only
A camp t-shirt is included in the registration fee. Please indicate t-shirt size:
Child Sizes: Small ____ Medium ____ Large ____ X-Large ____
Adult Sizes: Small ____ Medium ____ Large ____ X-Large ____ XX-Large ____

Family Information

Family Last Name: _____
Father's Name: _____ Father's E-mail: _____
Father's Work # (____) _____ Father's Cell # (____) _____
Mother's Name: _____ Mother's E-mail: _____
Mother's Work # (____) _____ Mother's Cell # (____) _____
Family Address: _____
City: _____ State: _____ Zip: _____
Parish Name: _____ Priest: _____
Other Emergency Contact: _____ Relation to Child: _____
Emergency Phone (____) _____ (Day) (____) _____ (Evening)
Please indicate which Parent should be our primary contact: _____

REGISTRATION FEES

Early Registration
(Postmarked by April 1)
\$395
\$370 (2nd child)
\$345 (3rd child)

Regular Registration
(Postmarked by June 1)
\$415
\$390 (2nd child)
\$365 (3rd child)

Late Registration
(Postmarked after June 1)
\$440
\$415 (2nd child)
\$390 (3rd child)

PAYMENT INFORMATION

Please indicate how you would like to pay:

Check. Please enclose check made payable to: *St. Nicholas Ranch*.

Credit Card. (VISA and MasterCard only)

Type of Card: _____ Card Number: _____
3-digit Security Code: ____ Expiration Date: _____ Amount to charge to card: _____

Cancellations after payment is received will be charged a \$75 administrative fee.

PLEASE SEND THIS COMPLETED FORM WITH PAYMENT TO:

St. Nicholas Ranch and Retreat Center

P.O. Box 400
Dunlap, CA 93621

Phone (559) 338-2103 · Fax (559) 338-0065
E-mail info@stnicholasranch.org · www.stnicholasranch.org

**CAMPER HEALTH-CARE RECOMMENDATIONS
by LICENSED MEDICAL PERSONNEL FORM 2**

Developed and reviewed by: American Camp Association,
American Academy of Pediatrics Council on School Health, &
Association of Camp Nurses

Mail this form to the address below by _____ (date)

To Parent(s)/Guardian(s): Complete this section and give this form (FORM 2) and a copy of your completed CAMPER HEALTH HISTORY FORM (FORM 1) to your child's health-care provider for review.

Dates will attend camp: from _____ to _____
Month/Day/Year Month/Day/Year

Camper Name: _____
First Middle Last

Male Female Birth Date _____ Age on arrival at camp _____
Month/Day/Year

Camper home address: _____

City _____ State _____ Zip Code _____

Custodial parent(s)/guardian(s) phone: (_____) _____ (_____) _____

Parent(s)/guardian(s) stop here. Rest of form to be completed by medical personnel.

The following non-prescription medications are commonly stocked in camp Health Centers and are used on an as needed basis to manage illness and injury. **Medical personnel: Cross out those items the camper should not be given.**

- Acetaminophen (Tylenol)
- Ibuprofen (Advil, Motrin)
- Phenylephrine (Sudafed PE)
- Pseudoephedrine (Sudafed)
- Chlorpheniramine maleate
- Guaifenesin
- Dextromethorphan
- Diphenhydramine (Benadryl)
- Generic cough drops
- Chloraseptic (Sore throat spray)
- Lice shampoo or scabies cream (Nix or Elimate)
- Calamine lotion
- Bismuth subsalicylate (Pepto-Bismol)
- Laxatives for constipation (Ex-Lax)
- Hydrocortisone 1% cream
- Topical antibiotic cream
- Calamine lotion
- Aloe

Medical Personnel: Please review the CAMPER HEALTH HISTORY FORM (FORM 1) and complete all remaining sections of this form (FORM 2). Attach additional information if needed.

Physical exam done today: Yes No (If "No," date of last physical: _____)
Month/Day/Year

ACA accreditation standards specify physical exam within last 24 months.

Weight: _____ lbs Height: _____ ft _____ in Blood Pressure _____ / _____

Allergies: No Known Allergies

To foods (*list*):

To medications: (*list*):

To the environment (*insect stings, hay fever, etc.—list*):

Other allergies: (*list*):

Describe previous reactions:

Diet, Nutrition: Eats a regular diet. Has a medically prescribed meal plan or dietary restrictions: (*describe below*)

The camper is undergoing treatment at this time for the following conditions: (*describe below*) None.

Medication: No daily medications. Will take the following prescribed medication(s) while at camp: (*name, dose, frequency—describe below*)

Other treatments/therapies to be continued at camp: (*describe below*) None needed.

Do you feel that the camper will require limitations or restrictions to activity while at camp? No Yes

If you answered "Yes" to the question above, what do you recommend? (*describe below—attach additional information if needed*)

"I have reviewed the CAMPER HEALTH HISTORY FORM (FORM 1), and have discussed the camp program with the camper's parent(s)/guardian(s). It is my opinion that the camper is physically and emotionally fit to participate in an active camp program (except as noted above.)"

Name of licensed provider (please print): _____ Signature: _____ Title: _____

Office Address _____
Street City State Zip Code

Telephone: (_____) _____ Date: _____

CAMPER HEALTH HISTORY FORM 1

Developed and reviewed by: American Camp Association, American Academy of Pediatrics Council on School Health, & Association of Camp Nurses

Mail this form to the address below by _____ (date)

Dates will attend camp: from _____ to _____
Month/Day/Year Month/Day/Year

Camper Name: _____
First Middle Last

Male Female Birth Date _____ Age on arrival at camp: _____
Month/Day/Year

To Parent(s)/Guardian(s): Please follow the instructions below. Attach additional information if needed.

- 1) Complete pages 1, 2 and 3 of this form (FORM 1) and make a copy.
- 2) Send the original, signed FORM 1 to camp by the requested date.
- 3) Complete the top of FORM 2 (CAMPER HEALTH-CARE RECOMMENDATIONS) and provide the copy of FORM 1 with FORM 2 to your child's health-care provider for review and completion.
- 4) After it has been completed and signed by your child's health-care provider, return FORM 2 to camp by the requested date.

Camper Home Address: _____
Street Address City State Zip Code

Parent/guardian with legal custody to be contacted in case of illness or injury:

Name: _____ Relationship to Camper: _____ Preferred Phones: (_____) (_____) _____
Email: _____

Home Address: _____
(If different from above) Street Address City State Zip Code

Second parent/guardian or other emergency contact:

Name: _____ Relationship to Camper: _____ Preferred Phones: (_____) (_____) _____
Email: _____

Additional contact in event parent(s)/guardian(s) can not be reached:

Name(s): _____ Relationship to Camper: _____ Preferred Phones: (_____) (_____) _____

Allergies: No known allergies. This camper is allergic to: Food Medicine The environment (insect stings, hay fever, etc.) Other
(Please describe below what the camper is allergic to and the reaction seen.)

Diet, Nutrition: This camper eats a regular diet. This camper eats a regular vegetarian diet.
 This camper has special food needs. *(Please describe below.)*

Restrictions: I have reviewed the program and activities of the camp and feel the camper can participate without restrictions.
 I have reviewed the program and activities of the camp and feel the camper can participate with the following restrictions or adaptations. *(Please describe below.)*

Medical Insurance Information:

This camper is covered by family medical/hospital insurance Yes No

Include a copy of your insurance card if appropriate; copy both sides of the card so information is readable.

Insurance Company _____ Policy Number _____

Subscriber _____ Insurance Company Phone Number (_____) _____

Parent/Guardian Authorization for Health Care:

This health history is correct and accurately reflects the health status of the camper to whom it pertains. The person described has permission to participate in all camp activities except as noted by me and/or an examining physician. I give permission to the physician selected by the camp to order x-rays, routine tests, and treatment related to the health of my child for both routine health care and in emergency situations. If I cannot be reached in an emergency, I give my permission to the physician to hospitalize, secure proper treatment for, and order injection, anesthesia, or surgery for this child. I understand the information on this form will be shared on a "need to know" basis with camp staff. I give permission to photocopy this form. In addition, the camp has permission to obtain a copy of my child's health record from providers who treat my child and these providers may talk with the program's staff about my child's health status.

Signature of Custodial Parent/Guardian _____ Date: _____ Relationship to Camper: _____

If for religious or other reasons you cannot sign this, contact the camp for a legal waiver which must be signed for attendance.

Camper Name

First

Middle

Last

(For Camp Use) Cabin or Group

(For Camp Use) Session Code(s):

CAMPER HEALTH HISTORY FORM 1

Developed and reviewed by: American Camp Association, American Academy of Pediatrics Council on School Health, & Association of Camp Nurses

Camper Name: _____
 First Middle Last

Birth Date: _____
 Month/Day/Year

Immunization History: Provide the month and year for each immunization. Starred (★) immunizations must be current. Copies of immunization forms from health-care providers or state or local government are acceptable; please attach to this form.

Immunization	Dose 1 Month/Year	Dose 2 Month/Year	Dose 3 Month/Year	Dose 4 Month/Year	Dose 5 Month/Year	Most Recent Dose Month/Year
Diphtheria, tetanus, pertussis ★ (DTaP) or (TdaP)						
Tetanus booster ★ (dT) or (TdaP)						
Mumps, measles, rubella ★ (MMR)						
Polio ★ (IPV)						
Haemophilus influenzae type B (HIB)						
Pneumococcal (PCV)						
Hepatitis B						
Hepatitis A						
Varicella (chicken pox)	<input type="checkbox"/> Had chicken pox Date: _____					
Meningococcal meningitis (MCV4)						

Tuberculosis (TB) test Date: _____ Negative Positive

If your camper has not been fully immunized, please sign the following statement: I understand and accept the risks to my child from not being fully immunized.

Signature of Custodial Parent/Guardian: _____ Date: _____ Relationship to Camper: _____

Medication: This camper will not take any daily medications while attending camp.
 This camper will take the following daily medication(s) while at camp:

"Medication" is any substance a person takes to maintain and/or improve their health. This includes vitamins & natural remedies. ***Please review camp instructions about required packaging/containers. Many states require original pharmacy containers with labels which show the camper's name and how the medication should be given. Provide enough of each medication to last the entire time the camper will be at camp.***

Name of medication	Date started	Reason for taking it	When it is given	Amount or dose given	How it is given
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		

The following non-prescription medications may be stocked in the camp Health Center and are used on an as needed basis to manage illness and injury. ***Cross out those the camper should not be given.***

- | | |
|---|---|
| Acetaminophen (Tylenol) | Ibuprofen (Advil, Motrin) |
| Phenylephrine decongestant (Sudafed PE) | Pseudoephedrine decongestant (Sudafed) |
| Antihistamine/allergy medicine | Guafenesin cough syrup (Robitussin) |
| Diphenhydramine antihistamine/allergy medicine (Benadryl) | Dextromethorphan cough syrup (Robitussin DM) |
| Sore throat spray | Generic cough drops |
| Lice shampoo or cream (Nix or Elimite) | Antibiotic cream |
| Calamine lotion | Aloe |
| Laxatives for constipation (Ex-Lax) | Bismuth subsalicylate for diarrhea (Kaopectate, Pepto-Bismol) |

CAMPER HEALTH HISTORY FORM 1

Developed and reviewed by: American Camp Association, American Academy of Pediatrics Council on School Health, & Association of Camp Nurses

Camper Name: _____
First Middle Last

Birth Date: _____
Month/Day/Year

General Health History: Check "Yes" or "No" for each statement. Explain "Yes" answers below.

Has/does the camper:

- | | |
|---|---|
| 1. Ever been hospitalized? <input type="checkbox"/> Yes <input type="checkbox"/> No | 11. Had fainting or dizziness? <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 2. Ever had surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No | 12. Passed out/had chest pain during exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 3. Have recurrent/chronic illnesses? <input type="checkbox"/> Yes <input type="checkbox"/> No | 13. Had mononucleosis ("mono") during the past 12 months?... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 4. Had a recent infectious disease? <input type="checkbox"/> Yes <input type="checkbox"/> No | 14. If female, have problems with periods/menstruation?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 5. Had a recent injury? <input type="checkbox"/> Yes <input type="checkbox"/> No | 15. Have problems with falling asleep/sleepwalking? <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 6. Had asthma/wheezing/shortness of breath?..... <input type="checkbox"/> Yes <input type="checkbox"/> No | 16. Ever had back/joint problems?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 7. Have diabetes? <input type="checkbox"/> Yes <input type="checkbox"/> No | 17. Have a history of bedwetting?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 8. Had seizures? <input type="checkbox"/> Yes <input type="checkbox"/> No | 18. Have problems with diarrhea/constipation?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 9. Had headaches? <input type="checkbox"/> Yes <input type="checkbox"/> No | 19. Have any skin problems?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 10. Wear glasses, contacts, or protective eyewear? <input type="checkbox"/> Yes <input type="checkbox"/> No | 20. Traveled outside the country in the past 9 months?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |

Please explain "Yes" answers in the space below, noting the number of the questions. For travel outside the country, please name countries visited and dates of travel.

Mental, Emotional, and Social Health: Check "Yes" or "No" for each statement.

Has the camper:

1. Ever been treated for attention deficit disorder (ADD) or attention deficit/hyperactivity disorder (AD/HD)? Yes No
2. Ever been treated for emotional or behavioral difficulties or an eating disorder?..... Yes No
3. During the past 12 months, seen a professional to address mental/emotional health concerns?..... Yes No
4. Had a significant life event that continues to affect the camper's life?..... Yes No
(History of abuse, death of a loved one, family change, adoption, foster care, new sibling, survived a disaster, others)

Please explain "Yes" answers in the space below, noting the number of the questions. The camp may contact you for additional information.

Health-Care Providers:

Name of camper's primary doctor(s): _____ Phone: (_____) _____
Name of dentist(s): _____ Phone: (_____) _____
Name of orthodontist(s): _____ Phone: (_____) _____

What Have We Forgotten to Ask? Please provide in the space below any additional information about the camper's health that you think important or that may affect the camper's ability to fully participate in the camp program. **Attach additional information if needed.**

Parents/Guardians: STOP here. The rest of this is form is completed when the camper arrives at camp. Keep a copy for your records.

Saint Nicholas Ranch

Waiver Form

This form must be signed by the parent or guardian and returned to Saint Nicholas Ranch Office prior to beginning of camp. Please read the entire form before signing.

I/We, _____ as parent/legal guardian(s) of _____
Parent/Guardian Name Camper Name

give permission for my/our child to be involved in all activities related to the Saint Nicholas Ranch summer camp, a ministry of the Greek Orthodox Metropolis of San Francisco, both on and off the camp site, unless it is specified otherwise by me/us or on the child's medical form. Some of these activities include: participating in athletics, aquatics, arts and crafts, archery, hiking, swimming in the pool, canoeing in the lake, traveling by bus to the Sequoia National Park.

I/We understand that the right is reserved to make changes to the itinerary, activities or events during the summer camp for the safety, comfort, or convenience of the participants, whenever, in sole judgment of the Ranch Director, such changes are deemed necessary.

I/We understand that no responsibility is incurred by Saint Nicholas Ranch and the Greek Orthodox Metropolis of San Francisco, its employees, and volunteer staff, for loss of, or damage to, any personal belongings.

I/We understand that photos will be taken daily of the summer camp activities and the participants to be posted on the Saint Nicholas Ranch web site. I/We also understand that photos and videos will be taken to be used for the purposes of promoting the program. Therefore, I/We consent to the use of any video images, photographs, audio recordings, or any other visual or audio reproduction that may be taken during summer camp to be used, distributed, or shown as Saint Nicholas Ranch sees fit.

I/We understand that Saint Nicholas Ranch reserves the right to terminate the participation of any camper who does not follow the guidelines of the program or through his/her actions or behavior, provides a disruption to the summer camp program or the experience of other participants. I/We understand that no refunds will be given for any parts of the program missed by the camper.

I/We understand all reasonable safety precautions will be taken at all times by Saint Nicholas Ranch and its staff during the summer camp program. I/We understand the possibility of unforeseen hazards and know the inherent possibility of risk. I/We agree not to hold Saint Nicholas Ranch, the Greek Orthodox Metropolis of San Francisco, its employees, and volunteer staff liable for damages, losses, diseases, or injuries incurred by the subject of this form.

PRINT FULL NAME OF PARENT/GUARDIAN

SIGNATURE OF PARENT/GUARDIAN

DATE

Travel Information

Name of Camper(s): _____

Who will bring camper(s) to camp?

Name _____

Relationship to camper(s) _____

Contact Phone Number _____

Who will pick up camper(s) from camp?

Name _____

Relationship to camper(s) _____

Contact Phone Number _____

*Each session of camp begins with registration at 3:00 PM on Sunday
and campers should be picked up between 11:00 - 12:00 PM
on Saturday at the end of camp. Please be prompt.*

PRINT FULL NAME OF PARENT/GUARDIAN

SIGNATURE OF PARENT/GUARDIAN

DATE