



Camper: \_\_\_\_\_

## **ESSENTIAL FUNCTIONS NEEDED FOR SUCCESS AT CAMP CAREFREE**

Welcome to Camp Carefree!

Camp Carefree is a wonderful community of over 170 campers, counselors, staff members, and many volunteers. In order for each individual to thrive and flourish at camp this summer, we have developed a list of the essential functions everyone must be able to meet while at camp. The functions are listed below. You are strongly encouraged to carefully review and then discuss them with your child before signing below. We take this information seriously in order to ensure the well-being and safety of every person at camp.

At Camp Carefree, each day is filled with many activities, and children are required to participate in all of them. Therefore, **every camper must be able to do the following physical functions without assistance:**

- Get dressed, brush teeth, use the bathroom, and shower independently
- Feed oneself at all meals and snacks
- Clean area in and around their bunk, cabin and other designated areas
- Move for a minimum of half a mile at a time, participate in active games, and take 30 minute swimming lessons
- Sit for up to one hour without distracting others during events and meals

There also are many **behavioral and cognitive functions that each camper must be able to do:**

- Listen and follow verbal directions and instructions in English
- Understand and adhere to all camp rules
- Live cooperatively in a community setting and engage in individual and group activities
- Make appropriate choices
- Get along with others; be kind and respectful of people and their property
- Refrain from harassing, harming, bullying, touching, hitting, biting, pushing, and kicking oneself or others
- Self-manage frustrations, impulses, anger, and emotional outbursts at all times
- Be able to calm down and go to sleep at night in a cabin with up to 15 campers and no electronic sleep aids
- Willing to work towards managing and living successfully with diabetes

ADA Camp Carefree is dedicated to bringing out the best in campers in large group settings punctuated by many individual teaching moments. Please let us know well before camp begins

if you feel your child might have difficulty with any of the essential functions we have identified so that together we can determine if camp is the best environment for your child at this time. Otherwise, resulting issues will need to be addressed while your child is at camp, including the possibility of sending your child home. The Camp Director's Contact information is below and she welcomes the chance to speak with you before camp begins.

If you and your child feel that he/she can accomplish all of the above essential functions, then we anticipate that they should do well at camp. Please sign and date this form below. We appreciate all your help in doing this.

~~~~~

I have read the essential functions listed above. After careful review, my child and I agree that he/she will be able to fulfill them.

Camper's name: \_\_\_\_\_

Parent/Guardian's name: \_\_\_\_\_

Parent/Guardian's signature: \_\_\_\_\_

Date: \_\_\_\_\_

**This form is due on or before June 8th.**

Please upload to your dashboard or return to:

Wendy Pack  
ADA Camp Carefree  
PO Box 2118  
Wolfeboro, NH 03894

[wendy@campcarefreekids.org](mailto:wendy@campcarefreekids.org)  
FAX: 1-617-507-3471

Contact information for questions or concerns:

Phyllis Woestemeyer, Camp Director  
732-752-1715

[Director@campcarefreekids.org](mailto:Director@campcarefreekids.org)