



# Cross Trails Ministry Health Update & Monitoring Form

This form must be completely filled out, signed and brought with each youth or adult participant to camp. It will be collected before the participant can exit their car and begin the check-in process. Youth and adult participants who do not have this form in their possession when they arrive at camp will be not be allowed to attend camp.

Participant's Full Name: \_\_\_\_\_

## Health Update

### Medication Update

Participant has had no change in medication.

Participant has begun taking the following medications since the Health History Form was submitted online. Remember medications must be sent in their original container.

Medication: \_\_\_\_\_

Dosage: \_\_\_\_\_ Time(s) of Day: \_\_\_\_\_

### COVID Vaccination Update

Participant has had no change in vaccination status.

Participant has had one dose of a two dose vaccination regime. List Date: \_\_\_\_\_

Participant has completed a COVID vaccination. List Date of Final Dose: \_\_\_\_\_

### Diagnosed Condition Update

Participant has had no change in medical condition.

Participant has been diagnosed with the following health conditions since the Health History Form was submitted online.

### Dietary or Activity Restriction Update

Participant has had no change in dietary or activity restrictions.

Participants has added the following activity or dietary restrictions since the Health History Form was submitted online. Contact the camp office if there are significant activity or dietary restrictions.

### Emergency Contact Update

If the participant becomes ill, we may require that they be picked up within an 8 hours of a diagnosis.

We will always contact parents first, but it is crucial that you list at least one emergency contact who you know will be able to pick up the participant during the camp week if you are unable to do so.

Name of Emergency Contact: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_ Alternate Phone Number: \_\_\_\_\_

May we text this contact if we are not able to get through via a call? Circle one: Yes No

### COVID-19 Testing

If a participant exhibits symptoms of COVID-19 while at camp, a COVID-19 rapid test can be administered by Cross Trails Ministry Staff. This rapid test takes about 15 minutes to complete. If the participant has a positive test result or declines to be tested, they will be asked to depart and be isolated until they can be picked up. If the participant has a negative test result and health care staff determine they are safe to be in the camp community, participants may remain at camp. Parents of campers will be notified with the results of any test that is administered. Please check one of the options below.

The participant may be COVID-19 tested while at camp.

The participant may not be COVID-19 tested while at camp.

### COVID-19 Considerations

There are risks associated with attending camp. We ask everyone to consider the camper's health and that of those they live with, and interact with daily, when deciding to attend camp.

### COVID-19 Symptoms

The following are currently listed as symptoms of COVID-19: fever greater than 100 degrees, dry cough, shortness of breath or difficulty breathing, chills or repeated shaking with chills, new loss of taste or smell, muscle pain, sore throat, nausea, vomiting, diarrhea, headache. Visit [cdc.gov](http://cdc.gov) for the most up to date list of symptoms possible.

### Pre-Camp Monitoring

**On the recommendation of health authorities, to minimize illness at camp we require that each participant's health is monitored daily for 14 days prior to their arrival day.** This includes daily health and temperature checks. Record the participant's temperature in the space provided.

If the participant's temperature is over 100 degrees at any point in the two weeks, the participant has COVID symptoms, or the participant is directly exposed to someone with a confirmed case of COVID, contact a health care provider. After the health care provider, Speak directly to a Cross Trails Ministry staff member before you leave for camp.

**Start filling out this chart TWO WEEKS before your camp start date.**

Date	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Temperature							
Symptoms (Describe)	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Date	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Temperature							
Symptoms (Describe)	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No

### Masks

Social distancing will not always be possible or practical at camp. **Masks will be required at certain times.** Participants will be asked to wear them until they have their initial health screening, if they are not feeling well, while in the food service line, and if an activity or severe weather requires groups to mix that would not normally be in contact with each other, especially indoors.

#### **For minor participants:**

As the participant's parent or legal guardian, I understand that social distancing will not always be possible at camp and that there are cases in which people have COVID-19 and show no symptoms. Please check one of the options below.

- The participant does not need to wear a mask while at camp except when directed to by the staff.  
 The participant must wear a mask at all times while at camp except when sleeping, bathing, eating, during water activities or when directed by staff to remove it for safety reasons.

#### **For adult participants:**

I understand that social distancing will not always be possible at camp and that there are cases in which people have COVID-19 and show no symptoms. I agree to follow the distancing guidelines given to me at camp. I further agree to wear a mask whenever directed by staff to do so. I understand that beyond those staff-directed situations, wearing a mask is it at my discretion.

\_\_\_\_\_  
Signature of Participant if over age 18 or  
Parent/Legal Guardian of Participant

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date