



Dear Parents,

Welcome to another year of the Ostomy Canada Society's (OCS) Youth Camp. We are excited to be able to host this camp after the two-year hiatus due to the Covid-19 Pandemic. The date of this year's camp is **Monday July 4 – Friday July 8, 2022**, and will once again take place at Easter Seals Camp Horizon located in the beautiful foothills of the majestic Rocky Mountains in Bragg Creek, AB.

Camp registration is a two-step process with information required by both Easter Seals and Ostomy Canada Society. We acknowledge that there will be a slight duplication of forms.

Registration Instructions:

1. It is mandatory to reserve your spot at this year's camp on the Easter Seals Camp Horizon website **NO LATER than May 15, 2022**. To do so, please follow the registration link at: <https://eastersealscamphorizon.campbrainregistration.com/>. Your registration must be 100% completed before acceptance.
2. In addition to the registration on the Easter Seals Camp Horizon website, the attached documents are **required** to complete the application process. The attached forms should be filled in Word format and emailed to the Ostomy Camp Administrator Lisa Gausman at lisa.gausman@ostomycanada.ca or printed and mailed to Ostomy Canada Society Inc., C/O Lisa Gausman, 184 MacEwan Park Rise NW, Calgary AB T3K 3Z9
3. Payment is due May 15, 2022. The full registration fee of \$650 **must** accompany the registration, cheques can be made payable to Ostomy Canada Society Inc. and mailed to the OCS Youth Camp Administrator at the above address or registration payment can be made online at <https://www.ostomycanada.ca/camp/> under cost. – Please contact the Camp Administrator regarding financial assistance if required. **If funding is sponsored by Child Handicapped Services, a case worker is required to contact the Camp Administrator before the camp deadline of May 15, 2022.*

Please note that refunds on registration fees will be handled by the OCS office after August 1, 2022 less a \$50 administration fee.

If you have any questions regarding the registration or camp policies, please contact the OCS Camp Administrator at lisa.gausman@ostomycanada.ca prior to the May 15, 2022 deadline.

We, the OCS Camp Committee have been diligently planning and preparing events and activities to give your child an educational, amazing and fun filled camp week. We look forward to seeing them this summer.

Kindest regards,

Lisa Gausman

Lisa Gausman
Ostomy Canada Youth Camp Administrator

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Camper Information

Please read and complete the enclosed forms:

- Ostomy Camp Guidelines – page 3, date and sign
- Completed Applications Forms – pages 4 – 7, date and sign
- Medical Professional’s Statement – page 8, date and signature of physician
- Transportation Information – pages 9, date and sign
- Permission for NSWOC Assessment – page 10, date and sign
- Permission for Picture release – page 11, date and sign
- COVID-19 Waiver and Release of Liability – page 12 – date and sign
- Camp Supply List – page 13
- Additional Registration Tips – page 14
- Financial Support – page 15
- Fundraising Guidelines – page 16



Ostomy Youth Camp Guidelines

Please note, we are unable to make exceptions to the Guidelines listed. Please sign at the bottom of the page to indicate that you have read the guidelines carefully and are in full agreement with them.

A. Campers Physical Health:

1. Campers must be at least six (6) weeks post-operative.
2. Acceptance at camp will be decided on an individual basis by the Camp Administrator and an NSWOC.

B. Arrival and Departure:

3. Campers will be welcome at Camp Horizon after 9am on **Monday July 4, 2022**. We are unable to accommodate campers arriving earlier.
4. Parents will be allowed on-site only at time of camper's arrival and departure.
5. One phone call home will be allowed only on the day of arrival at camp unless there is an emergency.

C. Personal Items + Medication:

6. Please review the **Camp Supplies List** and ensure the camper brings these items.
7. All personal items should be in a suitcase, backpack, or duffle bag. Please label all items.
8. If the camper is flying, all medications and medical supplies should be packed in carry-on luggage.
9. **Ostomy Canada Society is not responsible for any medication or personal items lost or left behind.** Please instruct your child to make sure that they have all their personal medications and items when they leave camp.

D. Behaviour:

10. Behaviour problems will result in the child being sent home at the parents' expense.
11. Please note that this is a non-smoking camp.
12. **Campers cannot bring ANY food onto the camp site.** This is mandated by Easter Seals due to the potential for rodent and other animal infestation. Campers who bring food will have it removed. If your child has a special diet, please indicate this on the **Diet Section** of the Application Form.

Print Name

Parent/Guardian Signature

Date



Youth Camp Application Form

Please complete **ALL** sections of the application form. Please be as detailed as possible.

Name _____

Address _____

City _____ Province _____

Postal Code _____ Home Phone Number _____

Email _____ Cell Phone Number _____

Date of Birth _____ Age at start of Camp this year _____

(Day/Month/Year)

Sex assigned at birth Male Female

Preferred Pronoun He She They No Pronoun Preference

T-Shirt Size

Youth: Small Medium Large Extra Large

Adult: Small Medium Large Extra Large

Provincial Health Care Number _____

Family Doctor _____ Phone Number _____

NSWOC _____ Phone Number _____

NSWOC Work Location _____

Social Worker _____ Phone Number _____

Other (PT / OT) _____ Phone Number _____

Contact Information

Primary Contact

Name _____ Relationship _____

Address _____ Home Phone Number _____

Work Phone _____ Cell Phone _____

Legal Custody: Mother Father Both Other

Alternate Contact

Name _____ Address _____

Phone Number _____



Medical History

Name of Camper _____

OSTOMY (check one) Yes No
 If yes, what type: Ileostomy Colostomy Urostomy Cecostomy
 Any Alternative procedure? Yes No
 If yes, what type: J-Pouch Mitrofanoff Other (specify)

Diagnosis:
 Crohn's Ulcerative Colitis Cancer Bladder Extropy Vater Syndrome
 Spina Bifida Imperforate Anus Other (specify) _____

Any other medical conditions (explain): _____
 Treatments: Yes No
 Explain (please use additional sheets if required) _____

Does the camper require assistance with treatment? Yes No Requires Assistance

Ostomy Supplies Used *Brand _____ Product Codes _____

Accessories Used (i.e.: Skin Prep, Eakin Seals, Remover etc...) _____

Frequency of change: _____

Bladder Management

Problems with bladder? Yes No Catheterization? Yes No
 Does nighttime bed wetting occur: Yes No
 Frequency of catheterization _____ Hours (specify) _____
 Catheterize at night? Yes No Independent Requires Assistance

Supplies used *Brand _____ Catheter Size (specify) _____
 French size _____ Straight or Coude Tip Irrigation (check one) Yes No

Cecostomy

Supplies used _____
 Instructions _____
 Frequency of flushes _____ Duration of flushes (estimate) _____
 Is assistance required Yes No Requires some assistance

Bowel Management

Problems with bowel Yes No
 Bowel routine Independent Requires some assistance



Mobility

Bringing own Wheelchair? Yes No
 If yes, what type: Electric Manual

Please remember to label ALL removable parts.

Does camper require transfer assistance? Yes No
 Please indicate swimming ability: Strong Moderate Weak None

Diet

Does the camper require a special diet? Yes No
 If yes, please be specific and list ALL dietary restrictions that are crucial.

Allergies (please list and explain reaction and treatment)

Food allergies

Medication allergies

Environmental allergy Latex allergy Carries an EpiPen

Does the camper have a past history of?

Epilepsy Convulsions Heart problems Diabetes

Medications: Yes No

If yes, list name of all drugs, dosage and time given. Please include separate sheet of paper if needed.

Drug Name: _____ Dosage: _____ Times Given: _____

Drug Name: _____ Dosage: _____ Times Given: _____

Drug Name: _____ Dosage: _____ Times Given: _____

Drug Name: _____ Dosage: _____ Times Given: _____

Drug Name: _____ Dosage: _____ Times Given: _____



I, _____ grant permission for over-the-counter drugs such as Tylenol, Advil or Gravol to be administered if or when needed.

Print Name

Parent/Guardian Signature

Date

Please pre-measure all medication in a dosage container by day and amount per dose. This is to ensure that there is no discrepancy regarding dosages.

If you have any questions regarding this procedure, please contact your local pharmacist.

Confidentiality Notice

Confidentiality will be waived if an individual discloses the following information:

1. An individual is going to hurt themselves
2. Someone is going to hurt that individual
3. An individual has a plan to hurt someone

Please list any other concerns and please divulge any behavioural issue that may be important for us to be aware of. For example: ADHD, Anxiety, Depression and Bullying.



Medical Professional's Statement 2022

(Name) _____ is attending Ostomy Canada Youth Camp in Bragg Creek, Alberta. He/She/They has special medical needs that may include an ostomy, bladder or bowel incontinence and/or inflammatory bowel disease.

These medical conditions may require surgical creation of an external stoma or internal pouch to collect urine and/or body waste. If there is an external stoma, this person will wear an ostomy pouching appliance which will be attached to the abdomen. The pouch will appear on the full body scanner or may be noticed if the person is subjected to a body pat down.

The person requires that medical supplies (e.g. ostomy supplies) and/or medications be available in carry-on baggage.

The above named person is a patient in my care.

This form must be signed by your Doctor or NSWOC

Medical professionals Name _____

Address of Practice _____

Phone Number _____

Print Name

Medical Professional Signature

Date

*This form needs to be photocopied and carried with the child through airport security.



Transportation Form

Campers being driven to camp by family members are required to arrive at camp after 9am on Monday July 4, 2022. Camp Horizon cannot accommodate campers arriving before 9am.

Campers are required to be picked up at camp and 'off-site' no later than 1pm on Friday July 8, 2022.

***Campers arriving in Calgary by air**

Due to the shortened week and 9am start of Ostomy Camp, flights must arrive as early as possible. While we realize that an early arrival time may cause some inconvenience, our goal is to have all our campers at camp as early as possible. Once all the campers who fly into Calgary arrive, a bus will take them and our airport volunteers out to camp. We would hate to have our campers spend the majority of their first full day at camp waiting for all arrivals. **Due to possible unpredictable changes in Government guidelines and recommendations due to the COVID-19 Pandemic, we ask that you do not book flights until after the May 15, 2022, registration deadline.** A communicate with suggested flights to have your child arrive within a set time will be sent to you after we have received your child's registration information.

Please arrange the return flight home for the afternoon of Friday July 8, 2022, between 4pm and 7pm. If no flights are available during these times, please contact the Camp Administrator, Lisa Gausman by email lisa.gausman@ostomycanada.ca or by phone at (403)826-6388 before booking the flight to arrange supervision of your child at the airport.

 Print Name

 Parent/Guardian Signature

 Date

Please indicate mode of transportation: Ground Airline

Arrival on Monday July 4, 2022

Departure on Friday July 8, 2022

Time of arrival _____ Time of Departure _____

Airline _____ Airline _____

Flight # _____ Flight # _____

Parents are to check-in their child for the return flight and pay the return baggage fees. *Please note that both payments can be made on the outbound flight. WestJet and Air Canada do not accept cash at the airport.

Person to contact in event of lateness or other travel issues

Is there a specific pick up person?

Name _____ Relationship _____

Address _____

Phone Work _____ Phone Home _____ Phone Cell _____

Ostomy Canada Youth Camp NSWOC Assessment

An NSWOC is a Registered Nurse with specialized training in ostomy, wound and continence issues.

As part of the Ostomy Canada Youth Camp program, your child is required to have an assessment done by one of the on-site Nurse Specialized in Wound, Ostomy and Continence (NSWOC). This will include an assessment, review of products and procedures and an opportunity to discuss any camper concerns.

If your child refuses to comply, parents will be contacted, and the child will be sent home at the parents' expense. Please explain this to your child to avoid unnecessary unpleasantness. This NSWOC assessment is in your child's best interest.

I, _____ (camper) agree to have an NSWOC assessment while attending the Ostomy Canada Youth Camp.

Print Parent/Guardian Name

Camper Signature

Parent/Guardian Signature

Date

Photograph and Video Release Form

Ostomy Canada Youth Camp 2022

Ostomy Canada Youth Camp is a service provided by Ostomy Canada Society Inc. (OCS)

Print, film and video presentations may be made to build awareness of OCS and its services, and to assist in fundraising. Photography and videos taken at Youth Camp may be used in displays at conferences and/or events, for awareness purposes, or posted on the OCS website, www.ostomycanada.ca and on social media sites. Photographs and videos may also be published in the OCS official publications such as Ostomy Canada magazine, Ostomy Canada Connects and newsletters of member chapters of Ostomy Canada Society. Photographs and brief information about individual campers and camp activities may also be posted on a camp specific website.

I/we _____ (parent/guardian) give my/our consent and authorization to OCS and its member Chapters/Peer Support Groups to publish photographs, videos and information as outlined above for _____ (camper name) taken during the summer of 2022.

NO identifying addresses or contact information will be published or shared.

Print Name

Parent/Guardian Signature

Date

COVID-19 Waiver and Release of Liability

Ostomy Canada Youth Camp 2022

The World Health Organization has declared the novel Coronavirus (COVID-19) a worldwide pandemic. Due to its capacity to transmit from person-to-person through respiratory droplets, the government has set recommendations and guidelines which Ostomy Canada Society (OCS) adheres to comply.

As the parent/legal guardian of _____ (child's name), by allowing the child to participate in the Ostomy Canada Youth Camp, and by signing this COVID-19 Waiver and Release of Liability, I, on behalf of _____ (child's name) am assuming all risks, responsibility and liability concerning my child's health and safety and possible exposure to COVID-19 in connection with the Ostomy Canada Youth Camp.

In consideration of my child's participation in the foregoing, the undersigned acknowledge and agree to the following:

I acknowledge that if my child shows signs of COVID-19, an Easter Seals Camp Horizon (ESCH) nurse in partnership with our Nurses Specializing in Wound, Ostomy and Continence (NSWOC) nurse will complete an overall assessment and test for COVID-19. If that test shows they are positive, they will be placed in quarantine for the duration of their stay (end of camp week – July 8) and must be picked up from ESCH camp by a parent/designated guardian no later than noon on July 8. **This includes campers who fly into Calgary.**

I acknowledge that OCS will not pay for nor reimburse for flights if a parent/designated guardian needs to retrieve their child from camp.

With full knowledge of the risk involved with COVID-19, I hereby release, waive, discharge OCS, its board, officers, volunteers, employees and assigns from any and all liabilities, claims, demands, actions, and cause of action whatsoever, directly or indirectly arising out of or related to any loss, damage, injury or death, that may be sustained by my child related to COVID-19 while participating in any activity while in, or, or around ESCH or while using the facilities that may lead to unintentional exposure or harm due to COVID-19.

I hereby warrant that I have read this COVID-19 Waiver and Release of Liability in its entirety and fully understand its contents. I have signed this document voluntarily and of my own free will.

Print Name

Parent/Guardian Signature

Date



Youth Camp Supply List

Please send appropriate clothing for the entire week

- | | | |
|--|--|---|
| <input type="checkbox"/> Sleeping Bag and Pillow | <input type="checkbox"/> Heavy Sweater | <input type="checkbox"/> Ostomy supplies |
| <input type="checkbox"/> Pajamas | <input type="checkbox"/> Jacket | <input type="checkbox"/> Medications |
| <input type="checkbox"/> T-shirts | <input type="checkbox"/> Clothes for the dance | <input type="checkbox"/> Catheterization supplies |
| <input type="checkbox"/> Jeans | <input type="checkbox"/> Toothbrush/paste | <ul style="list-style-type: none">• Lubricant• Irrigation supplies |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Soap | |
| <input type="checkbox"/> Bathing suit | <input type="checkbox"/> Shampoo | <input type="checkbox"/> Empty water bottle |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Brush/comb | <input type="checkbox"/> Wheelchair if used |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Towel | <input type="checkbox"/> AFO's if used |
| <input type="checkbox"/> Rain Gear | <input type="checkbox"/> Facecloth | |

For catheterization, saline will be provided, please give an estimate of the amount used over the five days of camp. Please email the Camp Administrator at lisa.gausman@ostomycanada.ca with the amount that will be required no later than June 15, 2022 to ensure we have enough supply at camp.

Medication **MUST** be brought with instructions and in a dosage container, please include any over the counter medications your child may be taking (Tylenol, EpiPen, laxatives, Pepto Bismol etc...) Please pack medication and medical supplies in your child's carry-on in case their luggage is lost or delayed.

Please double the amount of ostomy supplies usually needed.

Other Suggestions

- | | | |
|--|---|---|
| <input type="checkbox"/> Sanitary supplies | <input type="checkbox"/> Ear buds | <input type="checkbox"/> Over the counter medications |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Large plastic bag for dirty clothing | <input type="checkbox"/> Sunglass strap |
| <input type="checkbox"/> Bug repellent | <input type="checkbox"/> Waterproof phone case | |
| <input type="checkbox"/> Hat | | |

Rafting Day Clothing should include: Polar fleece top Polar fleece bottom

Please note that all items should be clearly marked with camper's name. Camp will not be responsible for lost articles. Campers can **NOT** bring hunting knives, expensive jewelry or large sums of money. *We recommend money for snack/meals at the airport for both arrival and departure and for souvenir purchases.

Please remember the mountains are known for unpredictable weather so bring warm clothes.

Cell phones are not allowed to be used during camp activities, except to take pictures and videos. SIM cards will be collected at camp check-in, labelled and stored in a safe location and will be returned at the end of camp. We wish all campers to be fully participating in camp activities.

Please do not send ANY snacks, junk food, candy or any food item. These items will be confiscated and destroyed.

Additional Registration Information

Ostomy Canada Youth Camp 2022

Camp registration is a two-step process with registration required by both Easter Seals and Ostomy Canada Society (OCS).

For registration with OCS please complete and return pages 3-12 of the OCS application package.

For registration with Easter Seals, please visit the website:
<https://eastersealscamphorizon.campbrainregistration.com/>

If you are registering a returning camper and have an existing account, you can log in with your existing login, if you do not remember your password, please click the 'Password Reset'. For new campers, please create a login with your email address and create a password. The registration will take approximately an hour to complete. At any point you can save the form and return to it later. The registration will not be officially submitted until all the forms are finished but you won't lose any of the work you have already completed.

Once you have signed into and/or created an account, please choose the Partner groups, and click on Ostomy Canada Camp (July 4, 2022 to July 8, 2022). This will lead you to the registration forms.

During registration Easter Seals will ask you to fill out a medical form, COVID-19 waiver, upload proof of vaccination, and other general camp information.

Please note, there are a few quirks on this website you should be aware of:

- For any camper over 18, you will need to 'fudge' their birthdate (make their birthdate a year later). The camper's age will be corrected later. This will enable a menu to pop up with a listing of all camps for children and youth (rather than a listing of camps for adults).
- The camp is referred as Ostomy Canada Camp. You need to scroll down to the bottom of the page. (The dates are Monday July 4, 2022 to Friday July 8, 2022).
- Dates for immunizations can be 'an estimate', so you don't have to go searching through your camper's medical records. You will be asked to provide proof of COVID-19 vaccinations including the date of the vaccinations.
- When you are asked to select a Payment Option, please select enter the code '**OCYC2022**' If your camper is being sponsored by a chapter or OCS. This will allow you to complete the registration process. Your chapter or OCS will make the payment directly to OCS.
- If you are fully paying for your child's registration, payment can be made through the www.ostomycanada.ca, by e-transfer or by cheque/money order. Please make cheques payable to Ostomy Canada Society Inc. and indicate who the registration fee is for. Please mail cheques to Ostomy Canada Society Inc. C/O Lisa Gausman, 184 MacEwan Park Rise NW, Calgary AB T3K 3Z9
- Fundraising is an important part of camp, please see the fundraising requirement information on the next page.

If you have any questions about the registration procedures, please contact the camp administrator, Lisa Gausman at lisa.gausman@ostomycanada.ca

Financial Support

Ostomy Youth Camp 2022

If possible, parents/guardians will be expected to fully pay transportation and camp registration fees.

Sponsorship may be available **if** requested and no child will be denied based on their or their family's financial situation.

If families are unable to pay, they should first contact their local Chapter or Peer Support Group of Ostomy Canada Society to request full or partial sponsorship. If the Chapter/Peer Support Group is unable to assist or can only partially fund the camper or there is no Chapter/Peer Support group near their area, then local service clubs, churches and other non-profits should be contacted for assistance. In addition, the local hospital(s) or regional children's hospital should be contacted. Campers are also encouraged to engage in their own fundraising efforts for camp. Campers have been impressively successful with all sorts of endeavors.

First time campers who have a urostomy may meet the eligibility criteria for the Shane Banfield Memorial Fund and can request an application from the Ostomy Canada Society office for an application form.

Should all the above-mentioned avenues not result in sufficient funding, Ostomy Canada Society will fund partial and/or full registration and/or transportation costs upon ***written request***.

Campers are encouraged to participate in fundraising activities. This encourages our campers to develop several valuable life-skills. Some of these skills include the ability to reach out to other people and form valuable 'people skills'. Fundraising gives our campers the perfect opportunity to learn about volunteering and money management by learning the steps to planning and achieving long term goals and they also learn how to build relationships with donors. Fundraising gives our campers a chance to speak with potential donors and helps reduce the stigma of bowel and bladder diversion surgeries fulfilling the mission and vision of their sponsor, Ostomy Canada Society Inc.

Their participation in fundraising can shape them into amazing adults and by the end of their camp years they can have the ability to advocate for not just themselves but for other children and adults who have or will have bowel or bladder diversionary surgeries.

We have been fortunate that in the past several camp years some of our campers have raised as much as \$2000 on their own. It is amazing and although we do not single anyone out, we do encourage all our campers to give back to the organization that has sponsored them. We take great pride in their success. Please see our Fundraising Guideline Information page for more information.

Fundraising Guidelines

Ostomy Canada Youth Camp 2022

For our campers, Ostomy Camp is an eye-opening experience for individuals to learn about themselves, their medical condition and to make meaningful and lasting relationships. Most importantly, summer camp is a whole lot of fun.

Having fun can cost a lot of money, and fundraising is an essential part of sending a child to Ostomy Camp. Currently, Easter Seals covers half the cost of the \$1,300 registration fee leaving the parent, OSC or local chapters/support groups to cover the other half of registration (\$650). In addition, 75% of our campers fly in from various locations across Canada and flights can cost upwards of \$1,000 per camper. With the increase of gas prices this year, we anticipate flight costs will skyrocket and the need for fundraising will increase significantly.

Although fundraising is not mandatory and no child will be denied the camp experience based on funding, we encourage all our campers to make a minimum donation of \$30 toward their camp fees and/or the family of our campers to obtain a yearly membership with the Ostomy Canada Society. This membership entitles you to all national and local information for the ostomy community as well as a subscription to the Ostomy Canada magazine. This bi-annual magazine is geared towards people living with an ostomy and or bowel and bladder diversions surgery and contains uplifting and informative articles from around the globe.

Alternately, many local ostomy chapters and/or support groups who sponsor a child to attend camp ask that the family of the camper take out a membership to their chapter/support group. Membership fees range from \$30 to \$45 depending on the chapter or support group. Often these chapters will ask the camper to give a short talk at a local meeting telling the members about their camp experience. Their members are more likely to donate if they hear firsthand how camp has made an impact on the campers. Many of our camp alumni were sponsored by these local chapters for their entire camp years (ages 9-18).

We urge all our camp parents to have a conversation about the importance of fundraising for camp and that the Ostomy Canada Society, as a non-profit organization require volunteers as well as monetary donations for their existence. Some suggestions for fundraising that many of our past campers employed include: babysitting, saving of allowance, dog walking, lawn mowing, jewelry making, bottle collecting and snow shoveling.

How to submit your fundraising donation:

If you belong to an Ostomy Canada Society local chapter or peer support group, then you should send your child's fundraising money via cheque to your chapter (some accept e-transfer). Clearly mark the money with your camper's full name, address and indicate the amount raised. The same applies if you know the chapter that has sponsored your child but are not a member.

If you are uncertain about who has sponsored your child, please contact the camp administrator Lisa Gausman at lisa.gausman@ostomycanada.ca she will be able to provide the chapter/peer support group contact name and information. Alternately, donation monies can be mailed into the OCS office at: Ostomy Canada Society Attn: Camp Committee, 5800 Ambler Drive, Suite #210, Mississauga ON L4W 4J4. Clearly mark who the donation is from and indicate that it is a donation for the Ostomy Canada Youth Camp.