



# Go Girl Go!

The camp program addresses issues facing girls and young women today including body image, independence, identity and confidence. The camp takes the girls through a variety of activities and challenges, allowing them to challenge themselves in a fun, safe environment.

We also deal with some valuable life skills including self reliance, decision making skills and problem solving. This is a camp that they will never forget!

- Residential Camp
- 5-16 years old
- Sept 27– Oct 1, 2010
- Little Y Women (Mon-Wed): \$220
- Awesome Girls (Mon-Fri): \$340
- Extreme Chicks (Mon-Fri): \$360

**Highlights include** - Orienteering & Tent Camping, Bike Riding at Sydney Olympic Park, Day Out to YMCA Camp Yarramundi, Archery, Arts & Craft, Inspirational Women Guest Speakers.

## Don't miss out! Call and register now!

Sydney Olympic Park Lodge  
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Sydney Olympic Park NSW 2127  
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# Enrolment Form & Medical Information

Please fax: (02) 9714 7323

Child's Name; \_\_\_\_\_ D.O.B; \_\_\_ / \_\_\_ / \_\_\_ Age: \_\_\_\_\_ Male / Female

Parent 1 (Emergency Contact) Name: \_\_\_\_\_ Mobile: \_\_\_\_\_

Parent 2 (Emergency Contact) Name: \_\_\_\_\_ Mobile: \_\_\_\_\_

Main Guardian Ph: \_\_\_\_\_ (hm) \_\_\_\_\_ (wk) Mobile: \_\_\_\_\_

Address; \_\_\_\_\_ Suburb; \_\_\_\_\_ P/Code; \_\_\_\_\_

E-mail; \_\_\_\_\_

How did you find out about us? (please be specific); \_\_\_\_\_

Can I room with? \_\_\_\_\_ (names from same program)

Is anyone legally restricted from seeing this camper? \_\_\_\_\_

## Transportation:

To camp: Own Transport: Arrive at 9:00am on Monday, September 27, 2010

Return: Own Transport: Pick up at 4:00pm on Friday, October 1, 2010

**NOTE: PARENTS & CARERS MUST BE PRESENT AT THE TIME OF ARRIVAL AND DEPARTURE AT CAMP. NO EXCEPTIONS.**

## Payment:

Camp Fee: Little Y Women (Mon-Wed): \$220 (\$240 agency) Awesome Girls (Mon-Fri): \$340 (\$360 agency) Extreme Chicks (Mon-Fri): \$360 (\$380 agency)

## Medical Information:

Medicare Number:	Number on Card:	Ambulance Cover: Y / N
Private Medical Cover; Y / N:	(details)	
Doctor's Name:	Phone:	
Does your child suffer from: Any chronic injury or illness? Y / N: _____ (details)	: Asthma? Y / N: _____ (triggers)	
Does your child have any allergies? (eg drugs, food, plants) Y / N: _____ (details)		
Does your child have any emotional/behavioural disorders? Y / N Phobias? Y / N If yes please specify: _____		
Does your child require medication? Y / N May we administer Paracetamol if required? Y / N If yes to medication an additional form will be forwarded.		
Has your child been ill or required medical attention in the last four (4) weeks? Y / N If yes please specify: _____ If your child has seen a doctor in the last four weeks please attach a medical certificate consenting to their attendance.		
Date of last tetanus injection: _____ (if your child's tetanus is not current please see your doctor)		
Does your child: Wet the Bed? Y / N	Sleepwalk? Y / N	Suffer travel sickness? Y / N
Any other information that we should be aware of:		
Special Dietary Requirements? _____ (details)		

## Parent/Guardian Consent

As parent / guardian I understand that the YMCA of Sydney and its instructors will take reasonable care for the welfare and safety of those attending the camp but are not responsible for any accident or sickness otherwise occurring. I acknowledge that going on camp may involve my child/ward's participation in activities of a hazardous nature, though the YMCA and its instructors will take reasonable care to minimise risk to participants.

I have detailed herein and on any attached pages any disabilities or susceptibilities affecting my child/ward, that may place him / her at greater than normal risk. I authorise the YMCA of Sydney and its instructors to obtain medical assistance and ambulance transportation in the event of illness or injury as they think necessary and authorise qualified medical practitioners to administer anaesthetic, blood transfusions or any other procedures deemed necessary. I also agree to pay all the cost of any expenses incurred as a result of such medical assistance and ambulance transportation. I acknowledge that I am able to obtain private insurance cover for my child/ward in respect of any accidents or sickness at the camp. Should my child/ward need to be returned home for any reason I will cover any associated costs. I consent to my child/ward attending camp on this understanding.

Signature of Parent / Guardian

Full Name of Parent / Guardian

Date

# Sydney Olympic Park Lodge

## Camp Medication Form (please fax to 02 9714 7323)

Child's Name: \_\_\_\_\_ Group \_\_\_\_\_

I, \_\_\_\_\_ (name of parent / guardian) give permission for medication to be administered to my child / ward.

Dates to be Administered: From \_\_\_\_\_ to: \_\_\_\_\_

Name of Medication	Dosage / Time to be administered	Dosage / Time to be administered	Dosage / Time to be administered

Is your child / ward familiar with taking this medication? YES / NO

In the unlikely event that your child / ward misses the allocated time what steps would you like taken (eg. Administer straight away, call you, etc)

Are there any special requirements with your child/ward's medication? \_\_\_\_\_

Name of Medication	Action to be taken if medication is missed

Please Note: Containers must be clearly marked with child/ward's name, dosage and instructions for dispensing. Multiple medications must be in a blister pack as per attached instructions.

We understand that while YMCA of Sydney staff instructors may be prepared to assist in this matter, the ultimate responsibility rests with us as parents / guardians.

If there are any problems with the child / ward taking medication, parents / guardians will be contacted immediately.

Signature: \_\_\_\_\_ (Parent / Guardian)

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

# Sydney Olympic Park Lodge

## Camp Requirements for Medication

### Multiple Medications:-

If your child / camper requires more than one type of medication during camp, we require the medication to be administered in blister packs.

If you are not familiar with blister packs, they are available at most chemists for a small fee of \$3-\$5. The packs make the administration of medication much easier, particularly for those children on more than one type of medication, and those on several medications at different times throughout the course of the day.

As you can appreciate – camp is a very busy time, with many different children requiring many different types of medication. We are taking this step in an effort to make the process as simple as possible, and in order to ensure that our camper's needs are addressed appropriately.

### Anaphylaxis & Epipens:-

If your child / camper is anaphylactic and required to carry an EpiPen, we require that two (2) Epipens be sent to camp with your child.

Our procedure is that one EpiPen stays with your camper at all times, and the other is held in the office in case of an emergency.

Also—please ensure that you provide us with a copy of the action plan.



### General Notes About Medication:-

In order for us to professionally handle the medication for your camper, please ensure:-

- That enough medication is provided for the duration of the camp
- That all medication is appropriately labelled and packaged
- That medication is provided for all medical conditions including asthma etc.

Please note that we are not authorised to administer to your child / camper any medication that is not provided by you and is not accompanied by the appropriate instructions and consent forms.



# Camp Guidelines

- Never leave camp or activity areas without permission from your Camp Counselor.
- All activities must be supervised by your Camp Counselor.
- Listen to and follow instructors guidelines and instructions.
- Closed in shoes be worn at all times.
- Respect male and female areas. Enter no room other than your own.
- Respect the natural environment. Please use the bins provided and do not damage the bush.
- No pocket knives, glass and valuables please.
- All accidents and damage to equipment must be reported.
- Wilful damage must be paid for by the individual involved.
- Respect others after lights out. There should be no need to leave your tent/room after lights out.
- Everyone is responsible for the ongoing cleanliness of their tents/rooms.
- Do not tamper with Fire Fighting equipment. Damage will incur a minimum charge to the individual of \$300.
- Do not enter out of bounds areas detailed upon arrival.
- Please do not run around the campsite.
- Activities are only to be accessed during allocated activity time.
- The food is plentiful, please refrain from bringing lollies etc. No gum please.
- Campers **will not be allowed** to bring electronic devices such as laptops, mobile phones, iPods and gaming devices.

# Gear Checklist

- Plain white T-shirt for camp graduation
- Pair of blue jeans
- Athletic shorts/Track pants
- Running Shoes (closed-toe)
- Sturdy comfortable walking shoes (closed-toe)
- Hat
- Sunscreen
- Insect repellent
- Sleeping bag & pillow
- Underwear and socks
- Towel/ Toiletries
- Plastic bag for wet/dirty clothes
- Change of clothes
- Sleepwear
- Torch
- Water bottle

**NB: Please nametag all items and please ensure all medication is labelled clearly.**