



Variety Camp Family Manual

Summer Camp 2025

Dear Families:

Welcome to Variety Summer Camp 2025!

Variety received 389 camper applications last year for Summer Camp 2024, and we are estimating we will receive a similar number this year. We anticipate accommodating 70-80 campers per week of camp this summer. **If your child is not going to attend camp, please let us know so another camper can attend.**

The venues are still in the planning process. Once completed, we will communicate the daily locations. We are looking forward to another great in-person camp.

Throughout the manual, items are highlighted due to importance, or it is a change from previous years.

The Variety team is excited to have the opportunity to give your child the best camp experience possible. The contact information for the administrative team is listed below. Thank you for sharing your child with us!

Sincerely,

Robin Diehl	Amy Birnstill	Renee Kavanaugh	Janette Coleman
Director of Programs	Manager of Enrichment Programs	Sr. Coordinators of Enrichment Programs	

Robin Diehl, Director of Programs

Office: 314-720-7717

Cell: 314-398-5245 ** for use during camp hours only **

Email: robin@varietystl.org

Amy Birnstill, Manager of Enrichment Programs

Office: 314-720-7719

Cell: 314-346-2925 ** for use during camp hours only **

Email: amy@varietystl.org

Renee Kavanaugh, Sr. Coordinator of Enrichment Programs

Office: 314-720-7718

Cell: 636-795-4744 ** for use during camp hours only **

Email: renee@varietystl.org

Janette Coleman, Sr. Coordinator of Enrichment Programs

Office: 314-720-7720

Cell: 314-249-8675 ** for use during camp hours only **

Email: janette@varietystl.org

WHAT TO BRING

Daily Needs

- Lunch
- Camp shirt (provided) to be worn daily – will receive the first day of camp
- Extra clothing (at your discretion)
- Water bottle
- Diapers (if necessary) **Swim diapers, also, if necessary, on swim days**

***PLEASE MARK ALL BELONGINGS - CLOTHING, TOWELS, CAMP BAGS, ETC., WITH THE FIRST AND LAST NAME OF YOUR CHILD.**

Each day, with the daily location in mind, campers participate in sports, art, music, movement, STEM, social time, etc. Depending on location, swimming will also be an activity this summer.

LUNCHES

Your camper will need a sack lunch in an insulated lunch box each day.

PLEASE label your camper's lunch!

SNACKS

Snacks will not be provided.

Please advise your child's counselor if your child has a personal snack and any allergies to other snacks so everyone is aware.

*****Please do not pack lunches or snacks with nuts, peanut butter, or shellfish!*****

PHYSICIAN'S STATEMENT & IMMUNIZATIONS

Each camper must have an up-to-date physical examination that is less than one-year-old at the time the child attends camp and a record of the child's most recent immunizations. A legible/readable copy of the medical information is needed. Either a standard physical form from a pediatrician or the Variety Camp [Physician's Statement](#) is acceptable.

The completed/signed Camp Physician's Statement or physical form must be received no later than **May 1, 2025** as well as all other required documentation. A child **CANNOT** be permitted to attend without the required documentation. This documentation can be emailed to Amy, faxed to Robin (314-375-9559), or mailed to Variety's office.

In light of recent national events and advice from medical professionals, all campers must be up-to-date on immunizations unless your child has a physician documented exception from vaccinations, effective for all of our camps, starting Summer 2019.

MEDICATION

Please include all necessary medications in their **original packaging** within a clear plastic bag. Mark the bag with your child's name. Complete the medication permission form (attached) and return it with the medications. No medication will be given without a permission form.

All medications should be given to the nurses **on the first day of your child's camp session**. The camp nurses must be aware of each camper's medicinal needs in order for the child to receive timely and proper dosages.

Camp nurses are the only personnel authorized to administer medication.

Some campers have a compromised immune system. For the safety of everyone at camp, please do not send your child to camp if your child:

- has run a fever in the past 24 hours
- has not urinated in the past 12 hours
- has vomited in the past 24 hours
- is having diarrhea
- has any untreated contagious illness

PRIVATE NURSES ATTENDING CAMP

Private Nurses may attend camp with your child. Your child will still receive a counselor to encourage participation and socialization. Our objective is for your child to participate as fully as possible in camp activities.

The private nurse attending must communicate with Camp nurse(s), Camp Director and/or Camp Assistant any medical issues that arise immediately.

The Camp nurse and Director will make all final medical emergency decisions.

OTHER IMPORTANT INFORMATION

DROP-OFF AND PICK-UP PROCEDURE:

DROP-OFF is at 9:00 AM. Check-in with the group's Lead Counselor who will take attendance and relay important information for the day.

Camp day ends with PICK-UP AT 3:00 PM.

GROUP INFORMATION

Each day, your camper will be paired with a staff member referred to as a "counselor". Campers are divided into groups based on their age. Each group has a "Lead Counselor" who is responsible for overseeing the campers and counselors and guiding them to their activities throughout the day.

The group's "lead counselor" is **your** main contact regarding daily information. Please feel free to contact your child's lead counselor.

We know that you are interested in what your child did throughout the camp day, and we want to make sure that information is communicated with you. At the beginning of your child's camp week, please notify the Lead Counselor of the group if you would like a "My Day" form filled out about your camper's day. The "My Day" form is a recap summary of what your child did in each activity during the day. The form can be filled out by your child's counselor upon request.

Variety Camp Behavior Policy

The mission of Variety Camp is to provide a supportive environment where children ages 4-20 with physical and developmental disabilities can succeed and gain independence, skills, socialization, and self-esteem.

- Variety wants your camper to have a successful camp experience. We feel that all campers, staff, and volunteers should feel safe and comfortable in our program.
- Variety staff will contact you if your child is having a difficult time participating in activities. Specific follow-up plans will be put in place per a parent-staff discussion.
- If the camper's actions continue to be an issue, Variety Camp reserves the right to dismiss your child if they exhibit inappropriate behavior or is not having a successful recreational experience. This includes, but is not limited to, participants that exhibit aggressive behaviors, cause harm to either themselves or others, or are unable to be redirected. Dismissal is done at the discretion of the Programs Director.

CELL PHONES AND OTHER ELECTRONICS POLICY:

We ask that cell phones **NOT** be used during the camp day by campers. It becomes an interruption to the programs and diverts attention away from the activities that are taking place. This also includes iPads for recreation purposes. We understand your child may have an iPad to be used for a break, but we want them engaged in socialization as much as possible while at camp.

Variety Camp cannot be responsible for lost or damaged phones.

If your child uses a communication device, by all means, we want to use it! Please instruct the lead counselor and camper's counselor how it is used.

Camp Pictures and Videos

*Please "like" us on Facebook to view select pictures from camp:

<https://www.facebook.com/varietystl>

*You can find **all** photos taken on our Flickr page:

<https://www.flickr.com/photos/varietystl/albums>

PARTICIPANT INFORMATION

CAMPER NAME: _____

SESSION ATTENDING: _____

MEDICATION POLICY

- **IMPORTANT:** A Physician and a parent must sign this form if **any over-the-counter medications** (i.e. ibuprofen, Dramamine, vitamins, etc.) or **prescription medications** are listed.
- All prescription medications must be brought to camp in their original containers, with the doctor's instructions. DO NOT pre-dispense, place in a daily pill holder, wrap in outer materials, or ask us to dispense by other than doctor's orders. Do not bring expired medications. Medications not in original containers will not be held or dispensed at camp.
- All prescription medicines must be in **original container with pharmacy label** with prescription number, date filled, prescribing physician's name, name of medication directions for use, and the patient's name. All Over-the-Counter medications must be in **original container** and should have the camper's name written on the box.
- At least one dose of any medication **MUST** be given to camper at home before bringing to camp.

LIST OF MEDICATIONS

Medication Name	Reason Taking	Dosage	Breakfast	Lunch	Other: (specify what time)	As Needed

***I hereby request and authorize Variety Adventure Camp to give my child medication as specified above.**

Parent/Guardian Signature _____ **Date** _____

Licensed Physician Signature _____ **Date** _____

(Necessary for ANY and ALL Over-the-Counter Medication AND Prescription Medication)

Physician Address _____

Physician Phone _____