



# Tate's Day Camp

## *2024 Heat Precautions*

Dear Camp Families,

Due to the hot temperatures moving in this week, we want to let you know about some precautions that we are taking at camp.

Here are some of the extra steps that we are implementing and things that you can do to better prepare your child at home before arriving at camp. **Keeping everyone hydrated is one of the number one priorities.**

1. Be sure your child is drinking plenty of water in the morning prior to arriving at camp and in the evenings after camp.
2. Send a water bottle with your child (be sure your name is on it). We have numerous 5 gallon coolers located around camp with ice water, and we encourage frequent fill ups.
3. Use sunscreen before coming to camp and be sure and send the sunscreen with your child. Our counselors will remind children to reapply sunscreen.
4. Don't forget to pack your child's swim suit. Swimming and water activities are a great way to cool off and all campers have swim times.
5. Campers are encouraged to wear a hat.
6. Some of the higher active games will be played in the mornings and we will focus more on lower active and/or shaded and indoor activities in the afternoons.
7. Children may also bring a small cooling towel or bandanna to wet and place on their neck and head.
8. For the Explorer/Adventure (2nd grade through 8th grade), try lightening the load of the backpack and only bring essential items. Bring swim suit, towel, sunscreen, and maybe snacks, but don't bring a lot of extra miscellaneous items that you will have to tote around. Do not bring extra toys, especially stuffed animals.
9. Monitor your child's diet at home and limit carbonated drinks and caffeine. Increase fruits and vegetables because they contain water. We do not sell carbonated drinks in the camp store. Although Gatorade is acceptable, pure water is the absolute best.
10. And last but not least, be sure your camper is getting plenty of rest. You can expect some fatigue following the camp day, and children may need to go to bed a little earlier to reenergize their systems.

Our staff are receiving additional briefings about closely monitoring the campers and their water intake and energy level.

Thanks for being here and let the games continue!

Chris Strevel  
Camp Director