



## **Common Requests and Solutions for Special Consideration at Council Activities**

Virginia Headwaters Council makes every reasonable effort to meet the needs of campers/participants and have developed standard solutions for common requests:

### **Food**

Camp menus are posted online ([www.campshenandoah.org](http://www.campshenandoah.org)) by May 15<sup>th</sup>. Our Dining Hall is peanut free. We offer a PB&J option that is stored, handled and served separately for other utensils and food. Although menus are subject to change, they give a good idea of the menu items planned. We can substitute some items for sugar free, vegetarian, dairy free and gluten free. If major departures from the menu are required, it is highly recommended that **guests bring substitute ingredients and/or food** and speak with the camp cook on arrival day. We are happy to store what you bring in our kitchen. Guests are not permitted in the kitchen, per state health department regulations, but our staff makes every effort to assist with minor menu substitutions. **Please submit this Form to enable the camp to anticipate the need.**

### **Wheelchair access/ Limited-Mobility**

Camp Shenandoah has a very limited number of wheelchair access to tents. Latrines and most program areas are handicap accessible. Submit this Special Needs Form to enable the camp to place the unit in an appropriate campsite. Be sure to submit the form several weeks prior to camp. Reminder: Camp trails are rough. Although, it is possible to make it to most areas of lower camp with a normal wheelchair it is suggested to have a wheelchair with off road tires to make mobility easier.

### **Vehicles in Camp**

Private vehicles are NOT PERMITTED in camp. The ONLY exception made is for persons with severe mobility limitations. A state-issued disabled parking permit is required and approval from the Camp Director MUST be granted in the form of a vehicle pass displayed at all times on the vehicle dashboard. As vehicles present a safety hazard for pedestrians on camp roads, this rule is strictly-enforced; only extreme circumstances warrant a vehicle pass.

### **CPAP machine (night-time breathing machine)**

For campers with CPAP machines, please know that campsites do not have electricity and sleeping is not available in buildings at camp. To prepare for camp, two options are suggested:

1) Avid campers may consider purchasing a battery-operated CPAP machine). A good source for battery-powered CPAP machines is [www.cpap.com](http://www.cpap.com). If charging a battery-operated CPAP is required during daytime hours, the camp has a number of charging outlets available at the Maintenance Area behind the Dining Hall.

2) Those who use a machine that requires 120v AC power (household current) can bring an inverter and an automobile battery. This is a proven method for many campers over the past several summers. We can provide an outlet where automobile batteries can be recharged during daytime hours. Vehicles cannot be parked in or near campsites for the purpose of powering CPAP machines. Please submit this Special Assistance Form to enable us to anticipate the need.

### **Injections**

Camp personnel are not authorized to administer regular injections. Guests needing to do so administer their own injections or be accompanied by an adult trained and authorized (by parent/guardian in the case of a minor) to administer injections for that person. Our Health Lodge provides a secure refrigerator for chilled medications.

### **Sensory/ADHD/ASD etc.**

Camp Shenandoah strives to offer a positive camp experience for each youth. If the camp staff are aware of specific sensory or other ASD/ADHD needs, the camp will do their best to minimize possible issues. If an episode or shut down cannot be avoided, the camp staff needs to know how best to resolve that situation. Please submit this Special Needs Form to enable the camp to anticipate the need.

### **Other**

Our council and camp strives to offer a positive outdoor experience for each youth and adult. Please use this form for any other needs or requests that you feel the camp staff should know about before your arrival at camp. The camp staff will make every reasonable effort to accommodate your needs.