



Dear Parents,

NATIVE HEALTH is pleased to announce the Indigenous Wellness Camp, **Monday, June 8–Friday, June 12, 2020 at Mingus Mountain Camp** in Prescott Valley, AZ for American Indian/Alaska Native children, ages 9-12. There is a \$80 registration fee per child. Scholarships applications are available.

**Applications are only accepted when all forms are completed and registration fee is paid in full.**

Please read the entire packet with your child so everyone has a successful and enjoyable time.

**If you live in Maricopa County, physicals must be completed by a NATIVE HEALTH medical provider.** Deadline for applications is **Friday, May 29, 2020**. NATIVE HEALTH provides transportation within 15 miles of our facilities, should you need a ride to see our providers.

NATIVE HEALTH is entering its 18th year offering American Indian/Alaska youth tools to reduce the risk of developing Type 2 Diabetes. In addition to offering a fun outdoor camping experience, the Indigenous Wellness Camp also provides education on the importance of nutrition, physical activity, self-esteem, diabetes prevention, and traditional activities.

Behavior and discipline problems can affect camp activities and other children's camping experience. Parents will be contacted in the event behavior problems arise, and campers may be dismissed and will have to be picked up by the parent/guardian at the camp, at your own cost.

Please do not mail or send any food, drinks or candy for your camper. We do not allow food in the living units because these items attract rodents or wildlife. Three meals as well as morning and afternoon snacks will be provided.

The Indigenous Wellness Camp is a place for safe, wholesome fun and learning. We are dedicated to keeping it that way. Thank you for sharing your camper with us and we will be working very hard to make sure they have a great time at camp this summer.

If you have any questions please call Amber Tso at **(602) 279-5262 ext. 3314**, Monday through Friday, 8 a.m.–5 p.m., or email: [atso@nachci.com](mailto:atso@nachci.com).

Thank you,

Amanda Whitesinger  
Indigenous Wellness Manager  
NATIVE HEALTH

## Camp Rules

1. Profanity will NOT be tolerated.
2. Drugs, alcohol, cigarettes, fireworks, firearms, knives or weapons of any kind are prohibited.
3. Suggestive, bullying or aggressive behavior or malicious pranks will NOT be tolerated.
4. Please do not bring any electronic devices (cell phone/iPad/Kindle, etc.). We are NOT responsible for theft.
5. **NO** food or drinks allowed on trip or in cabins.
6. Be on time to activity classes, meals and evening events.
7. Practice the buddy system at all times.
8. Keep camp grounds clean of litter.
9. Graffiti will **NOT** be tolerated in cabin walls, etc. The offender will be responsible for cleanup and repair.
10. Camper's parents are not allowed to be a chaperon.

## Cabin/Housing

- Campers stay with other campers of the same gender and similar age
- Campers and counselors sleep in cabins
- Two Team Leaders are assigned per group with youth of same gender

## Camp Activities

- Archery
- Arts and Crafts
- Fishing
- Geocaching
- Native American Cultural Activities
- Native Games
- Talking Circles
- Team Building Activities
- Traditional Food Demos
- Walk Rock Climbing
- Ziplining

## Home Sickness

Know that your child will get homesick. Team Leaders are trained to recognize homesickness and know how to cheer up campers and get them back on the right track. If homesickness becomes extreme such as not eating or crying all the time, you will be contacted to reassure them or pick them up. You may pack comforting items such as a stuffed animal, family picture, etc.

# INDIGENOUS WELLNESS CAMP

PLEASE BRING ENTIRE FORM WITH YOU TO MEDICAL APPOINTMENT

**PLEASE PRINT CLEARLY**

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_  Male  Female

Name of Parent/Guardian \_\_\_\_\_

Address of Parent/Guardian \_\_\_\_\_

Cell phone: \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Relationship: \_\_\_\_\_

Emergency Contact Phone \_\_\_\_\_ Emergency Contact Email \_\_\_\_\_

Tribal Name \_\_\_\_\_

Personal Physician's Name \_\_\_\_\_ Phone \_\_\_\_\_

Hospital Preference \_\_\_\_\_

Name of Medical Insurance \_\_\_\_\_ Name of Policy Holder \_\_\_\_\_

Group # \_\_\_\_\_ Type of Insurance \_\_\_\_\_

Policy Holder Date of Birth \_\_\_\_\_ Insurance Phone # \_\_\_\_\_

Application Fee: \_\_\_\_\_  Paid  Applying for Scholarship Adult T-shirt size: S M L XL XXL

**By signing this form, my child and I agree that he/she will abide by the citizenship standards of the events, including maintaining a cooperative attitude. We also agree that absolutely NO tobacco, liquor, weapons or illegal drugs may be brought, used or possessed during the session. The Activity Director has the sole discretion of dismissing any child for behavior detrimental to other participants. I understand that, should my child be dismissed for disciplinary reasons that cannot be resolved, Parent or Sponsor will be notified and expected to pick up his/her child immediately. Parents or Guardians will be held financially responsible for all damages caused by said child.**

1. I hereby give my permission to NATIVE HEALTH (dba Native American Community Health Center, Inc.), the right to use, publish, or share images of me or my child in any media (e.g., photographs, digital images, video, audio, Internet, internal materials, or other promotional materials) to be used solely for the purposes of carrying out the NATIVE HEALTH mission. I understand that using the image will be the property of NATIVE HEALTH. I also give permission for NATIVE HEALTH to share these images with other organizations, affiliations, or partnerships such as Indian Health Service, HRSA, CDC, etc. I am providing these services to NATIVE HEALTH without financial compensation and will not make any claims against NATIVE HEALTH for compensation of these services.
2. **I understand that there may be more applicants than space and acceptance is not automatic. A physical examination by a NATIVE HEALTH medical provider and all completed forms are required prior to camp participation. Signed forms must be received by Friday, May 29, 2020.**
3. In the event my child is injured, I hereby authorize the Activity Director/Camp Staff to act on my behalf in arranging for medical care (unless otherwise specified) at my expense in any case regarding this child which in their opinion requires diagnosis and/or treatment. Emergency contacts will be notified of any injuries/illnesses.
4. I release the NATIVE HEALTH, its directors, staff, volunteers and contracted personnel - Mingus Mountain Camp, its officers, directors and other personnel and volunteers, from all liability for any injury which may result from any activity, equipment and/or first aid treatment.

With my Signature, I certify that I have read and understand the information provided on the form, and that I accept the terms and conditions. I waive all rights and claims for damages against NATIVE HEALTH which may result during the Indigenous Wellness Camp.

_____	_____	_____
Print Name of Parent/Guardian	Parent/Guardian Signature	Date
_____	_____	_____
Print Name of Child	Child Signature	Date



# INDIGENOUS WELLNESS CAMP

PLEASE BRING ENTIRE FORM WITH YOU TO MEDICAL APPOINTMENT

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Does your child have any allergies to? Animals or Insects Foods Medications Outdoors

If yes, please list reactions and how severe: \_\_\_\_\_

Does your child require any special diet or restriction of certain foods? Yes No If yes, please list: \_\_\_\_\_

**Medication** (over the counter and prescription)

What medications does your child take daily or on an "as needed" basis? (please include inhalers for asthma, eye drops, nasal spray, allergy pills, prescription medications). **All medications must be placed in a clear, re-sealable zipper storage bag with all medications marked individually with their name and dosage information:**

Medication \_\_\_\_\_  
Type \_\_\_\_\_  
Dosage \_\_\_\_\_  
When and How Often? \_\_\_\_\_

Medication \_\_\_\_\_  
Type \_\_\_\_\_  
Dosage \_\_\_\_\_  
When and How Often? \_\_\_\_\_

Medication \_\_\_\_\_  
Type \_\_\_\_\_  
Dosage \_\_\_\_\_  
When and How Often? \_\_\_\_\_

Medication \_\_\_\_\_  
Type \_\_\_\_\_  
Dosage \_\_\_\_\_  
When and How Often? \_\_\_\_\_

**Behavioral Health issues**

Has your child been away from home for more than one night? Yes No

Does the child have any physical restrictions? Yes No If yes, please explain: \_\_\_\_\_

Does the child have any history of sexually acting out behaviors? Yes No If yes, please explain: \_\_\_\_\_

Does the child have significant phobias or fears? (i.e. animals, night time, etc.) Yes No If yes, please list: \_\_\_\_\_

Does the child have any history of having been bullied by others? Yes No

Has your child diagnosed with a mental health condition or have behavioral issues (aggressiveness, defiant to authority, hyperactivity, poor peer interaction)? Yes No If yes, please explain: \_\_\_\_\_

**Physical Activity**

How many hours a day does your child do the following: \_\_\_\_\_ Watch TV \_\_\_\_\_ Play Video Games \_\_\_\_\_ Computer

Does your child like physical activity, outdoor play, or playing sports? Yes No

What are the things that get in the way of doing more outdoor activities or active play for your child and your family? (barriers to physical activity) \_\_\_\_\_

How many hours of sleep per night does your child usually get? \_\_\_\_\_



# INDIGENOUS WELLNESS CAMP

PLEASE BRING ENTIRE FORM WITH YOU TO MEDICAL APPOINTMENT

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

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

Please circle questions you don't know the answers to.

Has a doctor ever denied or restricted your child's participation in sports for any reason?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Is there anyone in your family who has asthma?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does your child have an ongoing medical condition (like diabetes or asthma)?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Has your child ever used an inhaler or taken asthma medicine?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Are you currently taking any prescription or nonprescription (over-the-counter) medicines or supplements? (Please specify): _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	Was your child born without, is missing, or has a nonfunctioning kidney, eye, testicle or any other organ?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have allergies to medicines, pollens, foods, or stinging insects? (Please specify): _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	Has your child had infectious mononucleosis (mono) within the last month?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does your child's heart race or skip beats during exercise?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Do your child have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Has a doctor ever told you that your child has (check all that apply):		Has your child had a herpes skin infection?	<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> high blood pressure <input type="checkbox"/> a heart murmur		Has you ever had an injury to their face, head, skull or brain (including a concussion, confusion, memory loss or headache from a hit to the head, having "bell rung" or getting "dinged")?	<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> high cholesterol <input type="checkbox"/> a heart infection		Has your child ever had a seizure?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Has your child ever spent the night in the hospital?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Does your child have headaches with exercise?	
Has your child ever had surgery?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Has your child ever had numbness, tingling, or weakness in your arms or legs after being hit, falling, stingers or burners?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Has your child ever had an injury? (sprain, muscle/ligament tear, tendinitis, etc.) (If yes, check affected area in the box below):	<input type="checkbox"/> Yes <input type="checkbox"/> No	When exercising in the heat, does your child have severe muscle cramps or become ill?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Has your child had any broken/fractured bones or dislocated joints? (If yes, check affected area in the box below):	<input type="checkbox"/> Yes <input type="checkbox"/> No	Has a doctor told you that your child or someone in your family has sickle cell trait or sickle cell disease?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you had a bone/joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? (If yes, check affected area in the box below):	<input type="checkbox"/> Yes <input type="checkbox"/> No	Has your child ever been tested for sickle cell trait?	<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Head <input type="checkbox"/> Elbow <input type="checkbox"/> Upper Back <input type="checkbox"/> Knee		Has your child had any problems with their eyes or vision?	<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Neck <input type="checkbox"/> Forearm <input type="checkbox"/> Low Back <input type="checkbox"/> Calf/Shin		Does your child wear glasses or contact lenses?	<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Shoulder <input type="checkbox"/> Hand/Fingers <input type="checkbox"/> Hip <input type="checkbox"/> Ankle		Does your child wear protective eyewear, such as goggles or a face shield?	<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Upper Arm <input type="checkbox"/> Chest <input type="checkbox"/> Thigh <input type="checkbox"/> Foot/Toes		Is your child happy with their weight?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Has your child ever had a stress fracture?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Is your child trying to gain or lose weight?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you been told that your child has or had an x-ray for atlantoaxial (neck) instability?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Has anyone recommended your child change their weight or eating habits?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does your child regularly use a brace or assistive device?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you limit or carefully control what your child eats?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Has a doctor told you that your child has asthma or allergies?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you have any concerns that you would like to discuss with a NATIVE HEALTH/NHW provider?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does your child cough, wheeze, or have difficulty breathing during or after exercise?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Has your child ever had a menstrual period?	<input type="checkbox"/> Yes <input type="checkbox"/> No

# INDIGENOUS WELLNESS CAMP

**PLEASE BRING ENTIRE FORM WITH YOU TO MEDICAL APPOINTMENT**

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

*NATIVE HEALTH provider should fill out this form with assistance from the parent or guardian.*

**Patient History Questions: Please tell me about any of the following in your family:**

- |   |  |   |  |
|---|--|---|--|
| Has your child fainted or passed out DURING or AFTER exercise, emotion or startle?  | <input type="checkbox"/> Yes <input type="checkbox"/> No | Are there any family members who have unexplained fainting or seizures?               | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Has your child had extreme fatigue associated with exercise (different from other children)?  | <input type="checkbox"/> Yes <input type="checkbox"/> No | Are there any relatives with certain conditions, such as:                             |  |
| Has your child ever had extreme shortness of breath during exercise?  | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Deaf at Birth (congenital deafness)                          |  |
| Has your child ever had discomfort, pain or pressure exercise? in his/her chest during  | <input type="checkbox"/> Yes <input type="checkbox"/> No | Enlarged Heart  |  |
| Has a doctor ever ordered a test for your child's heart?  | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Hypertrophic Cardiomyopathy (HCM)                            | <input type="checkbox"/> Dilated Cardiomyopathy (DCM)    |
| Has your child ever been diagnosed with an unexplained seizure disorder?  | <input type="checkbox"/> Yes <input type="checkbox"/> No | Heart Rhythm problems:  |  |
| Has your child ever been diagnosed with exercise-induced asthma not well controlled with medication?  | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Long QT Syndrome (LQTS)                                      |  |
| Are there any family members who had sudden, unexpected, unexplained death before age 50? (including SIDS, car accidents, drowning, or near drowning) | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Short QT Syndrome  |  |
| Are there any family members who died suddenly of "heart problems" before age 50?   | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Brugada Syndrome   |  |
|   |  | <input type="checkbox"/> Catecholaminergic Polymorphic Ventricular Tachycardia (CPVT) |  |
|   |  | <input type="checkbox"/> Arrhythmogenic Right Ventricular Cardiomyopathy (ARVC)       |  |
|   |  | <input type="checkbox"/> Marfan Syndrome (Aortic Rupture)                             |  |
|   |  | <input type="checkbox"/> Heart Attack, age 50 or younger                              |  |
|   |  | <input type="checkbox"/> Pacemaker or Implanted Defibrillator                         |  |

Explain "Yes" answers here: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

I hereby state that, to the best of my knowledge, my answers to all of the above questions are complete and correct. Furthermore, I acknowledge and understand that my eligibility may be revoked if I have not given truthful and accurate information in response to the above questions.

Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_



# INDIGENOUS WELLNESS CAMP

PLEASE BRING ENTIRE FORM WITH YOU TO MEDICAL APPOINTMENT

Please fill out **before** seen by a NATIVE HEALTH medical provider

Child's First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Birth Date \_\_\_\_\_  Male  Female  
 Parent/Guardian Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_ Apt. # \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Cell Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Email: \_\_\_\_\_  
 Alternative contact name \_\_\_\_\_ Alternative phone \_\_\_\_\_

**Health History**

General health of your child:  Good  Fair  Poor  Explain \_\_\_\_\_

Has either parent ever been diagnosed with diabetes?  Yes  No

Did child's mother have diabetes while pregnant?  Yes  No If yes, please provide birth weight \_\_\_\_\_

PLEASE CIRCLE if your child has ever been diagnosed with the following:

- |                         |                        |                             |                    |
|-------------------------|------------------------|-----------------------------|--------------------|
| Asthma                  | Heart Defect/Disease   | Diabetes                    | Hypertension       |
| Frequent Ear Infections | Seizure or Convulsions | Bleeding/Clotting Disorders | Seasonal Allergies |

Other: \_\_\_\_\_

Operation or serious injuries (dates) \_\_\_\_\_

**Physical Examination: Must be completed by a NATIVE HEALTH medical provider**

Immunizations status: <input type="checkbox"/> Current <input type="checkbox"/> No	<b>Sensory Screen</b>	
Height: _____ ft _____ in/cm	Last Tetanus (Date): _____	Vision normal? <input type="checkbox"/> Yes <input type="checkbox"/> No
BMI %: _____	Blood Pressure: _____	Right: _____ Left: _____
Weight: _____	Heart Rate: _____	Hearing/Speech normal? <input type="checkbox"/> Yes <input type="checkbox"/> No
		<b>Development Assessment</b>
		Is development appropriate for age <input type="checkbox"/> Yes <input type="checkbox"/> No
		Referred to: _____
		Sport Restrictions? <input type="checkbox"/> Yes <input type="checkbox"/> No
		If yes, specify limitations: _____

	Normal	Abnormal	Comments
ENT			
Teeth			
Neck			
Heart			
Lungs			
Abdomen			
Skin			
Extremities			
Spine			
Vascular			
Neurology			
Sexual Dev.			

Clearance for 2020 Camp, School & Physical Activity?  Yes  No

Medical Provider's comments: \_\_\_\_\_

NATIVE HEALTH Provider signature \_\_\_\_\_ date \_\_\_\_\_  
 print name \_\_\_\_\_

NATIVE HEALTH Medical Director signature \_\_\_\_\_ date \_\_\_\_\_