

A Healthy Adventure Starts At Home

Tips for ensuring your child has a positive Academy Experience

Updated May 13th, 2020

Never has our attention to health and safety been more imperative. The wellbeing of our students, our student's families and our staff is of the utmost concern. We ask that as parents, you join our efforts in creating and maintain a safe environment for our programming community. Telluride Academy will be implementing daily student screenings at drop off each day for both students and staff. We ask that you are mindful of the behaviors and interactions your children partake in while not at camp and help us reinforce the importance of social distancing, hygiene and the use of PPE when appropriate.

- If your child is showing signs of illness such as running a temperature, throwing up, has diarrhea, nasal drainage and/or coughing/sneezing, keep the child home and contact the Academy. This greatly reduces the spread of illness at camp but also supports your child's recovery. It is important to remember that typical illnesses that have always existed, will still be present this summer!
- Talk to your child about the importance of wearing a non-medical mask and practice wearing the mask around the house or while playing outside. Until further notice, masks will be required for drop-off and pick-up and at ALL times when social distancing measures cannot be adhered to. Masks should cover the nose and mouth and be washed each evening.
- Teach your child to sneeze/cough in his/her sleeve and to wash his/her hands often while at camp, especially before eating and after toileting. If you really want to achieve impact, teach your child to accompany hand washing with another behavior: keeping their hands away from their face. We are asking that students pack their own hand sanitizer for hand sanitizing while in the field.
- If your child has mental, emotional, or social health challenges, talk with an Academy representative before their program starts. Proactively discussing our ability to accommodate a child can help minimize – if not eliminate – potential problems.
- Should your child need a particular nutrition plan because of allergies, intolerances or a diagnosis (e.g., diabetes), note these during the registration process but also contact the Academy to make sure **(a)** we have noted that need and **(b)** the we can address it. Discuss how your child will receive appropriate meals and snacks then explain that plan to your child. Should your child be uncomfortable with the plan, arrange for a staff member to assist/monitor the process until the child is comfortable.
- Make sure your child has and wears appropriate close-toed shoes for activities such as hiking and biking and that your child understands that Telluride Academy is a more rugged environment than home. Talk with your child about wearing appropriate shoes to avoid slips, trips and falls that, in turn, can result in injuries such as sprained ankle. Many Academy students will partake in water-based activities such as paddle boarding. Please make sure you have appropriate water shoes that fasten fully to your child's foot for these days (no flip flops or crocs)
- Send enough clothes so your child can dress in layers. Mornings in the mountains can be chilly and afternoons get quite hot. Dressing in layers allows your child to remove clothing as s/he warms while still enjoying the activities.

- Fatigue plays a part in both injuries and illnesses – and Telluride Academy is a very busy place! If your child is attending a day program, be sure they get enough rest at night. If the child will be on overnights, explain that camping is not like a sleepover; they need to sleep, not stay up all night!
- Remember to send sunscreen appropriate to Telluride's high altitude. Teach your child how to apply his/her sunscreen and how often to do so. Academy instructors will facilitate numerous sunscreen and water breaks throughout the day!
- Send a reusable (and labeled) water bottle. Instruct your child to use it and refill it frequently during their camp stay. Staying hydrated is important to a healthy camp experience, something your child can assess by noting the color of their urine ("pee"); go for light yellow.
- Talk with your child about the importance of talking to their instructor or an Academy administrator about problems or things that are troublesome to them at camp. Academy personnel can be quite helpful as children learn to handle being lonesome for home or cope with things such as social challenges, bullying or just navigating a new experience. Telluride Academy staff will always strive to share important feedback from the day with parents at pick up and hope that our Camper Code of Conduct and agreed upon strategies can be reinforced at home to address challenges your child may face.
- Should something come up during your child's Academy experience or afterwards (you see an unusual rash on your child or your child shares a disturbing story) please contact our administration. Telluride Academy wants to partner effectively with parents in addressing any issues that they may not be aware of; sharing information makes this possible.

Summer Adventures with Telluride Academy should be safe, fun and memorable experiences for ALL of our students. If we can help address any issues before, during or after camp, please do not hesitate to contact us!

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