

**Brain Injury Alliance of New Jersey**

**CAMP TREK**

**Together in Recreation Exploration and Knowledge**

# **PARTICIPANT HANDBOOK**

**2023 Camp TREK**

**August 20<sup>th</sup> - August 25<sup>th</sup>**



# Welcome to the BIANJ's CAMP TREK

CAMP TREK is a 6-day residential respite and recreation program. It provides independence, recreation, and socialization for adults with brain injury, while their caregivers enjoy a week of relaxation.

## **Helpful Hints and Tips when Planning**

**Please read carefully, as policies and procedures have changed!**

### **FORMS and PAPERWORK**

Applications can be found on our website [www.bianj.org/support](http://www.bianj.org/support). If you have any difficulty completing the online application, please contact our office.

**APPLICATIONS ARE DUE NO LATER THAN APRIL 12, 2023.**

Your application will be reviewed by our TREK Planning Committee. If you are accepted, you will receive a Notification of Acceptance letter with additional paperwork to complete. Please abide by the deadlines given for submitting all additional paperwork. **Camper openings cannot be held due to late paperwork as we usually have a waiting list.**

**ALL PAPERWORK/DOCUMENTS ARE DUE NO LATER THAN  
JUNE 1, 2023.**

Additional paperwork will include:

1. TREK Emergency Contact Form 2023
2. Transportation Release Form 2023
3. Release Form (4 Signatures are required on this one form)
4. Applicant's Insurance Information - copy of insurance card must be submitted, and the signed Rules and regulations section.
5. Photo/Video Release
6. A copy of your COVID 19 vaccine primary series and booster documentation.
7. Medical Form to be completed by physician. **Important!** Please describe TREK to your doctor and have them fill out the form **COMPLETELY**. Your doctor must provide a printout of current medications. This form is to be submitted no later than **July 17, 2023**. (4 pages)
8. Current picture of the camper (digital or hard copy)
9. Personal Care Assistant form (if applicable)

After all additional paperwork is received, you will receive a final letter of acceptance which will provide additional details to make your week a memorable experience.

### **COVID POLICY**

Camp TREK requires that all campers meet the CDC's requirements for being up to date with COVID vaccines and boosters. You are up to date with COVID 19 vaccines when you have completed a COVID 19 vaccine primary series and have received the most recent booster dose recommended for you by the CDC. **Proof of vaccinations must be provided before final approval to attend camp.**

### **PHYSICALS and HEALTH EXAMINATIONS**

BIANJ requires all participants to complete a pre-program physical. Please have your medical professional complete and sign the medical form. This does not require an appointment for a new physical if the participant has completed a physical within the past year and there have been no changes in health.

### **MEDICATIONS**

If there is a change in prescribed medication and/or prescription dosage from what is listed in the Medication form that was originally submitted to us, you must obtain an updated prescription list signed by your physician. All medications must arrive in the original containers (i.e.: prescription bottle/blister packs). Vitamins and supplements must also be in their original containers. All prescription medication labels must include the following: current dosage, time each medication is to be dispensed, the route, and any special instructions. A form will be provided for the medical professional to fill out.

### **MARIJUANA POLICY**

Only prescribed marijuana is permitted at the camp. The marijuana will be stored as a medication and the appropriate dosage will be dispensed by camp medical staff according to the instructions provided by your physician. Campers will be supervised at all times while his/her dose is being administered. It is a prescribed medication for personal use and therefore cannot be shared with anyone else.

### **PERSONAL CARE ASSISTANTS (PCA)**

If you are planning on bringing a PCA with you to camp, they must be the same gender as the person for whom they are responsible. Space is limited; therefore, the PCA and individual must be able to share a cabin with other campers. The primary task of a PCA is to ensure the safety and well-being of the person for whom (s)he is caring. A PCA should be prepared to provide personal hygiene and

mealtime assistance, and to monitor the behavior of the client regarding their effect on other people and property. PCA's responsibilities include 24 hour a day one-on-one care as described above for your camper, in a physically demanding outdoor camp environment.

### **ACCOMODATIONS**

Sleeping accommodations are in an air-conditioned cabin. All cabins are wheelchair accessible, and each camper will have a lower bunk bed. It is important to note that the bathrooms are in a separate building. Shower shoes are strongly recommended. Flip Flops will not be permitted in the bathroom for safety reasons. It is the camper's responsibility to supply a commode/urinal if applicable.

### **CLOTHING**

We will do our best to make sure all clothing goes home with campers. However, items may get lost or torn. Every effort is made to keep clothing together, although at times this is not always possible, as participants live closely together in a shared cabin. Please mark/label all clothing and other belongings with participant's full name. This will help us to identify an article of clothing when found. Camp is a great place to wear old, comfortable clothes - no special clothes are required. Dress to relax! Please do not bring expensive clothes to camp.

**To maintain safety, flip flops and open toed shoes cannot be worn during camp activities.**

### **ELECTRONIC DEVICES**

If you choose to bring any electronic devices to camp (iPods, MP3 players, CD players and CD's, cameras, computers, cell phones, or other such devices) the Brain Injury Alliance of New Jersey and ARC of Gloucester **cannot** take responsibility for these items if they are lost or damaged.

### **JEWELRY**

Expensive jewelry is not needed. The Brain Injury Alliance of New Jersey and ARC of Gloucester **cannot** take responsibility for these items if they are lost or damaged.

### **LAUNDRY**

Dirty laundry will not be cleaned at camp. Please make sure you are packing enough clothing for the entire week. We suggest packing an extra day's clothes. Do not expect the participant to return with clean clothes. Again, please make sure that

all personal items and clothing are labeled. It would be very helpful if you provided a laundry bag for returning soiled clothing. Remember to label the laundry bag.

### **SMOKING POLICY**

1. Cigarettes will not be supplied for staff or participants. Any person who smokes must bring adequate supply of cigarettes for the week.
2. Cigarettes are not for sale anywhere on campgrounds.
3. Smoking is allowed only in designated smoking areas. Under no circumstances will smoking be allowed within cabins, while moving around campgrounds, or outside of designated smoking areas.

### **GUEST POLICY**

We love when guests visit us at Camp TREK. However, all guest visits must be approved in advance. Call the Camp TREK Director 24 hours in advance of a proposed visit. All guests must sign in with the Camp TREK Director and wear a visible visitor's name badge. All guests will be accompanied by staff for the length of their visit.

### **PAYMENT and CANCELLATION:**

All payments are due 45 days prior to the start of camp. The fee we charge campers is an administrative fee; therefore, we cannot refund payments after August 15, 2023. TREK participants attending with a PCA (personal care attendant) must also submit payment for their PCA. Payment should be sent to the BIANJ office address listed below.

### **MAILING ADDRESSES AND CONTACT INFORMATION:**

BIANJ/Camp TREK mailing address:  
The Brain Injury Alliance of New Jersey  
825 Georges Road, 2<sup>nd</sup> Floor  
North Brunswick, NJ 08902  
Phone #:723-745-0200  
Fax #-732-745-0211

Camp Sun N' Fun:  
1036 N Tuckahoe Road  
Williamstown, NJ 08094

Email Address: [rishak@bianj.org](mailto:rishak@bianj.org)

Please write in the Subject Line: **CAMP TREK**

**Failure to follow any of the rules may result in  
dismissal from Camp TREK at the discretion  
of the Camp TREK Director.**