

Dear Parents and Guardians,

Your child's safety and comfort are our top priorities. We want to reassure you about the steps we take whenever a heat advisory is issued so you know what to expect and can feel confident sending your camper to Camp Abe Lincoln.

What we do during a heat advisory

- Move activities indoors whenever possible; outdoor time is limited and replaced with shaded, low-exertion options.
- Adjust the schedule to avoid peak-heat hours (typically mid-afternoon), shifting active play to cooler parts of the day.
- Maintain frequent, supervised water breaks — staff remind and monitor hydration throughout the day.
- Provide access to multiple shaded and air-conditioned cooling areas; cool-down and quiet-rest periods are enforced as needed.
- Modify or cancel strenuous activities (running, competitive games) and swimming schedules as appropriate for safety.
- Require lightweight, sun-safe clothing, hats, and sunscreen; staff will assist with reapplying sunscreen if you send labeled sunscreen and permission.
- Monitor campers closely for signs of heat-related illness (dizziness, nausea, rapid heartbeat, confusion) and follow our medical protocols immediately if symptoms appear.
- Communicate with you: we'll notify families by text.

How you can help

- Send a water bottle labeled with your child's name and a refillable bottle if possible.
- Dress your camper in lightweight, breathable clothing and a hat.
- Apply sunscreen before arrival and include a labeled bottle if you'd like staff to reapply (please sign the permission form).
- Inform us of any medical conditions or medications related to heat sensitivity.

Pickup and emergencies

- If a camper shows signs of heat illness that require further care, we will contact you immediately and follow your pickup or emergency instructions.
- In urgent situations we will activate emergency medical services and notify you as soon as it is safe to do so.

If you have any questions please contact: Meaghan "Fett" Terry at 563-381-3053