



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Participant Health and Safety Tips

Animals

Wild animals are present at YMCA Camp Bernie. If sighted, we encourage participants to observe them from a distance. Please refrain from disturbing them. Animals are unpredictable and potentially dangerous when provoked.

Plants

Please refrain from eating any vegetation growing wild at camp. During some classes students may be asked to taste certain wild plants. Do so only when instructed to by our trained staff. Poison ivy will be in season during the spring, summer and fall. Learn to recognize its various forms to be better able to avoid contact. Clothing, pets and smoke can transmit poison ivy oils.

Wet Clothes

Avoid walking around in wet clothing. Wet clothing can cause a variety of health problems. Change out of wet clothing as soon as possible. To avoid a potential fire hazard, do not put wet clothing on cabin heaters to dry.

Ticks

Ticks are present in the spring, summer and fall. Check your body and hair once a day for ticks. If you should find a tick on your body, please notify your group's leader. Wood ticks are the ticks encountered most frequently. Wood ticks are not carriers of Lyme's Disease. For more information on ticks or Lyme's Disease please ask a Camp Bernie staff member.

Cuts and Injuries

All cuts and other injuries should be reported to the group leader or school nurse no matter how minor they may seem. Do not attempt to move anyone if you believe they have sustained a severe injury. Notify the nurse and camp staff immediately for assistance.

Personal Hygiene

There will be time at the beginning and end of each day for everyone to shower. Always wash your hands before each meal.

Medications

All medications are to be turned into the school nurse or group leader prior to arrival on camp. No student is to have medication in his or her cabin or share medication with others.

Fires

Fires may only be built with Camp staff supervision in designated preset fire rings. Running or active games around a fire is prohibited. Do not hold or remove burning pieces from a fire. Remember, fire is hot!

Poisonous Bites

While there have been no reported sighting of poisonous snakes or spiders at camp in recent years, participants are warned that these dangers may exist. To avoid bites, be careful where you place your hands and feet when climbing on or moving large rocks and logs.

Campfire & Hiking Policies

Please be sure you are familiar with our Campfire & Hiking Policies. Campfires must be built in a designated fire ring and should never be left unattended. Any group wishing to enjoy a self-guided hike, must obtain a map from the Program Coordinator and inform a staff member upon departure.

**Directions
to Hackettstown Regional Medical Center
from YMCA Camp Bernie**

Hackettstown Regional Medical Center is the closest hospital to YMCA Camp Bernie. Estimated distance: 8 miles or approximately 15 minutes driving time. EMS from both Lebanon and Mansfield Townships respond to 911 calls originating from YMCA Camp Bernie. Both will transport to the nearest medical facility.

**Hackettstown Regional Medical Center
651 Willow Grove St.
Hackettstown, NJ**

Phone: 908-852-5100

Driving Directions:

- Turn Left onto Turkey Top Road and follow to the end (1/4 mile)
- Turn Left onto Penwell Rd. and follow to the end (2 miles)
- Turn Right onto Route 57 East and follow to the end (approx. 6 miles)
- Turn Left onto Schooley's Mountain Avenue and go to the 4th traffic light (at the top of the hill).
- At the traffic light, cross over Main Street (State Route 46) and bear Right onto Willow Grove Street.
- Continue straight on Willow Grove Street (approx. 2 miles).
- Hackettstown Regional Medical Center is on left. Turn Left into the second entrance (marked Emergency). There is a parking lot available directly in front of the Emergency Room entrance.