
Rejuvenate Health & Sickness Policy

We want everyone to have an awesome, safe time at camp. That means looking out for each other and helping stop bugs from spreading. Our goal is to keep everyone safe and able to enjoy all of Rejuvenate and go home healthy too!

Before Camp:

Tell us about any:

- Medical conditions
- Allergies
- Any medications you're bringing

If you feel unwell:

If you are experiencing contagious sickness symptoms before camp, please do not attend. We'll miss you very much but we all have a responsibility to keep others healthy.

Symptoms include things like:

- Fever
- Vomiting or diarrhoea in the last 48 hours
- Bad cold or flu symptoms

If you're unsure, it's better to sit this one out 😞.

In the case of you being unable to attend Rejuvenate due to sickness, please do let us know as soon as possible and there may be a refund available at the Directors' discretion.

During Camp:

Practice good hygiene!

- Wash your hands regularly (especially before eating)
- Cover coughs and sneezes
- Don't share drink bottles, utensils, or personal items

If you feel sick at Rejuvenate:

- Don't tough it out—*let a leader know straight away.*
- We'll: check in on you, help you rest and give you space if needed (especially if it might be contagious)

Medication during camp:

- Bring your medication clearly labelled with instructions. If under 18 years of age prescription medication will need to be stored by one of our Director's, Jessamae Hampson.
- Leaders can help if needed (as long as we've got your consent)

If someone gets really unwell or injured:

1. We'll get proper medical help if needed
2. We'll contact your emergency person

If something's going around:

- We might step up hygiene measures
- We'll keep people informed (without oversharing personal details)

Final Word

Our commitment to you:

- Help keep things clean and safe
- Respond quickly if someone's unwell
- Respect your privacy

The Rejuvenate Directors reserves the right to send you home if:

- You're too unwell to take part
- There's a risk of spreading illness
- You need more care than we can provide
- We'll work with you (and emergency contact/parents if needed and/or if under 18 years) to sort this out. Any cost incurred by Rejuvenate to arrange your transport home will be your/your parents' responsibility.

The reason:

Don't look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had. Philippians 2:4-5 NLT