



YMCA  
**CAMP SEA GULL**  
**CAMP SEAFARER**

## HEALTH EXAMINATION FORM INSTRUCTIONS

**Each camper is required to have a physical within one year of their first day at Camp. No child will be allowed to remain at Camp without a COMPLETED 2019 Health Examination form. Completed health forms are due by March 1.** If your insurance carrier will not cover an annual physical until after March 1, please email us and let us know when it is scheduled. Your child's form must be submitted via email within 72 hours of the appointment.

### **A COMPLETED HEALTH FORM INCLUDES:**

- A copy of your insurance card and pharmacy card (front and back)
- Completed parent side of health form including signature
- Completed licensed physician examination including immunization record and signature

It is imperative that you provide the contact information for both parents. In the case of divorced or separated parents, the primary contact will be notified first. As we have an obligation to share health information with both parents, the other parent will receive a phone call as well.

If your child is currently receiving treatment or counseling for emotional or behavioral issues please include details and strategies for how we can best support your camper and manage the issue on a separate sheet of paper. This includes, but is not limited to: autism, hyperactivity, depression, self-harm, or an eating disorder.

### **INSTRUCTIONS FOR SUBMITTING THE HEALTH DOCUMENTS:**

- Scan the completed health form (remember the insurance and pharmacy card!) and email the attachments to:

Camp Sea Gull: [sghealthform@seagull-seafarer.org](mailto:sghealthform@seagull-seafarer.org)

Camp Seafarer: [sfhealthform@seagull-seafarer.org](mailto:sfhealthform@seagull-seafarer.org)

- Attachments must be in PDF format. Please consider using Genius Scan, Tiny Scanner, or Cam Scanner if you are using your smartphone.