



HEALTH AND CLEANLINESS RULES

Solid Rock Camp and Retreat Center

1. Report for routine check-ups and daily treatments during Nurse's hours.
Hours: Daily
 - a. One half hour before breakfast
 - b. One hour before lunch
 - c. One hour before supper
 - d. Immediately before bed time
2. For illness or injury at other times, camper should report to his/her counselor or another staff member before coming to the nurse. Counselor and another camper should come with the camper at night. If the nurse is not at the infirmary, go to the office so she/he can be paged.
3. If the camper is immobile, a staff member should remain with the camper. Another person should be sent to fetch the nurse.
4. Knock at entrance of the infirmary and wait until told to enter.
5. Campers should take a shower at least twice a week.
6. Shoes must be worn at all times except in cabins or the showers.