



Greetings Bridge Delegates!

Congratulations on being accepted to the 2017 MLW Bridge Program! We are so glad that you'll be joining us for a life-changing week of community building and leadership training. As you know, this is Bridge's inaugural year, so it is extra special and we are thrilled to have you along on the journey.

The Bridge Staff has been working extremely hard to put together an inspiring, empowering, and challenging program that will help you take your skills to the next level. We have really enjoyed getting to know you through reading your applications and phone interviews and can't wait to meet you in person. We have also planned an immense amount of fun, so get ready!

One last step to help us get to know you even better prior to coming on-site is to have you complete our Pre-Site Leadership Inventory. Select this link: <https://www.surveymonkey.com/r/2017BridgePre> and complete it as soon as you can.

We are SO EXCITED to get to work with you and cannot wait to see all of the amazing things you will accomplish at Bridge. Please see the additional enclosures for important information. If you have any questions please feel free to e-mail Steph and Olivia at [bridgedirector@mlw.org](mailto:bridgedirector@mlw.org) or contact Anita Anderson, Executive Director, at [anita@leadershipmd.org](mailto:anita@leadershipmd.org).

We'll see you on July 9th at Washington College to commence this leadership journey. We can't wait!

Sincerely,

Olivia and Steph, Bridge Directors

Youcef, Breana, Emily, Michael, Libby, and Tres, the Bridge 2017 Staff

# PRE-SITE, CHECK-IN, AND ON-SITE LOGISTICS

Please review this packet completely and carefully with your child prior to arriving at Washington College.

MLW will have some merchandise for sale. Other than those optional items, students will not need any money while at MLW.

Mobile phones are allowed if a student wants to be able to call home during free time or before lights out; MLW is not responsible for loss or damage of phones. ***Mobile phones are not permitted in workshops or at any organized activities and will be confiscated by staff if used inappropriately or at inappropriate times during the day.*** If you prefer to leave your phone at home, you can always use the phone in the office to call home or bring some postcards or letter writing materials and send a letter instead!

## Registration – Sunday, July 9

The address is 300 Washington Avenue, Chestertown, Maryland, 21620, and check-in will take place at the Gibson Center for the Arts (see enclosed map). If travelling north on 213, pass the main entrance of the college and then turn LEFT onto Greenwood Ave. If travelling south on 213, turn RIGHT onto Greenwood Ave. Proceed to Parking Lot C, which will be on your right. Please leave suitcases and sheets/towels/pillows in your car until you have checked in and received your room assignment.

Those with prescription and/or non-prescription medication (including vitamins/supplements) should have already completed the Medication Administration Authorization form, including doctor's signature. **Without that form properly completed and submitted to us, your child cannot take medication on-site.**

At registration, all medication must be turned over to the nurse. **See the "Important Medical Information" section of this packet for details.**

**Check out** is Saturday, July 15 at 11:00am.

## Staying in Touch

MLW will provide a nightly blog to update family and friends on each day's activities. To find this blog, visit [www.mlw.org](http://www.mlw.org) and select the **News** tab.

If you would like to contact the MLW office during the week, please email [anita@leadershipmd.org](mailto:anita@leadershipmd.org), call Washington College at 410-778-8881, or call our main number 301-444-8623, which will be forwarded to our college office.

To send a letter to your student, please use the following address and send everything before Wednesday of the week to ensure delivery.

CHILD NAME — SHW  
Maryland Leadership Workshops  
Washington College  
300 Washington Avenue  
Chestertown, MD 21620

# IMPORTANT MEDICAL INFORMATION

Any child expecting to take any prescription or non-prescription medicine (INCLUDING VITAMINS/SUPPLEMENTS) while at MLW should have already submitted a physician- and parent/guardian-approved **Medical Administration Authorization form** (a blank one is at the end of this packet if you need it and have not already submitted.) By law, we must have this properly completed form in our files in order for your child to take medication while at MLW. Please contact the office if you are having difficulty with the form or have any other questions.

## MEDICATION

Delegates must turn in ALL medication (prescription AND over the counter) to the Health Consultant at registration. Per the State of Maryland Department of Health and Mental Hygiene Youth Camp regulations, MLW staff keeps medication in the office. The exceptions to this are epi-pens and inhalers which have been pre-approved by parent/guardian and doctor as emergency self-carry. All medications must arrive in their **original containers, including boxes (if any)**. For prescriptions, this means as prepared by pharmacy complete with **pharmacy prepared labels that are consistent with the prescriber's order** (i.e., the medication must match the prescription order attached). Over the counter medicine should be in its original container.

### If you take medicine on a regular basis:

Delegates come to the office at designated times to **self-administer** medication under the supervision of MLW staff. Delegates are only permitted to take medication (prescription or over the counter) for which there is health care provider and parent approval on the Medication Administration Authorization form.

MLW STAFF IS NOT ALLOWED TO PROVIDE OVER-THE-COUNTER MEDICATION. The only medication delegates will be allowed to take is what you send with him/her, and only if the Medication Administration Authorization form is properly completed as stated above.

### Using Prescription and Non-Prescription Medications On Site:

Only delegates who have obtained the necessary health care provider signatures on the MLW forms will be allowed to take medicine while at MLW.

While at MLW, a delegate who is taking any medication on a regular basis will come to the MLW office each day at the designated time (breakfast, lunch, dinner, bedtime) to take pre-approved medications. Delegates will be supervised during their medication intake, but the **MLW staff expects that all delegates are capable of self-administering medication**. If this is not the case, call the MLW office at (301)-444-8623 immediately.

If a delegate is feeling ill, they will come to the office and parents will be contacted. ***No medicine will be administered unless the delegate brought it him/herself along with the Medical Administration Authorization form signed by a health care provider.***

**Medical Emergencies:**

If any delegate experiences any significant health difficulties during the program his or her parent/guardian will be notified immediately, and the delegate may be taken to the Kent & Queen Anne's Hospital which is located directly behind the campus. 911 may also be called. The delegate's file, including medical emergency contact information, health history and insurance information will be taken with them.

**Emergency Personnel:**

As part of its Maryland Youth Camp certification, Maryland Leadership Workshops is required to employ at least two full-time, residential staff members who are certified in CPR and First Aid. Certifications for these staff members are kept on file in the MLW office and are available upon request. Additionally, Washington College Campus Security is trained in CPR, First Aid, and AED use.

# MLW PACKING LIST

- Enough comfortable, weather appropriate clothing for the week. Your clothes should be school-appropriate; if you wouldn't be allowed to wear it at school, please do not bring it to MLW. Staff and delegates wear casual, comfortable clothing, so bring shorts, t-shirts, jeans, sneakers, and a sweatshirt, as we'll be both inside the air conditioning and outside in the summer heat.
- One business casual set of clothing to be worn at the closing ceremony (*Optional*)
- **TALENTS**—There will be a time during the week for delegates to have the opportunity to share their talents. **Please bring any instruments, equipment, or anything else that will help you share your talent with the rest of the MLW community.** If you have any questions about what to bring, please contact MLW's Executive Director Anita Anderson at [anita@leadershipmd.org](mailto:anita@leadershipmd.org) or [\(301\) 444-8623](tel:3014448623).
- Flashlight
- Sheets for a twin bed (and/or a sleeping bag) and a blanket (the dorms are air conditioned so it can get cold)
- Pillow
- Bath towel and hand towel
- Toiletries (don't forget a toothbrush, toothpaste, hand soap, shower soap, and deodorant)
- Shower Shoes
- A rain jacket/umbrella
- Alarm Clock
- Pens or pencils
- A reusable water bottle
- A small bag or backpack to carry guidebook, pen, water bottle, etc.
- Athletic equipment: tennis shoes, Frisbee, Football, etc.
- Light snacks and drinks for evenings (optional)
- Sunscreen and Bug Spray, as we do activities outside during the day and in the evening



## **Policies and Procedures**

**Reminder:** You signed this as a part of your application.  
Please review with your child again prior to coming on-site.

### **Attendance and Refund Policies**

The following refund schedule applies for delegates who cancel their registration.

- Cancellations before May 1st will receive a \$500 refund.
- Cancellations between May 1st and June 1st, will receive a \$300 refund.
- Cancellations after June 1<sup>st</sup> cannot be refunded.
- Refunds will be issued by September 30th.

All necessary items for a complete application, including signed medical forms, must be received prior to May 15th. A reserved space in the program may be forfeited in order to make room for the delegates who are on the waiting list if material is not received by the deadline.

Students participating in MLW's summer programs must participate in the entire week-long residential experience. Students will not be permitted to arrive at the program late or depart early. Unfortunately, refunds cannot be made to students who, for unexpected health or other reasons, must leave the program early. MLW reserves the right to expel without refund any student who violates MLW's Rules and Expectations, violates Maryland State law, or for other cause.

### **Permission to Apply and Attend**

I hereby grant permission for my child to apply to and participate in this program. I accept and assume any and all risks associated with his/her attendance and participation in the program and its activities. I understand that my child should not attend the camp if he/she is not healthy. I understand that my child must abide by program policies and the instructions of program staff. I permit my child and his/her image to be involved in activities and media events that are designed to promote the benefits of Maryland Leadership Workshops, Inc., including but not limited to photographs, videotapes, posting images on the MLW website, Facebook page, Twitter, Instagram and other social media, newsletters and press releases. Additionally, I hereby grant permission for MLW to share the school name and email address of my child with other participants in MLW programs, local school system personnel, Leadership Maryland, and local community leadership associations. Knowing these facts, I, for myself, my child attending the program, and anyone else who might claim on my or my child's behalf, hereby agree that MLW is not responsible for lost or stolen items, accidents, injuries, and/or medical or dental expenses arising from my child's participation in the program and, accordingly, I covenant not to sue, and waive, release and discharge MLW and anyone working on their behalf from any and all claims of liability or expenses of any kind or nature whatsoever arising out of or relating to my child's participation in the program. I have carefully read all of the information in this application form and agree to all conditions.

## **Expectations of Delegate**

### **RESPECT**

MLW fosters an environment of diversity and inclusion. Respect for one another is of primary importance in order for all delegates and staff members to learn and grow throughout the week. Treat others with respectful behavior so that you may expect the same in return. This includes:

- Respect requests made by MLW staff members and campus employees.
- Avoid the use of profanity/obscene language.
- Respect the privacy of MLW participants and other groups who may be using the campus.
- Avoid touching of other people and their belongings (this includes fights and theft).
- Respect all ideas and beliefs and avoid the use of derogatory comments towards others.

### **ATTENDANCE**

It is expected that you will attend all scheduled activities. We have many fun and challenging activities for you and expect that you will be a part of each one.

Eating three balanced meals a day, drinking plenty of liquids, and getting enough sleep will ensure that attending all activities will be no problem.

In case of an emergency or any circumstance preventing participation in activities, notify a staff member immediately!

## **Rules and Procedures to Follow for a SAFE and FUN week**

### **IN AND AROUND DORMITORIES**

There will be no guys on girls' halls and no girls on guys' halls unless approved in advance for an official activity. This includes stairwells that lead from such halls, which are labeled "off limits." Common areas are open to all delegates.

No outside visitors are permitted at anytime during the week without prior permission from the program director.

In the event of a fire, pull the fire alarm and exit the building quickly, knocking on the doors that you pass. Check in with your assigned staff member at the designated meeting location.

In the event of another type of emergency, contact the staff member who is on Dorm Duty. His/her name will be posted on your hall each day.

Do not prop open outside doors at anytime.

### **CHECK-IN AND LIGHTS OUT**

Check-in will occur every night at the time indicated in the guidebook you receive at registration. You must check in with a staff member from your hall by the stated time. We will give you time to get ready for bed, and we will usually schedule a hall meeting after check-in.

Lights must be TURNED OFF at the time designated in your guidebook. Although you may be accustomed to staying up a bit later, remember that this week is very active and demands your full energy every day. You will need your sleep to fully participate in all activities.

## **AROUND THE CAMPUS**

At registration, you will receive an MLW button with your name on it. This button must be worn at all times unless, of course, you are in the shower or sleeping. You must also wear shoes at all times except when showering and sleeping (although you may want to wear shower shoes).

You may NOT leave campus at any time or for any reason. If you are uncertain of campus boundaries, ask a staff member. Commercial properties located near the campus are not part of the campus. If you have forgotten a necessity item, give the office staff money and a written description of the item, and they will secure it for you.

If you are driving yourself to the program, please inform the MLW Executive Director Anita Anderson at [anita@leadershipmd](mailto:anita@leadershipmd) so that parking and other arrangements can be made for you.

Do NOT walk alone anywhere — always take a buddy with you.

## **TOBACCO, ALCOHOL, AND OTHER DRUGS**

The possession and/or use of drugs, alcohol, and tobacco is absolutely forbidden at all times during the week. No over the counter or prescription medication is allowed in dorm rooms. All medication is to be turned in to the health consultant at registration and will be available by coming to the MLW onsite office. Only delegates with forms signed by a health practitioner will be allowed to take over the counter or prescription medication.

## **INAPPROPRIATE BEHAVIOR AND CONSEQUENCES**

These expectations are intended to allow all delegates and staff members to have a safe and successful week. Any behavior described in this document or at the discretion of a staff member that threatens or jeopardizes the safety of other persons or their enjoyment of the program will not be tolerated. The MLW directors and staff may take any of the following actions as a consequence for delegates who do not meet the expectations outlined above:

- A conference with the delegate and a staff member.
- A conference with the delegate and a program director.
- A phone call home informing a parent/guardian of the incident.
- A delegate-written letter of apology to the offended party.
- The withholding of participation in social activities.
- Removal from the program (a parent/guardian will be requested to pick up the student).



## MLW MEDICAL FORM – Medication Administration Authorization

You must complete one form for EACH medication – prescription or over the counter. Please make copies as needed.

This form must be completed fully in order for youth camp operators and staff members to oversee the administration of camper medicine. A new medication administration form must be completed at the beginning of each camp season, for each medication, and each time there is a change in dosage or time of administration of a medication.

- Prescription medication must be in a container labeled by the pharmacist or prescriber.
- Nonprescription medication must be in the original container with the instructions for use. Nonprescription medication includes vitamins, homeopathic, and herbal medicines.
- An authorized individual must bring the medication to the camp and give the medication to MLW's contracted nurse/adult staff member.

### I. PRESCRIBER'S AUTHORIZATION

1. CHILD'S NAME			2. DATE OF BIRTH <div style="text-align: center;">             ____/____/____              Month    Day    Year           </div>		
3. CONDITION FOR WHICH MEDICATION IS BEING ADMINISTERED:			4. EMERGENCY MEDICATION <input type="checkbox"/> YES <span style="background-color: yellow;">-If yes, see Section II below.</span> <input type="checkbox"/> NO		
5. MEDICATION NAME		6. DOSE		7. ROUTE	
8. TIME/FREQUENCY OF ADMINISTRATION			9. IF PRN, FREQUENCY		
10. IF PRN, FOR WHAT SYMPTOMS					
11. KNOWN SIDE EFFECTS SPECIFIC TO CHILD					
12. MEDICATION SHALL BE ADMINISTERED <small>during the year in which this form is dated in 14b below unless more restrictive dates are specified in 12a and 12b. This authorization is <b>NOT TO EXCEED 1 YEAR.</b></small>			12a. FROM <div style="text-align: center;">             ____/____/____              Month    Day    Year           </div>		12b. TO <div style="text-align: center;">             ____/____/____              Month    Day    Year           </div>
13. PRESCRIBER'S NAME/TITLE			This space may be used for the Prescriber's Address Stamp		
TELEPHONE		FAX			
ADDRESS					
CITY		STATE			
14a. <span style="background-color: yellow;">PRESCRIBER'S SIGNATURE (Parent/guardian cannot sign here)</span> <small>(ORIGINAL SIGNATURE OR SIGNATURE STAMP ONLY)</small>					14b. <span style="background-color: yellow;">DATE</span>

### II. AUTHORIZATION FOR SELF-ADMINISTRATION (REQUIRED) / SELF-CARRY (OPTIONAL)

This section must be completed for approval of supervised self-administration. Self-carry is only permitted for emergency medications such as inhalers and epinephrine. Both the prescriber and the parent/guardian must consent to self-administration below. The child named above may self-carry emergency medication ONLY if indicated below. Otherwise MLW staff will keep medication under lock and key.

I authorize self-administration of the above listed medication for the child named above under the supervision of the youth camp operator or a designated staff member. **ONLY If indicated below, the child named above may self-carry emergency medication.**

15a. <span style="background-color: yellow;">PRESCRIBER'S SIGNATURE</span> <small>authorizing self-administration</small>		15b. SELF-CARRY EMERGENCY MEDICATION <span style="background-color: yellow;">(Check One)</span> <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> N/A - Not emergency medication		15c. <span style="background-color: yellow;">DATE</span>	
16a. PARENT/GUARDIAN'S SIGNATURE <small>authorizing self-administration</small>		16b. SELF-CARRY EMERGENCY MEDICATION (Check One) <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> N/A - Not emergency medication		16c. DATE	

### III. PARENT/GUARDIAN AUTHORIZATION

I request the authorized youth camp operator, staff member or volunteer to supervise the camper in self-administration as prescribed by the above authorized prescriber. I certify that I have legal authority to consent to medical treatment for the child named above, including the administration of medication at the facility. I understand that at the end of the authorized period, an authorized individual, as listed in 17c below, which may include the child, must pick up the medication, otherwise it will be discarded. I authorize camp personnel and the authorized prescriber indicated on this form to communicate in compliance with HIPAA.

17a. PARENT/GUARDIAN SIGNATURE		17b. DATE		17c. INDIVIDUAL(S) AUTHORIZED TO PICK UP MEDICATION	
17d. HOME PHONE #		17e. CELL PHONE #		17f. WORK PHONE #	