

## Camp Cathedral Health Office

### Everyday Reminders

- **Footwear:** Campers are encouraged to wear appropriate footwear: We recommend appropriate sturdy, closed-toe footwear for beach and mud walks that will protect your child from broken shells and other debris. Sneakers are fine but remember that kids and their feet get wet throughout the day. Keen sandals, LLBean water sneakers, water shoes, or other similar footwear have worked well in the past.
- **Sun Protection:** Each camper is instructed to come to camp with sunscreen, a hat, and protective clothing. The first activity of the day includes the application of sunscreen, and this is repeated throughout the day.
- **Water:** Campers should bring their own filled water bottle to camp every day. Water coolers are located throughout the camp so that your child's water bottle can be re-filled as needed.

### HEALTH POLICY

#### Medications:

- Do not pack medication with lunch or snacks.
- If your child requires the administration of medications during camp hours, you must complete the "Authorization to Administer Medication to a Camper" completely. Specify "Not applicable" where appropriate, and be sure to sign the form.
- Medication that will be administered at camp must be provided by the parent/guardian to the camp in the **original container** bearing the pharmacy label with the following information:
  - the date of filling
  - the pharmacy name and address

- the name of the patient
- the name of the prescribing practitioner
- the name of the prescribed medication
- directions for use and cautionary statements contained in such prescription or required by law
- All over-the-counter medications must be kept in the original containers containing the original label, which shall include directions for use
- Medications will be stored in secure location at camp
- When the session ends, we will make every effort to return all remaining medications to the parents. If this is impossible, they will be properly destroyed.
- Please see our director if you require a written copy of our policies for the administration of medications, the name of our Health Care Consultant and Health Care Supervisors as well as our storage and record keeping procedures.

### **What if my child gets sick or hurt?**

- Staff carry VHF radios to communicate with emergency care personnel.
- Parents are notified as soon as possible if and when an incident occurs.

### **Care of Mildly Ill or Injured Campers**

- Camp Counselors are trained to keep a close eye on all campers throughout the day, and take notice of early signs of dehydration, exhaustion, or illness. A camper who is found to be suffering from any type of illness shall be immediately escorted to the Health Office.
- The Health Office at Camp Cathedral is equipped to handle most minor injuries and illnesses; including scrapes, cuts, blister, abrasions, etc.
- If the nurse can resolve the minor injury or illness, the camper will continue with their camp activities.

- If the camper is not able to comfortably complete the day with the camp, then the nurse will contact the parent/guardian and make arrangements for dismissal.

### **Care of Moderately Ill or Injured Campers:**

- Parents will be notified immediately if a camper has sustained a moderate injury that requires further medical attention and advised to seek additional treatment at their local emergency room or doctor's office.
- **Care of Severely Ill or Injured Campers:**
- In the event of a serious life - threatening injury or illness, we will immediately call an ambulance, the camper will be transported to the nearest emergency room via ambulance.
- Camp Cathedral nurses will stabilize the injury and administer basic life support, if necessary.
- Parent/Guardian(s) will be notified immediately.

### **Please do not send your child to camp with any of the following symptoms:**

- Severe sore throat.
- Temperature above 100 degrees
- Excessive coughing.
- Diarrhea or vomiting
- Any other contagious disease or symptom

For the well - being of our other campers, a child must be fever-free and have stopped diarrhea and vomiting for a full 24 hours before returning to the program.

Please feel free to contact the Health Office at any time to discuss any concerns you may have pertaining to your child's health. We are here to work with you, and to help make your child's camp experience a memorable one.