

# HEALTH AND SAFETY

## MEDICAL TEAM

Flat Rock takes seriously its responsibility to provide all campers with a healthy camping experience. We maintain a well-equipped health center with qualified medical personnel on-site 24 hours a day. In addition, all our counselors hold current certification in First Aid, CPR, and AED and are thoroughly trained to properly handle emergency situations. We also have arrangements with two local hospitals to meet any needs which may arise.

## ALLERGIES

If your child has allergies, please clearly document your camper's needs on the Allergies portion of the Health Form on your camper's Forms Dashboard. For information regarding food allergies, please go back to the Parent Information tab and click on the Meals and Dining Hall icon. Children who need epi-pens or emergency inhalers will need to carry one with them and also ensure one is provided for the Medical Team as well.

## HEALTH CARE WHILE AT CAMP

### INJURIES AND ILLNESS AT CAMP

The vast majority of bumps, scrapes, bug bites, minor headaches and tummy upsets are treated at camp by the camp Medical Team. We do not ask the Medical Team to reach out to parents in these situations.

Parents WILL receive a call for the following:

- Camper questions their medication or medication schedule.
- Camper has an injury that restricts them from participating in camp.
- Camper has a fever of 100.4°F or more.
- Camper is staying in the Infirmary for an extended period of time.
- Camper has severe bug bite reactions, sunburn, poison ivy reaction, etc.
- Camper is sick with repeated vomiting and diarrhea.
- Camper needs to see a physician.
- Campers with facial injuries – bruises, cuts, scrapes.

## MEDICATION DROP OFF

For the safety of all campers, ALL prescription and over the counter medications must be turned in to the camp medical team during Check In. **All medication must be in the in ORIGINAL prescription bottles or packaging including over-the-counter medications.** We cannot accept unofficially labeled medications. We can only administer prescribed medication as documented on the prescription label. If you would like the medication to be administered in a different than the labeled dosage, please provide a written note from the prescribing physician.

Medications such as Tylenol, Ibuprofen, Benadryl etc. are stocked in the camp Health Center and are dispensed per standing orders from our local pediatrician. The Camp Medical Team is happy to receive any medication not stocked in our Health Center. Written instructions for each Over the Counter Medication must also be documented on the Medication Authorization Form.

## DISPENSING MEDICATION AT CAMP

- Medications are dispensed in the Dining Hall by the Medical Team at breakfast (8:00 am), lunch (12:30 pm), dinner (5:30 pm ) and bedtime. If your camper's medication schedule cannot fall within this schedule, please discuss with the Camp Medical Team during Check In.
- An announcement is made at each meal regarding meds - "If you take breakfast (lunch or dinner) meds, please go see the nurses at the med cart." The med cart is located in the Dining Hall. Bedtime meds are also dispensed at the Dining Hall and your child's counselor will take them to the Dining Hall at the appropriate time.
- Please be assured that if your child is scheduled for medication, the Medical Team will work with the staff to connect with your child if he/she does not appear at the med cart or Dining Hall at the appropriate time!

## MEDICATION PICK UP

At Friday Check Out, any remaining medications will be returned to you at your car when you arrive to pick up your child.

## **PREVENTIVE HEALTH MEASURES PRIOR TO AND DURING CAMP**

For the health and safety of all campers and staff, several preventive safety measures are put in place.

**HEALTH HISTORY FORM** A completed Health Form must be completed for each camper and can be found on your camper's forms dashboard.

**HEAD LICE PREVENTION** If your child has had head lice or has been exposed through a friend or family member, please have a nurse or physician carefully check your child's scalp before opening day. The presence of head lice should be treated and then rechecked before coming to camp. All children do receive a basic health screening and head lice check prior to the swim test on opening day. If lice are detected, campers must be sent home immediately. No exceptions. We will work with the family to reschedule the camper for a later summer session.

**ILLNESS/FEVER PRIOR TO CAMP ARRIVAL** Contagious diseases spread quickly in the camp setting. Our expectation on Opening Day is that all campers arrive in a healthy condition. If your child has a fever or is experiencing nausea or unusual pain, please delay his/her arrival time until 24 hours after illness or pain has abated and there is no elevated temperature without the use of fever reducing medication.

**SUN AND HEAT** To keep our campers safe in the sun and on those hot summer days, we constantly remind campers to carry their water bottle at all times and drink water frequently. At lunch and dinner, we also ask each camper to drink at least 2 small tumblers of water. Except at breakfast, if campers want to go up for milk, we still ask they drink the water prior to any milk intake.

Most activities are in shaded areas and in the water. All activities areas have ready access to water to refill water bottles. Touchless Auto Water bottle fillers have been added to the majority of our water fountains.

With regard to the sun, ALL campers are required to apply sunscreen prior to morning and afternoon activities. Campers who need additional applications of sunscreen are reminded to do so.