

HEALTH AND SAFETY

The Health Record

Camp Big Canoe requests parents to complete the accompanying Camp Health Form in order to give the health staff a detailed medical history of their child(ren). The more information you provide to us, the better we will be able to ensure a great camping experience for your child(ren). Health information may be shared with Camp staff (Director, cook, counsellors) on a “need-to-know” basis. Camp health care is given by a resident Registered Nurse, or a Registered Practical Nurse, and a local physician who is on call. If necessary, please attach to the health form a detailed note of any special medical, behavioural or dietary need of your camper. Please review the contents of the completed Health form with your camper and instruct him/her about the medications depending on age and maturity.

Special Note About the Health Record

There must be a new Health record for each camper each year, even if there has been no change in information. The immunization record must have the correct date beside each specific injection; in an emergency, it is very important for the physician to know exactly when the immunization was given.

Provincial Health Card

A photocopy, front and back, of the Provincial Health Card must be presented before healthcare will be given to any individual by physicians or the local hospitals. Please include this copy with the Health Record; the number alone is no longer acceptable.

Medic Alert Bracelets

The use of Medic Alert bracelets are advised for those campers with emergency type conditions.

Skin/ Eye Problems

Please check your child for such conditions as Athlete’s foot, warts on feet, itchy rashes, pink ye(conjunctivitis) and, if required, have them cleared before coming to camp.

Head Lice

Please have head lice cleared up before the child comes to camp. If a camper is found to have head lice, the nurse will treat the condition with the over-the- counter product, NIX, following the instructions carefully. If there is any problem in clearing the condition, parents will be notified.

Sunblock and Insect Repellent

The use and application of sunblock and insect repellent should be explained and practised before camp.

SENDING MEDICATIONS TO CAMP

- . Please do not send over-the-counter (non-prescription) medications to camp. There is an appropriate stock of non-prescription medications in the Health Centre approved by Dr. Terry Bridle, the camp physician. These medications may be prescribed and administered by the nurse.
- . All prescription medications must be sent in the original container with the name of the medication, dosage information, **sufficient quantity** and the name of the camper clearly visible on the label. Medications **must not** be sent in an envelope or mechanical aid for self-administration such as a pill organizer. Please include a small extra supply of medications in case of an emergency.
- On trips out of camp; personal medications are administered by staff who have been instructed by the nurse
- . For the camper with **anaphylaxis** who requires an auto-injector (epinephrine), please ensure equipment is labeled with the camper’s name and the expiry date covers the total camp period. This medication should be carried in a waist pouch.
- If a camper requires a prescription medication while at camp, the camp will invoice the parents for the cost at the end of the session. A receipt will be forwarded when payment is received.

- For the camper with **asthma**, we recommend that puffers and auto-injectors be carried in a waist pouch.
- If alternative or complementary remedies have been prescribed, please send them in the original container with the name visible and include the purpose, action and anticipated effects of the substance.
- All medications brought by campers and staff, as well as those stocked by the camp are stored in a locked cupboard in the Health Centre. The medications required for emergency situations, such as Auto-injectors and Puffers, are carried by the individuals who require them.
- Please keep the camp updated if there are any changes in the camper's health status and/or medications between the time the Health Form is submitted and the start of the camp session.

POLICY RE: TOBACCO, ALCOHOL AND RECREATIONAL DRUGS, CHEMICALS. It is Camp Big Canoe policy to prohibit campers (including LIT and Outdoor skills) and staff from using: tobacco in any form; alcohol; or recreational (non-prescription) drugs and chemicals. Any violation of the policy results in immediate dismissal from camp.

POLICY re: HEALTH and SAFETY.

The health and safety of our campers is foremost in our planning. All our staff have been prepared in first aid. Waterfront staff have NLS certification from either The Lifesaving Society or the YMCA. It is camp policy to require the use of PFDs/life jackets in all boats in camp and on out trips. A “Buddy System” is in effect at all times on the waterfront.