

MEDICATION, HEALTH & SAFETY

The health and safety of your teen is our primary concern. To ensure our instructors have the information necessary in advance, the Camp Care Info Packet must be returned to the YMCA Camping & Outdoor Leadership office by the required deadline. Staff cannot accept health forms at check-in. For the safety of your teen, NO participant is allowed onto the bus without this information. We will not be prepared to accept Health & Safety Packets at check-in. This information is needed prior to check-in to allow us to prepare in advance for your participant's care.

It is the parent or guardian's responsibility to provide accident and health insurance. The YMCA does not provide any coverage for members or participants.

BEHAVIORAL EXPECTATIONS

We expect teens to maintain a positive attitude and behave responsibly while in our programs. We have a few simple, non-negotiable rules for teens while they're participating in our programs:

- Follow all directions from instructors
- No alcohol, tobacco, electronic cigarettes or non-prescribed medications.
- No exclusive relationships. Every person in the group has something to contribute to the experience.
- No violence, threats of violence towards oneself or others, or bullying.
- Take care of the equipment and places we travel

If teens are unable to follow these rules, they will be removed from the program, and parents/legal guardians will be asked to pick up their teen at a predetermined location. Parents/legal guardians are responsible for all expenses incurred by removing a teen from a program, and program fees will be forfeited.

BULLYING POLICY

It is our intent to make our trips a safe and welcoming space for all. To ensure the emotional and physical well-being of all participants, we have a zero-tolerance policy for our BOLD & GOLD trips. Our staff training covers anti-bullying and abuse prevention. We ask that families talk to their participants about bullying before their trip begins. Encourage them to tell their instructor if they are having problems, and to be respectful of other participants.

BULLYING DESCRIPTION

Bullying is intentional aggressive behavior. It can take the form of physical or verbal harassment and involves an imbalance of power. For instance, a group of children can gang up on another child, or someone who is physically bigger or more aggressive can intimidate someone else. Bullying behavior includes teasing, insulting someone (particularly about their weight or height, race, sexuality, religion or other personal traits), shoving, hitting, excluding someone, or gossiping about someone. Bullying can cause a child to feel upset, afraid, ashamed, embarrassed, and anxious. It can involve children of any age, including younger grade-schoolers. Bullying behavior is frequently repeated unless there is intervention.

HEAD LICE Head lice can become an issue anytime you gather youth together at school, day care, or camping trips. It is not indicative of uncleanliness and anyone can get them. Because lice are easily transmitted and require several steps to eliminate, we ask you to help ensure that all participants have a positive experience on trip. **It is your responsibility to check your participant for head lice before the course begins.** If nits or head lice are found, you must do a thorough treatment of the hair and all personal belongings to remove all nits and lice before your participant arrives at check-in. Information on treatment can be found online or via the health department. Thank you for helping us keep everyone healthy.

COMMUNICABLE DISEASES, FRACTURES, BREAKS & STITCHES

Teens with communicable diseases will not be allowed to attend a course until they are free of the disease or no longer contagious, as determined by a doctor. Teens with recent injuries, such as: sprains, strains, fractures, breaks or stitches must have written permission from their physician to attend their scheduled trip, as well as permission from YMCA Camping & Outdoor Leadership. If you have any questions about your teen's ability to participate in an expedition trip due to a recent injury, please contact our office at (206) 382-5009.

IMMUNIZATIONS

When youth and staff are camping in close quarters, they share stories, laughs, and life lessons. Unfortunately, they may also share germs. To reduce the risk of our staff sharing germs, we strongly encourage all staff working in our programs to have up-to-date MMR, Tdap and Varicella vaccinations. We do not currently require participants to have these vaccinations, but being up to date on these will help your child stay healthy when they are out in the wilderness. To learn more about recommended vaccination schedules for youth, visit <http://www.doh.wa.gov/YouandYourFamily/Immunization/PreteensandTeens>. You can access Washington immunization records for your child at www.wa.myir.net.

MEDICATIONS

PREPARING MEDICATION

If you are on any medication, prescribed or over the counter, we need to know about it. Please indicate it in your admissions packet.

- All medications must be turned in to staff at check-in, where it will be given to the course instructors. Participants are not allowed to self-administer medicine.
- All medication should be in original containers, placed in a Ziploc bag labeled with the student's name.
- Please bring enough medication to last the entire length of the expedition.
- Prescription medication should be in the original packaging/bottle that identifies the prescribing physician, the name of the medication, the dosage, and the frequency of dispensation.
- Prescription medications must be in the participant's name.
- If you use an inhaler, please bring an extra in case one is lost or broken.
- If you require epinephrine, please bring TWO epi-pens with you.
- **No loose pills/vitamins in Ziploc bags.**

“MEDICAL HOLIDAYS”

We strongly discourage families whose teens are on medication throughout the year from putting them on “medical holiday” while they are out in the field. It is not always in the teen's best interest to take time off from his/her medication. We will be as accommodating as possible with your physician's recommendation.