

Camp Colman

MEDICATION & HEALTH

MEDICATIONS

If you will be sending any over-the-counter or prescription medications or vitamins, please follow the instructions below:

1. Regulations require us to dispense all medication only from the original container. Over-the-counter medications, prescribed medications and vitamins must be sent in their original containers with the original pharmacy label. (containers will be returned at the end of your camper's session)
2. Prescription medication must be prescribed to the camper. No exceptions.
3. **YMCA Camp Colman provides Tylenol, Ibuprofen, Benadryl and cough medicine** on an as-needed basis. **Please DO NOT send these items with your child to camp.** Indicate your approval to dispense these medications in the Camp Care Info packet.
4. Complete the Medication Information form that you will receive two weeks prior to your camper's session. List all medication and/or vitamins being sent to camp. Directions on the container label must match your written directions on the medication form.
5. Only send the exact dosage your camper will need during their session.
6. Place completed Medication Information Form with medications in a plastic bag and bring them with you to check-in to review with staff.

HEAD LICE

Head lice can become an issue anytime you gather children together at school, daycare, or camp. It is not indicative of uncleanliness and anyone can get them. Because lice are easily transmitted and require several steps to eliminate, we cannot keep children at camp who are found to have nits or head lice. To help ensure your camper will have a positive experience at camp, **it is your responsibility to check and, if necessary, treat your child for nits or head lice the week before camp begins.** If nits or lice are found, you must do a thorough treatment of the hair and all personal belongings to remove all nits and lice before your camper arrives at check-in. Treatment information can be found online or via the health department.

We intend to inspect each camper's hair at all check-in locations. If any nits or lice are found, we will be unable to allow your camper to check in. Based on session availability, we will be happy to move your camper to another session but will not issue a refund.

If any nits or lice appear during your camper's week at camp they will not be able to complete their session, and you will need an authorized pickup person available to pick them up at camp. Again, we will move them to another session based on availability.

“MEDICAL HOLIDAYS”

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

COMMUNICABLE DISEASES, FRACTURES & STITCHES

Children with communicable diseases will not be allowed to attend camp until they are free of the disease, or until they are no longer contagious, as determined by a doctor. Campers with fractures or stitches must have written

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permission from their physician to attend camp, as well as permission from YMCA Camping & Outdoor Leadership (206 382 5009).

CAMP HYGIENE STANDARDS

Cleanliness is a key component to keeping campers healthy. Campers will be encouraged to wash their hands prior to every meal. Your pre-camp support of this concept is appreciated.

Bathrooms are inspected and sanitized each day by a member of our facilities staff. Camp clean-up takes place each morning when campers assume responsibility for maintaining a specific area of camp. Directors will check cabins for neatness daily. To model responsibility for the care of camp, counselors are active participants in helping with these tasks.

ILLNESS & ACCIDENTS

Our camp's health area has a limited capacity to keep campers in extended isolation. In our experience, campers with medical conditions feel more comfortable recuperating at home. In such situations, the camp staff may contact parents and request that they come early and pick up their child from camp. Camp's policy is that parents are responsible for transporting sick campers home. It is also our policy to refund fees on a pro-rated basis when campers must return home early for medical care.

EMERGENCIES

Camp Colman employs experienced Health Care Managers and all staff are First Aid & CPR certified. The nearest Emergency Response Team is only seven miles away, while the Urgent Care Clinic is twenty-five minutes from camp in Gig Harbor. A designated emergency vehicle is on site at all times. Camp staff use two-way radios for activities when campers are away from the main lodge. Safety drills, including fire, water, and earthquake readiness, are in place and are conducted throughout the summer.

EVACUATION PROCEDURES

In the unlikely event that the YMCA would decide to evacuate Camp Colman, we will attempt to contact the family starting with the primary contact, then the emergency contact, in that order. At that time, the person we make contact with will be given further instructions as to how the evacuation will proceed. For this reason, it is truly important that we have accurate contact information for parents and emergency contacts during your child's camp session. Based on the type of emergency, the YMCA will make a decision on the most prudent way to return campers safely to their homes. Such an emergency may require parents or authorized emergency contacts to pick up their child at camp. If the need arises, information regarding evacuation will be listed on the website at www.campcolman.org.

Medication Information Form

Place this form and all medication in its original container (this includes vitamins), in a zip lock bag and bring to check-in. **No loose pills or powders.** Check all medications in with staff at check-in.

This form is used to dispense your camper's medications. It must accompany the medications, be legible, and give clear directions for dispensing each medication. Directions on the label must match the written directions below. Please take time to prepare before you arrive at check-in. **Do not mail in advance.**

Camper's Name _____ Session # _____ Program _____

Please provide us with complete information for all medications you are sending to camp.

Medication	Dosage	Frequency (B, L, D, BT, PRN)**	Condition for which the medication is prescribed

**B= Breakfast L= Lunch D= Dinner BT= Bedtime PRN= As Needed

My camper has an inhaler YES NO

My camper's inhaler: Must stay with camper Can be left in Health Center

My camper has an epi pen YES NO

My camper's epi pen: Must stay with camper Can be left in Health Center