

Camp Orkila

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.
2. Prescription medication must be prescribed to the camper. No exceptions.
3. **The Camp Orkila health center provides over the counter medication, such as Tylenol, ibuprofen, Benadryl, Dramamine, cough medicine, and decongestants. Please DO NOT send these items with your child to camp.** Indicate your approval to dispense these medications (full list) in the Camp Care Info Packet.
4. Complete the Medication Information Form which will arrive with your transportation letter two weeks prior to the start of your session. Please include 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 (plus two extras) your camper will need during their session. Exact directions for dispensing the medicine along with the time that it should be taken must accompany the medication.
6. Place the completed Medication Information Form with medications **in their original containers** in a plastic bag and turn them in at the check-in table. **No loose pills will be accepted.**

“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.

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.

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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.

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 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.

IMMUNIZATIONS

To reduce the risk of our staff sharing germs, we strongly encourage all staff working in overnight camping programs to have MMR and TDap vaccinations. We do not currently require campers to have these vaccinations, but being up to date on these will help your child stay healthy when they are at camp. 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.

ILLNESS & ACCIDENTS

During each camp session, Camp Orkila has a volunteer physician living on-site that is available by phone or radio. The camp doctor holds sick-call daily, and is available 24 hours a day for emergencies. The camp doctor, an Orcas Island Emergency Medical Technician, or the Orcas Island Medical Clinic handle in-camp situations. In addition, staff are trained and certified in both CPR and First Aid.

A designated emergency vehicle is on site at all times. Camp Orkila is accredited by the American Camp Association and adheres to its high quality standards. If medical treatment beyond first aid is required, staff will make every effort to contact the family starting with the lives-with parent or guardian, then the emergency contact.

Our camp's health center has a limited capacity to keep campers in extended isolation. In our experience, campers with medical illnesses 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.

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EMERGENCY PROCEDURES

At Camp Orkila, the safety of participants is our highest concern. Travel in the outdoors always involves risk. The most important thing we can do to mitigate risk in our programs is to be certain our staff follow our safety policies and practices. In addition, we have communication systems that provide support for staff. Expedition program policies have been reviewed and accepted for accreditation by the American Camp Association.

For our offsite programs, part of our safety system is our communication with staff while they are in the field. Kayaking programs contact camp by radio each morning and evening as well as when they get on and off the water. During each session, we have a medical team on site and available by radio. In the event there is an emergency, we have developed a comprehensive response system. If a teen is injured, staff are the first to provide emergency care. Staff will provide initial medical care to the level of their training and, if necessary, contact camp, or emergency services for additional care.

EVACUATION PROCEDURES

In the unlikely event that the YMCA decides to evacuate Camp Orkila, we will attempt to contact the family starting with the lives-with parent or guardian, then the emergency contact person, in that order. At that time, the person we make contact with will be given further instructions on 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 experience.

Based on the type of emergency, the YMCA will make a decision on the most prudent way to return campers safely home. Such an emergency may require parents or contacts to pick up their child at camp. If the need arises, general information regarding evacuation will be listed on the website at camporkila.org.