

Camp Colman

MEDICATION & HEALTH

PREPARING MEDICATION

All participant medication, supplements, or vitamins, prescribed or over the counter, must be reported on the Camp Care Info packet. Please bring enough medication to last the entire length of your camp stay. **All medications, supplements, and vitamins must be in the original packaging/bottle.** Additionally, prescription medication must include labeling 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. **No loose pills/vitamins in Ziploc bags.**

All medications must be turned in to staff at check-in, where it will be given to the healthcare team at camp. Participants are not allowed to self-administer medicine.

The Camp Colman health center has 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.

A completed Medication Information Form which will arrive with your transportation letter two weeks prior to the start of your session must accompany all medication and/or vitamins being sent to camp. Directions on the container label must match your written directions on the medication form. Place the completed 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.**

IMMUNIZATIONS

To reduce the risk of our staff sharing germs, we strongly encourage all staff working in overnight camping programs to have MMR, Varicella, Tdap, and Covid-19 vaccinations and boosters when available. 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

CAMP HYGIENE STANDARDS

Cleanliness is a key component to keeping campers healthy. Campers will be required to wash their hands prior to every meal, as well as several times throughout the day. Your pre-camp support of this concept is appreciated.

HEAD LICE

Head lice can become an issue anytime you gather children together at school, afterschool programs, 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**

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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.

HELP KEEP BED BUGS OUT OF CAMP COLMAN

Bed bugs can be brought into camp at any time by any guest. We need your help to keep them out! Prior to your campers' arrival at camp, we ask that you wash and dry (on high heat) all items you are sending to camp, including bedding and duffel bags. If you are concerned that you may have an infestation, please contact Camp Colman to work through how to best prepare your campers' gear and how Camp Colman can help make sure these pests don't come in with your camper.

We inspect cabins on every changeover weekend for evidence of bed bugs. In the unlikely event we discover bed bugs in your camper's cabin during their stay at camp, we will take immediate action to heat treat the cabin and the belongings of the occupants. We will notify all parents of affected campers as soon as we learn of any

bed bugs in their cabin. Because we have no way to know when or how bed bugs enter our spaces, we do not assume the responsibility for the cost of eliminating them. However, we will do our best to prevent them from going home with you/your camper if they are discovered while at camp.

ILLNESS & ACCIDENTS

Due to the COVID-19 pandemic, we will not be able to keep campers in extended isolation. If campers become ill, camp staff will contact parents to pick up their child from camp. Camp's policy is that parents are responsible for transporting sick campers home and must be able to be at camp within 2 hours of notification plus applicable drive time. It is also our policy to refund fees on a pro-rated basis when campers must return home early for medical care or illness.

COMMUNICABLE DISEASES, FRACTURES & STITCHES

Participants with communicable diseases will not be allowed to attend camp until they are free of the disease, 24 hours without a fever without using fever reducing medication, or no longer contagious, as determined by a doctor. Campers with fractures or stitches must have written permission from their physician to attend camp.

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.

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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