

# Parent Information for Health Services at CYO Camp

Our health service practices are shaped by regulations and/or guidelines from entities such as American Camp Association, Association of Camp Nurses, and State of California Department of Health and Human Services. Please contact CYO Camp at 707-874-0200 if you have questions.

**HEALTHCARE PLAN** We want to provide a safe and healthy experience for each camper and we partner with you to accomplish this goal. You know your child's health needs; we know the capabilities of our program. Our healthcare plan is designed to complement the growth and development needs of children and youth.

## HEALTH FORM

On the health form you, the parent or guardian, inform the camp health personnel of your camper's health status and needs. With your signatures you give consent for emergency health care for your camper, authorize participation at camp, and acknowledge release of liability. Each health form is reviewed by our Health Officers prior to and during your child's stay. If at any time we have a question, we will contact you for clarification. We rely on the information you provide to care for your camper. Please complete your camper's health form thoroughly and return to CYO Camp no later than a week before your camper's first session starts.

## ABOUT CAMP AND YOUR CHILD'S HEALTH

We expect that your child will be healthy upon arrival and ready to fully participate in the summer camp experience. If there are questions or concerns about this policy, contact us immediately. We reserve the right to not admit a person who poses a communicable illness threat. (Note: CYO Camp has a "no nit" policy.)

Our program has a busy schedule filled with activity. Campers live with eight or more people in a cabin. Prepare your child so these experiences are exciting rather than intimidating.

Our program expects that campers can meet their own personal needs, can move independently from place to place and are capable of community living in our cabin environment. A child's usual response when not feeling well is to tell the parent or guardian. Talk with your child and explain that the counselors, staff, and Health Officers are there to help. Instruct your camper to tell a counselor, staff member, or Health Officer about needs so care can be provided.

CYO Camp is not a therapeutic environment and is not prepared to provide psychiatric support. Please consider these facts when determining if our program is appropriate for your child.

Community living skills are new for many campers. Your child may appreciate knowing that the cabin will be shared with many other people and everyone sleeps in bunk beds. Talk with your child about picking up personal items, the noises people make when they sleep and whether a top or bottom bunk would be best.

## HEALTHCARE PERSONNEL

Our Health Offices are staffed by Camp Health Officers (CHO) certified in First Aid and CPR/AED. Each CHO also completes an orientation that includes a review of medical protocols as approved by our licensed health provider, medication administration, documentation, and caring for our campers. Our Camp Health Officers are supervised by a Registered Nurse who is available 24 hours a day.

Healthcare Facilities: Santa Rosa Memorial Hospital is 16 miles and Kaiser Permanente Hospital in Santa Rosa is 18 miles away from CYO Camp.

Scope of Service: The scope of service provided by our Health Officers is limited to care of routine illness and injury; we do not have physicians in residence. We do, however, have treatment protocols based on current best practice and reviewed by our licensed health provider that we use to care for common problems. We stock some over-the-counter medications which are dispensed as directed in our protocols. Your camper will be referred to the local medical community when need is beyond the scope of our care.

Treatment of Chronic Health Concerns: We expect children with chronic health concerns (i.e. asthma, allergies, diabetes) to be capable self-managers and to bring the supplies needed to manage their diagnosis. Because treatment modalities vary, our Health Officers rely on your camper's familiarity with and ability to do their own treatments. Our Health Officers will partner with your camper to follow individual treatment plans.

## **MEDICATION**

All medications sent with/brought by campers, including prescription, over the counter, vitamins and natural remedies, with the exception of some inhalers and Epi-Pens, are collected by the health officers or designee at check in. Once at camp, all medication is required to be kept locked in the Health Center with the exception of emergency medication. The Health Officers distribute medication at routine times and as needed.

Stocked Medication: The Health Center has home remedies (e.g. warm water bottle, Technu (Poison Oak Scrub), cough drops, ice packs, aloe vera, calamine lotion, placebo non-active pills or liquid, Cola Syrup, VapoCream, Arnicare Gel, Sports Gel) available that are used on an as needed basis to help with discomforts and minor health symptoms and injuries.

The Health Center stocks the following over-the-counter (OTC) medications. Please do not send these with your camper. Use the health form to indicate which of our stocked OTC remedies should not be given to your camper:

Acetaminophen (Tylenol); Ibuprofen (Motrin, Advil); Lidocaine lotion; menthol and/or methyl salicylate (BioFreeze, IcyHot); Pseudoephedrine (Sudafed); Phenylephrine (Sudafed PE); Guaifenesin and/or Dextromethorphan (Cough Syrup); Chloraseptic Spray; Diphenhydramine (Benadryl); Loperamid (Claritin); Cetirizine (Zyrtec); Hydrocortisone Cream; Benadryl lotion; Calagel; Docusate Sodium (Stool Softener); Loperamide HCL (Anti-Diarrhea); Tums; Neosporin/Bacitracin ointment; Tolnaftate (Anti-Fungal Cream)

## **IF YOU ARE SENDING MEDICATION WITH YOUR CAMPER**

- Send enough for your child's entire stay. Place the medications in a zip lock bag with your child's full name and session.
- Each prescription medication must come in its original container and appropriately labeled with your camper's name, medication name, and current instructions for administration.
- Any over-the counter medications, vitamins or other nutritional supplements must be appropriate to the age of the child, come in its original and clearly labeled bottle/container, inner and outer container labeled with your camper's name, or in containers accompanied by specific written dispensing instructions.
- Use the health form to record the medication and explain why your child is using the medication.
- Our health officers expect that medication indicated on the health form will arrive with the camper. If a medication status changes, notify us in writing of that change.

Methods for Treating Common Problems: We are sensitive to the fact that there are different ways to treat common health problems. If your child is susceptible to sore throats, headaches, and/or upset stomach, and you have identified a treatment to which your child responds, please share that information with us by writing it on the health form. We may not be able to provide exactly the same treatment, but we will complement it as our practices allow.

Injections: We expect that campers who use injectables are capable of doing their own injections. Our Health Officers are not permitted to administer injections. Refrigeration, a sharps container and skin prep wipes are available.

Immunizations, especially an up-to-date tetanus immunization, are important because your camper will be outdoors and active; injuries may happen. We recommend that campers are immunized: however, our program also recognizes that some choose not to immunize their children for various reasons.

Communicable Disease: Please notify CYO Camp if your child is exposed to a communicable illness within the three weeks prior to arriving at camp. We are especially concerned about chicken pox, mumps, sore throat, colds and flu. We reserve the right not to admit campers who arrive ill or exposed to communicable disease.

Head Lice or Nits: Because our program has a “no nits” policy, if a child is found to have nits once they are at camp, you will be contacted to come pick up your child per our medical protocols. In addition, please instruct your camper not to share items such as brushes, hats, pillows, hair ties and clothing with other people.

### **HEALTH CHALLENGES OF SONOMA COAST SUMMERS**

Poison Oak is part of our natural flora. Encourage your child to stay on the trails when hiking and to tell a counselor or health officer about contact with poison oak, or of red, itchy patches of skin.

Dealing with mosquitoes is part of our location. Insect repellent is available at camp or a camper may bring their own.

Avoiding ticks: Encourage your camper to do a daily “tick check”: hair and hairline, groin, axillary area, back, and behind their ears. Tell your child if they believe they have a tick bite to tell their counselor and go to the Health Center. Using an insect repellent helps in avoiding ticks.

Avoiding sunburn. Most of our activities are done outside. The camp provides SPF 30 sunscreen for campers, but your camper may bring and use their own sunscreen. At minimum, an SPF 30 product is recommended. We consider sunburn a preventable injury and will minimize this health risk as much as possible.

Dressing for the weather. CYO Camp weather can vary from hot to quite chilly from sunny and warm to foggy and damp. Your camper should bring items recommended on the packing list.

Staying hydrated. Talk with your child about drinking enough fluids. Outdoor activities are generally quite active, so drinking enough is a constant challenge and is the reason why a water bottle is on our packing list.

Nutrition. A variety of options, including vegetarian, vegan, dairy free, is available at every meal. In extreme cases, you may send special foods for your camper to be kept in the CYO Camp kitchen. Please contact us if your camper will require this. Eating enough at mealtime is important. Please talk with your camper and explain that counselors at their table will help them get more if they are hungry. They simply need to ask.

### **COMMUNICATING HEALTH ISSUES WITH PARENTS AND GUARDIANS**

Our Health Officers and staff will make every effort to contact you by phone if your child has need for out-of-camp health care. Because of timing and schedule conflicts we cannot promise that we will be successful in reaching you. The phone numbers you provide on your camper’s health form to reach you or an alternate contact will be used.

We generally do not contact you if your child is seen in the Health Center for routine problems (e.g. skinned knee, sore throat, bee sting, headache, upset stomach). We will call if we have questions determined on a case-by-case basis by the Health Officer.