

## CHAPTER 5

# MEDICAL CARE INFORMATION

### *MEDICAL FORMS*

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**PLEASE HAVE YOUR MEDICAL FORMS IN BY MAY 1<sup>ST</sup>!!**

**CAMPERS WILL NOT BE ACCEPTED IF FORMS ARE NOT IN THE OFFICE BY JUNE 1<sup>ST</sup>!**

**ANY MEDICAL INFORMATION OR MEDICATION UPDATES AFTER THE MEDICAL FORM IS DELIVERED AND IN ANY EVENT AFTER JUNE 1, MUST BE COMMUNICATED TO US IN WRITING AND FOLLOWED UP WITH A PHONE CALL TO A CAMP DIRECTOR TO CONFIRM RECEIPT.**

### **DISCLOSURE**

It is the absolute responsibility of a parent to let us know everything emotionally, physically, psychologically and medically important or relevant regarding your child, to allow for a positive camping experience. If we see certain behaviors, for example that are negatively impacting your child, or your child's peers and/or staff and we have no information provided to us, we can not deal with such issues appropriately and effectively. In the end it is your child that will be most negatively affected. Please be pro-active on any clear issues or past conduct from the previous years at camp or school. PLEASE BE ADVISED THAT IF YOUR CHILD TAKES REGULAR MEDICATION DURING THE SCHOOL YEAR AND YOU ARE CONSIDERING A DRUG FREE HOLIDAY DURING THE SUMMER THIS MUST BE DISCUSSED AND APPROVED BY THE CAMP.

### **MEDICINE AT CAMP**

If your child requires critical medication, such that if he/she does not receive such meds immediately and it is not readily available at a Shoppers Drug Mart in Parry Sound, that it could place his/her life in jeopardy, you must send up a second (back-up) order of medication to the Toronto office by June 10<sup>th</sup>. This way in the unusual case that medication goes missing, we can still give the back-up medication to your child while reordering the supply for the summer.

A staff member at the bus will pick up all medicine your child brings up to camp. If you end up at camp driving in, or visiting to return an ill camper, and are delivering medicine please let a camp director know about this medication so we can ensure the meds make it to the health center and to ensure the medication is inputted into our medical dispensing tracking system. ALL MEDICATION MUST HAVE THE WRITTEN INSTRUCTIONS ON THE MEDICATION ITSELF AND ALSO ON THE MEDICAL FORM. PLEASE REMEMBER THAT ANY CHANGES TO MEDICATION INSTRUCTIONS FROM WHAT IS INDICATED ON THE PRESCRIBING "BOTTLE" AND/OR PROVIDED TO THE CAMP IN WRITTEN FORM MUST BE COMMUNICATED **IN WRITTEN FORM AT ALL TIMES**, EVEN FOR CHANGES MADE WHILE YOUR CHILD IS AT CAMP. **If you send up medication do not attach a note to it that has different instructions than the bottle.**

**All new information or up to date medical dispensing information that is received while at camp that is different or missing from what is on the medical form must be received at the office. It is your responsibility to confirm with the office that we have received this information. A copy of this information must go to the office so we can input any new information into the health check system and be able to advise appropriate staff, directors, doctors and nurses. So please double check with the office to make sure we have received this information.**

## *OUR PHYSICIANS AND WHEN WE PHONE HOME*

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Once again this year, we are most fortunate to be providing medical care from a family or pediatric physician. We believe that having doctors who are experienced in dealing with children is an obvious asset to any camp.

We also believe that you, as a parent should be called if your child stays in the Health Centre for more than 24 hours for a specific health reason (not for lack of sleep), or if your child is in need of antibiotics. Accordingly, **IF YOU RECEIVE A CALL REGARDING A MEDICAL ISSUE DO NOT BE ALARMED.** It is likely just a courtesy call. If in fact there is an emergency, we will leave a message indicating it is an emergency. It is quite time consuming for the doctor to call parents on such matters but we believe it is something that is necessary. Of course, in many cases we may just leave a message for you to advise you of the situation and no call back will be necessary.



If we contact you but do not hear back from you, we will of course proceed in the normal course in the best interest of your child, as determined by that physician. All medical issues are governed by the terms of our application and you can be assured that our health care staff will work hard to make Manitou a safe and healthy place for all concerned.

## *LICE*

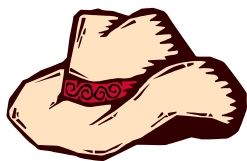
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Your child will be checked for lice at the health center medical check on the second day at camp. Fortunately our camp has had very few lice cases in the past. Lice are not a health threat, nor is it anything but a mere nuisance.

As a courtesy to other campers and to our staff, **PLEASE ENSURE YOU OR YOUR PHYSICIAN CHECKS YOUR CHILD FOR LICE ONE-WEEK PRIOR TO LEAVING FOR CAMP.** As you may know, it can take up to, 15- 20 hours of a staff member, or nurse's time to pick nits and deal with lice for a child. Add to that the common treatments, which cost over \$150 per child and before you know it, lice can become a time consuming, expensive nuisance. Accordingly if a child **COMES TO CAMP** with lice, we will contact you and request that you either pick up your child or bring them back to camp when they are lice free or we will hire a company to de-lice your child at a cost (usually \$150 per child). Please check your child to ensure that the Manitou campers can avoid a nuisance that takes them away from activities and can make them the focus of the cabin for the wrong reasons.

## *SUN HATS AND SUN TAN LOTION (BRING THREE HATS IN CASE YOUR CHILD LOSES ONE OR TWO!)*

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The skin 'remembers' each time it is tanned and burned. Sun poisoning is a cumulative effect so we must make sure all campers and staff understands that wearing a hat is not just a request but also a **RULE!** At Manitou we make every effort to ensure campers are wearing sun hats and putting on sun tan lotion each and every day. Find out from your child what type of hat he or she likes to wear. Get them a couple of hats so they can switch around – try to make it fun! Also, please send sun tan lotion (sun block). We do supply lotion at all of the waterfront and land sport areas and it can be purchased at the Tuck Shop, but please send your child with sun tan lotion and tell your children you want them to come home with an **EMPTY BOTTLE!**



## *USE OF INSECT REPELLANT*

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Please note that it is harmful to combine sun tan lotion with insect repellent. Accordingly, since most mosquitoes are out at dusk, we recommend the use of insect repellent starting after dinner. Our motto is sun tan lotion after breakfast and lunch and insect repellent after dinner. Always read the entire label before purchasing a product. Products commercially available in Canada vary in their DEET concentrations. If your child is under 12 it is recommended the Deet percentage is 10% or lower. For children 12 years of age and older, you can use a percentage of Deet up to 30%. Although sprays are easier to apply, they are also more likely to be inadvertently sprayed in the eye and also can be breathed in more readily. Therefore, lotions are always a better choice.

## *PEANUTS AND ALL NUT RELATED PRODUCTS*

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As you are well aware, peanuts are a life threatening food for many children, and as a result many schools have eliminated them from their list of acceptable foods. At Manitou we would like to think that our respect for each individual camper makes it important to do what we can to remove peanut products from camp.



While we are not a "peanut-free" camp, we do strive to remove peanut products from camp. Our objective is to therefore be a peanut "aware" camp. That of course does not guarantee a peanut free camp as staff and campers can accidentally bring nut products into camp and often traces of a product can surprise the best of us at any time. Accordingly parents must make a personal decision as to whether they wish to send their child with a peanut allergy to camp. So this is what we do at Manitou to make our camp a safer environment for peanut allergic children:

- We do not serve peanut butter! Instead we will be serving jam, cream cheese, and other spreads so children have variety of alternatives. We also make the vegetarian meal available for any children who prefer it to the standard meal. Our kitchen and tuck shop is nut aware, though sometimes the tuck shop will contain products with nut traces. Please contact us for the status of the tuck shop for this summer and for a list of products that are safe.
- All staff in pre-camp and all campers will be given a clear message that nut products cannot be in camp. Staff will be trained on the location of our six epipens, and given a demonstration of how to use them. This discussion will involve not only food allergies but also examples of many other triggers of anaphylactic shock.
- We allow no food into camp. Furthermore peanuts, or chocolate bars or peanut butter or traces of such products especially should not be brought into camp. **If you give food to your child ON THE BUS, please ensure the food contains NO NUTS or nut products.**

## *NO BOTTLED WATER PLEASE*

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Please do not send up bottled water to camp. Camp Manitou's water is safe to drink and there are six water fountains with ice-cold water around camp. We encourage you to send your child(ren) to camp with their own refillable water bottle, which they can take with them to their activities or cabin. The cases of water are extremely heavy to carry, create weight issues on the trucks and flights, and become another reason for children to isolate or treat others unfairly.

## *DENTAL ISSUES-BRACES*

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There is no local orthodontist in Parry Sound that we trust for fixing braces. Often the closest dentist is one hour away and requires a week's notice to make an appointment. We would prefer to just make your child comfortable at camp and then have the braces fixed when camp is over. If your child has braces please confirm if you wish us to handle this manner any differently. Thank you.