

HEALTH INFORMATION

HEALTH HISTORY FORMS

THIS IS ESSENTIAL, BE SURE TO COMPLETE "BEFORE" MAY 15TH

Our Health History Form is now online! To access this form, simply login to the same website used for your camper application, www.tamakwa.com/onlineapplication, and use the same username & password. If you've forgotten your sign-in details, please call either camp office for help resetting your information. The Health History Form contains the most important information needed for the safety and well being of your camper(s). We are certain you will find the online form quick and easy to complete.

If there are any special medical condition/instructions we should be aware of, please be sure they are noted on the form and send additional information in a separate letter or email. It is vital we have a current up-to-date medical records on file well before your camper(s) arrive at camp. **Parents can complete the online Health History Form... a physician is not needed.** Our medical staff will review each Health History Form upon their arrival at pre-camp. Failing to complete this online form puts both your child and the camp in a compromising position and **WE RESERVE THE RIGHT TO NOT HAVE YOUR CHILD AT CAMP WITHOUT HIS/HER COMPLETE HEALTH HISTORY WELL BEFORE HIS/HER ARRIVAL.**

WE HAVE MADE THIS FORM ONLINE FOR YOUR CHILD'S BENEFIT AS WE NEED THIS INFORMATION LONG BEFORE CAMP BEGINS!! This information is valuable ONLY if it is in our possession LONG BEFORE your child is at camp, hence the May 15 deadline. Information regarding health conditions, allergies, medications, fears, concerns, etc. is needed the minute the campers step foot in camp.

Also, if there is any medical information or any medication updates after the Health History Forms are completed online, please communicate this information to us in writing and follow-up with a phone call to our office to confirm receipt.

DISCLOSURE

It is also the absolute responsibility of each parent to let us know of any relevant information with respect to any emotional, physical, psychological or medical history or issues regarding your child to facilitate a positive summer camp experience. If we observe certain behaviours that are negatively affecting your child, or your child's peers and/or staff and no information was provided to us, we cannot address such issues appropriately and effectively. In the end, it is your child who will be negatively affected. Please be pro-active by informing us of any potential behavioural issues or past conduct from any previous years at camp or school to help us render appropriate and nurturing care for your child. **IF YOUR CHILD TAKES REGULAR MEDICATION DURING THE SCHOOL YEAR AND YOU ARE CONSIDERING DISCONTINUING THEM FOR THE SUMMER, THIS MUST BE DISCUSSED AND APPROVED BY CAMP IN ADVANCE OF THE CAMP SESSION.**

****NEW LAST YEAR** - MEDICATION DROP-OFF**

Just like we started last year, for campers in the Michigan and Toronto area, we request that all medications are dropped off with baggage on Early Baggage Pick-Up days. Medications will still be accepted on camper bus days as well, but we prefer to get the bulk of the medications 3-4 days earlier. If any medications need to be on the bus with your camper, then of course bring those to the bus. If you are at camp for Visiting Day and dropping off your child the following day, feel free to bring his/her medication to the clinic on Visiting Day to ensure the medication is kept safe and sound. **ALL MEDICATION MUST INCLUDE THE TAMAKWA MEDICATION INFORMATION FORM (being sent to you in a separate mailing) AND HAVE THE WRITTEN INSTRUCTIONS ON THE MEDICATION ITSELF AND ALSO ON THE ONLINE HEALTH HISTORY FORM.** Please make sure instructions on the medication match the information provided on the online Health History Form and **all medication should be given to us in original prescription containers.**

MEDICATION AT CAMP

All medication sent to camp by parents are kept under lock and key and is distributed before each meal at the clinic. Always send more than the prescribed amount so there is no chance of running out, including 3 Epi-Pens (1 for the cabin and 2 for the clinic). Please also provide a waterproof container for canoe trips and cabin cookouts. If your child requires critical medication, such that if s/he does not receive such medication immediately and it is not readily available at the main drug store in Huntsville, that it could place his/her life in jeopardy, you must send up a second (back-up) order of medication to camp before arrival day. This way, in the unusual event that medication goes missing, we can still give the back-up medication to your child while reordering the supply for the summer.

ALLERGIES & OTHER SPECIAL HEALTH CONCERNS & NEEDS – TAMAKWA'S POLICY

If your child has any severe allergies and/or other special health concerns and needs...

Camp Tamakwa takes very seriously its responsibility to care for its campers and staff in myriad ways, but most importantly, with respect to health and safety concerns. Recent years have seen a rise in the incidence of serious, sometimes life threatening, allergies, dietary restrictions and other health issues. Consequently, we have experienced increased inquiries about Tamakwa's policies in this regard.

Different camps have different philosophies about many issues; the issue of special health needs is no exception. Some camps make no individual accommodations with respect to individual food allergies and other dietary and special health needs or concerns. With respect to certain food products, other camps go to the opposite extreme of totally banning certain foods. Tamakwa's policy is somewhere in between. It is impossible to identify all of the individual and unique health and medical issues presented at every camp season. With a full recreational program in a wilderness setting such as ours, we cannot possibly accommodate every individual health restriction and medical need. We have had campers with peanut, tree nut, and other food allergies, diabetes, lactose intolerance, gluten free and other special diets, and campers with hearing and other such impairments. Some of these conditions are more serious than others, and some, as you know, even life threatening. It is Tamakwa's policy not to adopt one general protocol to address every health concern. Tamakwa's policy is simply that any significant allergies and/or other special health concerns and needs be addressed and resolved on an individual basis.

Peanut and Other Food Allergies

We make every attempt to reasonably accommodate campers with various food allergies. Indeed, many families select Tamakwa because of our protocols to accommodate food allergies and other dietary restrictions. Recently, when we expanded our kitchen facilities, we even constructed a special area to store supplemental food provided by parents for their campers with medically required dietary restrictions. Camp Tamakwa, like every other venue for children, has experienced a continual increase of children with various peanut and other nut allergies. We prohibit the serving of any known or identifiable peanut or nut products and ingredients within our food program in camp and on out of camp trips. We cannot however, guarantee to our camper families that every aspect of Tamakwa is absolutely free of any peanut or nut contamination whatsoever. But, everything we can reasonably control is free of nut products. As a replacement for peanut butter, we currently serve SunButter, a sunflower seed based product, and sometimes SoyButter as a substitute product and have found them to be very popular amongst campers and staff.

Decisions whether a camper with any potentially life-threatening allergy, be it peanut, tree nut, or otherwise, goes on a canoe or hiking trip will be made on an individual basis and may involve a parent or camp initiated consultation. Generally, the history, severity and sensitivity of the allergy, the age and awareness of the child, the comfort zone of the parents and child, and trip route, are factors considered in making tripping decisions.

ALSO, IT IS CRUCIAL THAT ANY CANDY, SNACKS, OR FOOD SENT UP WITH CAMPERS FOR THEIR TRIP TO CAMP DO NOT CONTAIN ANY PEANUT OR NUT PRODUCTS.

WHAT YOU MUST DO ABOUT ALLERGIES AND/OR SIGNIFICANT HEALTH CONCERNS

If your child has any allergy, dietary restriction, or other special medical condition or health concerns, you **MUST** make sure Tamakwa can adequately accommodate those specific needs. It is **imperative** that you immediately provide us with all information regarding any significant allergies, dietary restrictions, or health issues. This information must be provided **separate and apart** from the routine camp Health History Form required of all campers prior to camp. Please be sure to follow this checklist:

1. As soon as possible (and as far in advance of the camp session as possible,) please write us a detailed letter or e-mail communicating the specific nature of the allergy or health issue or concern. Given the needs of your child, provide us a comprehensive description: identifying the condition and any limitations; summarizing the history, nature and severity of the allergy or condition; appropriate treatment and medications; and a list of do's and don'ts, etc.
2. After this initial communication, on a need be basis, camp will respond and engage in a dialogue. Both you and camp must feel confident that Tamakwa remains an appropriate and safe placement for your child.
3. When necessary, a mutually agreeable protocol will be put into writing and made part of your child's medical file at camp.
4. Camp may request and/or require additional medical documentation.
5. For health conditions outside of camp's normal risk tolerance, we may require a signed release as a condition to permitting a camper to attend Tamakwa.
6. Alternatively, Camp Tamakwa reserves the right to determine it cannot accommodate a camper's individual needs.

There must be a candid disclosure by the camper's family of any significant health needs and concerns, and a candid disclosure by Tamakwa identifying what it can and cannot do to accommodate an individual camper's needs. If both the camper and family are comfortable with the protocol and accommodation of the special health needs of an individual camper, it will be communicated to all the necessary staff at Tamakwa (directors, physicians, nurses, section heads, counselors, trippers, etc.). Tamakwa prides itself on its ability to individualize certain needs. However, all special health needs and associated risks need to be knowingly assumed. Some risks can be assumed by both the camp and a camper's family and some cannot.

SUMMARY - Allergies & Other Special Health Concerns and Needs

If your child suffers from a severe allergy or any other medical condition that requires extraordinary attention beyond routine camp healthcare, **separate and apart** from the regular camp Health History Form mentioned above, you must write us to describe the specifics of the health condition. **If this applies to your child and you have not yet notified us, please do so immediately.**

MEDICAL CARE

Medical and routine health care is provided at camp at our health center. Camp's health center consists of a clinic, infirmary, physician's residence, and nurse's residence. At the clinic, prescription medicines sent up to camp with your campers are administered and campers and staff are evaluated for any health complaints and receive medical care. The infirmary is where campers may be isolated and observed by our medical staff during the day or overnight, as needed. Our medical staff consists of physicians and/or nurses. They distribute medication, staff daily clinic calls, and provide medical assistance when required. When needed, we take campers to the local hospital in Huntsville for assessment and treatment.

Our medical staff or a camp director will contact you in the following situations:

- If we feel your camper presents a health issue or behavior we would like to discuss.
- If we have questions regarding your camper's health and/or health history form.
- If your camper stays in the infirmary for more than 48 hours.
- If your camper has had a non-emergent visit to the Huntsville hospital.
- In a medical emergency.

If you receive a call regarding a medical issue, please do not be alarmed. It is likely just a courtesy call.

HEAD LICE

Based on the phenomenon of head lice at schools, youth sports programs or any other setting where children congregate, parents should not be shocked to hear that this pesky problem shows up at summer camps as well. Lice are becoming more and more prevalent in North America. Lice are not a health threat, nor are they anything but a mere nuisance. Please explain to your camper(s) if someone else at camp has lice they should not be ostracized and it should be looked at no differently than catching a common cold. However, Tamakwa seeks to do everything possible to prevent the presence of lice at camp.

When we have had to treat the problem at camp, we have done so vigorously and quickly, but the best way to keep it out of camp is to make sure no one arrives at camp with lice to begin with.

For the benefit of all campers and staff, we insist that you do the following:

- Starting two weeks before camp, do a head lice examination of your camper(s).
- If you find lice, treat it immediately and appropriately.
- Please inform us before your camper's arrival if lice were detected & how it was treated.
- Check again every few days until the camp session begins and treat it again when necessary.
You must let us know if your camper(s) has had lice just before camp.

We will check all campers and staff the first day of each session and will immediately and aggressively treat anyone with lice. Similar to schools that do not permit students to return to class if they have lice, we reserve the right to possibly send campers home, especially those with extreme cases of lice that we cannot successfully treat at camp. They can return when the lice has been successfully treated and eliminated.

Proper lice treatment is very time consuming and costly and may require the use of professionals. If on the first day of each session lice are detected, there will be a charge of \$150 to cover treatment expenses.

Please be sure to check your child before camp so we can avoid the nuisance which takes them away from activities and possibly canoe trips and other cabin events. It can also make them the focus of their cabin for the wrong reasons.

Also, you should check your camper(s) for lice when they return home. We will do our best to detect lice as early as possible, but please understand it can easily go undetected.

The only way the presence of lice occurs at camp is if campers have it when they arrive. Therefore, it is every parent's responsibility to make sure their campers do not have lice before they arrive at camp.

SUNSCREEN, SUN HATS & INSECT REPELLANT

We make every effort to ensure our campers and staff are wearing sun hats and applying sunscreen when appropriate. For certain skin types, you may want to consult a physician for the appropriate sunscreen for your camper(s). Also, we remind campers and staff to apply insect repellent after dinner.

Please note it is harmful to combine sunscreen with insect repellent. Accordingly, since more mosquitoes are out at dusk, we recommend the use of insect repellent starting after dinner. Be sure to read the entire label before purchasing the proper insect repellent. Products vary in their DEET concentrations. If your camper is less than 12 years old, the recommended DEET percentage is 10% or lower. For campers 12 years of age and older, a DEET percentage of up to 30% is recommended. 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.

DENTAL ISSUES (BRACES)

Braces can break and bend at the most inopportune time and at camp is one of those times. Although there is a local dentist, there isn't an orthodontist within a reasonable distance and it can take up to a week for an appointment. In certain circumstances we would prefer to just make your camper comfortable at camp by making some small wire cuts ourselves and then have braces fixed when camp is over. If your camper has braces please confirm if you wish us to handle this manner any differently.

BOTTLED WATER

Like food, bottled water is not permitted to be brought into camp, as it can become another reason for campers to isolate or treat others unfairly, not to mention the unnecessary environmental impact of hundreds of plastic bottles. Our water system provides very safe and clean drinking water from our taps and various water fountains around camp. We remind campers and staff each and every day to drink at least 8 cups of water. Please ensure your camper(s) brings at least **two** refillable permanent water container (i.e. Nalgene, Kleen Kanteen), which we encourage them to take to activities throughout the day and back to their cabins at nighttime. **BE SURE TO LABEL THEM TOO !!**