

HEALTH ISSUES

Do your child a favour... send in your health history form well before camp

HEALTH HISTORY FORMS

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

Enclosed with this package is our Health History Form. Please fill out the form in its entirety, making sure to complete the immunization record and parent signatures where indicated. Once the form is completed, return it to us at either the Toronto or Michigan office. **These forms must be received by camp well before your child's arrival.** If there are any special medical instructions that we should be aware of, please be sure that they are noted on the form, or in a separate letter. Our medical staff will review each Health History Form upon their arrival at camp. It is vital that we have a current up-to-date medical record on file during the summer. Failing to send us this form puts both your child and the camp in a compromising position. **Again, do not wait to deliver these forms to us the same day your child arrives at camp. Please send them to us well in advance of the camp season.** (We cannot use a Health History Form from a previous year, even if details haven't changed.) *Parents can complete the health history form... a physician is not needed to complete it.*

WE RESERVE THE RIGHT TO NOT HAVE YOUR CHILD AT CAMP WITHOUT HAVING A COMPLETED HEALTH HISTORY FORM WELL BEFORE HIS/HER ARRIVAL.

FOR YOUR CHILD'S BENEFIT WE NEED THIS FORM LONG BEFORE CAMP BEGINS!! The information on the HEALTH HISTORY FORM is valuable **ONLY** if it is in our possession LONG BEFORE your child is at camp. Information regarding health conditions, allergies, medications, fears, concerns, etc. may be needed the minute the campers step foot in camp. Sending it **WITH** your child is too late.

Also, if there is any medical information or any medication updates after the Health History Forms are delivered to a camp office, please communicate this information to us in writing and follow-up with a phone call to our office 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 summer camp experience. If we see certain behaviours, for example that are negatively affecting your child, or your child's peers and/or staff and we have no information 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 on any clear issues or past conduct from any previous years at camp or school. **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 CAMP.**

MEDICATION DROP-OFF

A staff member at the bus/airport will pick up all medications your child brings with them to camp. 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 office or 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 HEALTH HISTORY FORM.** Please make sure medication instructions on the medication match the information provided on the Health History Form and **all medication should be given to us their 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 Epi-Pens. 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 AND NEEDS – TAMAKWA'S POLICY

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

Camp Tamakwa takes very seriously its responsibility to care for young people in a variety of ways, but most particularly health and safety concerns for campers and staff. Recent years have seen a rise in the incidence of serious -- sometimes life threatening -- allergies and other individual health issues. Consequently, inquiries are also on the rise about Tamakwa's policy toward these situations.

Different camps have different philosophies about many issues; the issue of special health needs is no exception. Some camps make no individual accommodation at all and require children and parents to accept their camp's program as is. 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 situations that cross our path. With a full recreational program in a wilderness setting such as ours, we cannot possibly accommodate every individual health restriction and medical need. In the past, however, we have had campers with lactose intolerance, peanut and other food allergies, diabetes, special diets, and even campers with hearing 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 cover 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 only.

Peanut and Other Food Allergies

We make every attempt to reasonably accommodate campers with various food allergies on an individual basis. 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 product within our camp food program in camp and on out of camp trips. We do not serve peanut butter in or out of camp and have no known peanut butter or nut products on our canoe trips. We cannot however guarantee to our camper families that Tamakwa, including canoe trips, is absolutely free of any peanut or nut contamination whatsoever. We currently serve SunButter, a sunflower seed based product, in our dining hall and on canoe trips as a substitute product and have found it to be very popular amongst our campers and staff.

Decisions whether a camper with any potentially life-threatening allergy, be it peanut, nut, or otherwise, goes on a canoe trip will be made on an individual basis and after consultation with the parents. Generally, the severity and sensitivity of the allergy is the determining factor.

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 significant condition or extraordinary need beyond the normal range of healthcare measures in a summer camp, 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 or health concerns. This information has to be **separate and apart** from the routine camp medical form required of all campers that you will be asked to complete closer to the summer. For now, you **MUST** follow this checklist:

1. As soon as possible please write a detailed letter communicating the specific nature of the allergy or health concern.
2. After that initial communication, both you and the camp must feel confident that Tamakwa remains an appropriate and safe placement for your child. Given the needs of your child, provide the camp with 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.

3. Together with you, we will attempt to create a mutually agreeable protocol, which will be put into writing.
4. Camp may request and/or require further 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, we reserve the right to determine if the camp cannot accommodate the camper's individual needs.

There must be a candid disclosure by the camper's family of the specific health needs and concerns, and a candid disclosure by Tamakwa identifying what it can and cannot do to accommodate an individual camper's situation. If both the camper and family are comfortable with the protocol and accommodation of the special needs of an individual camper or staff member, it will be put in writing and communicated and complied with by all the necessary staff at Tamakwa (directors, section heads, physician, nurse, counselors, trippers, etc.). Tamakwa prides itself on its ability to individualize certain needs. However, these 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. It is a new facility having just been built in 2005. 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 have contracted a professional lice service to check all campers and staff the first day of each session and they 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 once again. 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. Be sure to consult a physician for the appropriate sunscreen for your camper(s). Also, we remind campers and staff to apply insect repellent after dinner.

Be sure to pack three hats for your camper, in case s/he loses one or two. Also, please be sure to send your camper with sunscreen, although we will supply it at some waterfront areas during the summer. Explain the importance of sunscreen and ask them to come home with an empty bottle after a month or two of constant application.

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. We would prefer to just make your camper comfortable at camp 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), which we encourage them to take to activities throughout the day and back to their cabins at nighttime. **BE SURE TO LABEL THEM TOO !!**