



## Health & Safety Practices

**Camp Tamakwa provides a magical haven to grow, mature, foster new friendships, overcome fears and develop important life skills and lessons. It is an opportunity to get away from the hectic pace of city life and technology in order to learn to appreciate the beauty around all of us. It is a place to have fun, learn new skills and create lasting memories and friendships. While all of the above is true, the number one priority still remains the health and safety of campers away from home.**

While the core values of Tamakwa have remained steadfast for over 80 years, our buildings, activities and yes, the medical needs of our campers have changed.

Over the past decade we have seen more and more families attracted to Tamakwa because of the medical protocols we have implemented and our vast experience and expertise in meeting the myriad medical needs of campers with allergies and special health concerns such as the following:

### **Anaphylactic/Epi-Pen dependence & other allergies:**

- Nut/peanut allergies
- Dairy allergies
- Lactose intolerance
- Egg allergies
- Bee sting allergies
- Penicillin allergies

### **Special health concerns & needs:**

- ADD / ADHD
- Celiac and gluten intolerance
- Asthma
- Crohns & Ulcerative Colitis
- Migraines
- Diabetes
- Growth hormone deficiency
- Insulin resistance

### **Medical facilities & other important medical & health information:**

- A state of the art medical facility with a private clinic & separate examination rooms
- On-site Doctor's quarters, infirmary and nursing quarters
- Doctor in residence 24/7 plus 2-3 on our nursing staff
- Medication protocol to ensure all daily medications are administered as per family & Doctor directions Daily hydration, sunscreen & hat protocol

Tamakwa has adapted to the increasing medical needs of campers and we provide one of the safest environments for campers. We are happy to further discuss our health and safety protocols or any other special medical needs or concerns. We would also be happy to put parents in touch with one of the many current families we have with special medical needs and allergies.