

# SUMMER 2022 HEALTH CENTER PARENT GUIDE



## Welcome Parents

Welcome to our health center parent guide for summer camp 2022. This packet includes all necessary information and additional forms for your child’s health care at camp. Please, read carefully as our medication policy has changed. We look forward to having your camper join us this summer!

## Health Center Contact Information

Health Center Administrator: Erin Moore, RN  
704 716 4334  
campnurse@ymcacharlotte.org

## Guide Contents

- Medical Forms
- Camper Medications
- Health Center
- Safety Information
- Additional Forms

## Medical Forms

We partner with CampDoc.com to provide the best possible care for our campers and staff. In order to keep communication completely transparent, **it is imperative that you complete the full health profile for your camper(s) a minimum of 5 days prior to the start of your child’s session.** This allows our health care team enough time to review your camper’s profile and medications before they arrive and to contact you with any questions. All registered campers will receive an email detailing instructions for completing camper health care information by the end of April or within two weeks of registration after April 1st. Please, set

[register@campdoc.com](mailto:register@campdoc.com) as a safe sender to avoid delivery to a junk/spam folder.

You will be asked to submit the following through CampDoc:

- Medical Insurance card
- Prescription Insurance card (if different)
- Camper immunization record
- A doctor’s plan for any diagnosed chronic condition
- A confidential camper health profile, including camper medication info with pictures of prescription labels

Note: It is no longer required for all campers to receive a physical before attending camp.

## Camper Medications

Please, read this section carefully, as this information has changed.

### Medication Policies

- We administer meds four times daily; breakfast, lunch, dinner, and bedtime. If your child takes medications that are administered outside of these times and cannot be adjusted to our administration times, please email [campnurse@ymcacharlotte.org](mailto:campnurse@ymcacharlotte.org).
- All medications must be checked in with the Health Center team during check-in using the process outlined in the Medication Preparation section below. **No medication is allowed in the cabins** (exceptions: epi-pens and inhalers).
- **All medications must be prescribed by a physician.** Please do not bring any over-the-counter medications with your child. We stock our health center with the most common over the counter medications (See “Over the Counter Medications” section below)
- Appropriate documentation from your camper’s medical provider must accompany all medication.
- All inhalers and injections should be sent to camp in the original container with the campers’ first and last name, DOB, dosage, and time of administration.
- Please refrain from sending liquid medications. There are chewable versions that are easier for camp use
- Medication information must be documented in the camper’s CampDoc health profile prior to check in.

### Over the Counter Medications

- Our health center is stocked with the most common over the counter medications, including but not limited to: Aleve, Allegra, Calamine Lotion, Claritin, Cough Drops, Cough Syrup, EmerGen-C, Eye Drops, Hydrocortisone, Ibuprofen, MiraLAX, Motrin,

Mucinex, Pedialyte, Pepto-Bismol, Throat Coat, Tums, Tylenol, and Zyrtec. We usually have some form of chewable or liquid available.

- **Over the counter medication taken on a DAILY basis requires an accompanying [Over the Counter Medication Request Form](#).** This form requires the signature of the doctor, so we can treat it like a prescription medication. This form is needed for campers taking daily allergy medication, nightly melatonin, daily vitamins, etc.

## Medication Preparation

- **All medications should be blister-packed prior to arrival at camp.** Your pharmacy may offer this service as a convenience to you.
- If you cannot pack your camper's medication prior to arrival, a blister pack will be provided to you at check-in so you can do so.
- All blister packs must be accompanied by photos of original prescription labels of all meds included in the blister pack. Please upload these images to your camper's Camp Doc profile.
- If your pharmacy is not packaging your camper's meds, we ask that you purchase [this blister pack set](#), which includes 6 blister packs.
  - [Video Instruction](#)
- Package all medications for the same time of administration together (e.g. package all breakfast meds in the same blister pack, all lunch meds in the same blister pack, etc.).
- Please label your camper's blister packs as follows:
  - Camper Name (First and Last)
  - Date of Birth (MM/DD/YYYY)
  - Any notes to the Nurse regarding medication
- **All PRN (as needed) medications should be clearly documented by the provider with parameters for providing the medication. Do not include PRN medications in the blister packs.**

## Health Center

Campers who are not feeling well have the opportunity to visit the Health Center, as needed. The health center is staffed and open 24 hours a day for urgent medical situations. All camp nurses are Registered Nurses (RNs) and work under doctor's orders. Our camp doctor is on call for consultation, as needed.

## Notification

It is important that you update your camper's CampDoc profile with emergency contact information. We will contact

the primary guardian listed in the camper's CampDoc profile. In the event the primary guardian cannot be reached, the secondary guardian will be notified.

Emergency contacts will be notified for any of the following:

- Camp doctor recommends a prescription medication
- Off-site treatment is required or recommended
- Deep wounds and lacerations
- Medical emergencies resulting in 911 calls
- Severe allergic reaction/anaphylaxis
- Fevers over 100.4
- Camper staying overnight in the health center
- Mental health crises

Parents will not be notified for the following:

- Regular first aid treatment for bug bites or minor cuts
- Camper resting in the health center during an activity period
- Basic treatment for common colds, coughs, stomach ache, etc.



## Safety Information

To ensure a safe camp experience, we maintain a 1 to 4 counselor to camper ratio. All of our summer staff are certified in Basic First Aid and CPR, with a majority of our staff being YMCA Lifeguard certified. Cabin counselors check camper's daily cleanliness, cuts, sunburn, insect bites, etc. Staff and camper temperatures will be taken daily and symptom questionnaires will be conducted each evening. Accident insurance is not included in the camp fee.

## Response to Illness or COVID-19 Exposure

1. Response to Illness- Monitoring and Preparing
  - If fever is suspected, temporal thermometers will be used to check. If fever is present (100.4), we will notify parent/emergency contacts to pick up the child.

- In the event of fever or other symptoms of illness, the child will be allowed to rest in the health center away from other children while waiting for parent to pick up.
- Staff will continue to follow our wellness policy and call parents to pick up if any of the following conditions exist.
  - The illness prevents the child from participating comfortably in camp activities.
  - The illness results in greater need than the YMCA staff can provide without compromising the health and safety of other children.
  - The child has any of the following conditions:
    - A fever 100.4 degrees or higher. Children must be fever-free for at least 48 hours without fever-reducing medication before they can return to camp programs.
    - Continuous and/or colored nasal drainage. A current note from a physician can be provided if drainage is caused by an allergy.
    - Diarrhea. Child cannot have more than two loose stools in a 24 hour period.
    - Vomiting within a 24 hour period.
    - Communicable diseases. Examples include, but are not limited to, pink eye, head lice, skin rash, and strep throat.
- If a child or staff member develops the following symptoms, they will be sent home as soon as possible: fever, cough, shortness of breath.
- All policies regarding illness also apply to staff

## Heat and Sun Precautions

Water stations are located at every activity to ensure proper hydration. We encourage campers to bring their own water bottles and sunscreen, but we also provide hypoallergenic sunscreen for campers and staff who need it.

## Additional Forms

The following conditions require additional forms, which are available for download on your camper's CampDoc profile. Simply select 'Yes' to the question that applies to your child's medical needs/diagnosis for a downloadable form. Once downloaded, please complete and upload to your child's CampDoc profile under the designated section.

- Food Allergy and Anaphylaxis
- Asthma
- Diabetes
- Seizures
- Over the Counter Medications

