

# Camp Health and Safety

You will need to comply with the health department regulations of the county in which your camp is located. Be particularly aware of this if the campground is owned by your District.

## Medical Personnel

Your camp should have a qualified medical person available at all times. A registered nurse who can stay on the campgrounds throughout the week is ideal.

## First Aid Kits

Any excursions away from the campground should be attended by at least one person trained in first aid. A freshly stocked first aid kit must be taken along. Items to have in the first aid kit should include:

- Band-Aids
- Instant ice packs
- Hydrogen peroxide
- Rubbing alcohol
- Tweezers
- Aspirin or non-aspirin medication such as Tylenol (for you and other adult leaders; don't give to students without written permission).
- Surgical (rubber) gloves
- Thermometer (the small, plastic, disposable ones are handy).
- Antibiotic ointment or cream (such as Neosporin)
- Antibacterial or antiseptic spray (such as Bactine)
- Bug-bite cream or lotion (such as Cortaid or Cortizone 10).
- Gauze
- Medical tape

If traveling in isolated areas, walkie talkies (or cell phones if you have reception) are recommended.

## Medications

Any and all medication that is brought to the camp must be recorded by the camp medical person and stored securely in the room/cabin designated as the First Aid Station. Medicine is to be dispensed by the medical personnel only. A record should be kept on each person taking any

medication. Date, time, dosage, and medicine name should all be recorded. This will prevent the various medications from being confused, taken by mistake, or lost. Medicines should be stored in a lockable cabinet.

### **Medical Release**

Hospitals, clinics, and medical personnel in general are demanding signed medical releases in the treatment of minors. Malpractice suits have made all medical personnel quite cautious. **NOTE: Some states require the release forms to be notarized.** Check with your District's leadership and legal personnel to secure the latest recommendations. Be sure to explain the need for such documentation in your publicity mailings to local churches. This will help ease the fears of many concerned parents.

### **Emergency Procedures**

As the camp director, you should have an up-to-date copy of the camp's emergency procedures. It would be well to include this information in a camp counselor's handbook. Your counselors need to know who is to be contacted in the case of an illness or accident. Personnel responsible for calling an emergency vehicle and where they can be contacted should also be shared with camp personnel.

### **Pre-Camp Safety Inspection**

Utilizing your staff in a safety inspection before the campers arrive can prevent many minor injuries. Check the grounds of the camp for obvious hazards. Remove broken glass, sharp sticks, rocks, and other moveable hazards, especially from recreation areas. Have the camp manager show you where any other hazards may be on the camp site, and inform your campers at an appropriate time early on in your week.

### **Activities Safety Guidelines**

Create and keep the trust of the parents by carefully thinking through the activities you have planned. Ask yourself the following questions:

- Do the counselors understand their overall roles and responsibilities?
- Are there enough adult leaders for each activity? Rule of thumb—the younger the kids, the more adults you'll need.
- Have you clearly spelled out to both the counselors and the campers the guidelines for student behavior in each event?