

WESTFIT SUMER CAMP at SWIM & TENNIS
HEALTH CARE POLICY for PARENTS

This is in accordance with 105 CMR 430.159(B) and with the approval of both the Westford Board of Health and Russell Coleman, MD. This is an abbreviated version for parents. Parents can request to view the full version from the Camp Director.

Providing Emergency Healthcare – Mildly Ill:

Staff will move mildly ill campers to a quiet area that is protected from sun/weather and isolated from other campers and activity. An area to lie down will be provided. The camper will be monitored by staff and dismissal procedure will be followed if necessary. The Camp Director or Health Care Supervisor will make notes in the Medical Log Book.

Providing Emergency Healthcare – Life Threatening:

Staff will initiate the appropriate first aid on scene per Red Cross protocol, contact emergency medical services (911) and transport the camper to hospital by ambulance as soon as possible. The Camp Director will send the camper's medical records with the ambulance, contact the parent(s) and follow the camper to the hospital.

Providing Emergency Healthcare – Non-Life Threatening:

Staff will initiate appropriate first aid on scene and notify Health Supervisor as soon as possible to continue care. Never leave an injured child alone. A staff member will remain with the child at all times and another should call for help. If a third staff member is available, they will lead the other children away from the area. Staff will report any and all first aid procedures to the Director immediately and enter into the medical log. Director and/or health supervisor will contact parent(s).

Reasons for Dismissal:

- Temperature over 101F (oral temperature)
- Disruptive cough or cold with fever
- Suspected infection of eye, ear, nose, throat, skin or scalp
- Abdominal pain or headache

- Suspected communicable disease
- Suspected pediculosis (head lice)
- Suspected fractures or any severe or disabling injury
- Questionable need for sutures
- Vomiting or diarrhea
- Head injury with symptoms (headache, nausea, vomiting)
- Skin rashes

Skin Protection:

Campers and staff should apply sunscreen before arriving to camp. They are also required to bring sunscreen and other items to protect them from the sun. If campers forget, sunscreen will be provided to them. Time in the sun is kept to a minimum when possible. SPF of 25 or higher is recommended.

Plan for Administering Medication and Recording:

The policy for the storage and administration of medications follows the guidelines of Mass. 105 CMR 430.159 and 105 CMR 430.160. The Health Supervisors will be in charge of securing and administering any medication. Prescribed medication must always be kept in an original pharmacy container with a legible prescription that includes medication name, dose, frequency and the prescribing doctor's contact information. Parents are required to fill out and sign an Authorization to Administer Medication Form. This includes emergency contact information, etc. The Health Supervisor will fill out a Medication Administration Log for each medication and every time the medication is given. All medication will be properly secured.