



# CAMPOREE HEALTH AND SAFETY



# Successful Camporee as Defined by Your Medical Team



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# Water — Water — Water

- Drink, drink, drink

- Insulated water bottle
- Camelback
- Plan for not less than 48 – 64 ounces of water per day per camper
- Avoid caffeine = causes diuresis = causes insufficient water intake symptoms
- Powdered Gatorade or Powerade 1x/day for each camper.

- Insufficient water intake:

- Constipation
- Dehydration
- Fainting
- Headaches
- Muscle cramps
- Lack of energy



# It's Hot? — It's Cold?

- Sunscreen
- Bug spray
- Clothes for warm weather — hot during the day
- Clothes for cold weather — cold at night

- Warm sleeping bag
- Sheet
- Extra blanket
- Rain gear — poncho/umbrella



# General Information

- Comfortable shoes – NO HEELS
- Flat shoes for marching in parade
- Flip flops or equivalent to wear in the shower
- Several pair of cotton socks
- Two (2) pair of tennis shoes:
  - Walking miles per day
  - In the event one pair gets wet
- Backpack:
  - Hand sanitizer
  - Roll of toilet paper
  - Small package of cleaning wipes
  - Water bottle if no camel back



# Medical Services Available

- Physicians, NP's, PA's, Nurses, EMS, and many support staff
- Medical building staffed 24/7
- Basic care
- Local EMS support
- UNLESS EMERGENT —
  - ALL Pathfinder leaders MUST have copies of the medical form to present for treatment.
  - Make three (3) copies for each Pathfinder & adult
- NO Pathfinder will be treated without an adult present unless TRUE EMERGENCY
- Each club should bring & keep secure:
  - Tylenol
  - Advil/Ibuprofen
  - Peroxide
  - Basic wound care supplies
  - Feminine Hygiene Supplies (even if females don't think they will need it)



# Important Information

- Make a copy of each camper's insurance card (adult & pathfinders)
- Insurance is available to be purchased through Adventist Risk Management (ARM)
  - Local hospital, urgent care, & EMS will be advised to NOT automatically bill ARM unless appropriate documentation is presented.
- Insurance card/copy will be needed if transported to or present to hospital or urgent care.
  - If insurance card (personal or ARM) is not available, care at the local facilities will be billed as self-pay.
- A medical team member will ONLY contact parent/contact number listed if true emergency.



# Important Information

- Advise the parents and contact person(s) of ALL campers (adults & pathfinders)
  - Keep their cell phones on and close to them
  - Answer unrecognizable number
    - Medical team may call from their personal cell phone
    - Medical team may call from landline
- Each adult sponsor responsible for pathfinders should have:
  - ❖ Binder to keep important information
    - ❖ Copy of camper's medical form
    - ❖ Copy of camper's insurance card
    - ❖ Copy of parents contact information





# Medications

- **DO NOT LEAVE HOME WITHOUT:**

- Diabetic medication & supplies
- Inhalers & Rescue Inhalers
- ALL prescription medications
- Bring enough for the length of time you will be gone and some extra
- Altitude is 5000+ feet and you will feel short of breath without exertion.

- **KEEP ALL MEDICATIONS**

**SECURE** and out of reach of all Pathfinders.

- Check your Pathfinders and sponsors luggage prior to leaving to ensure they have their medications and supplies.





# First Responders

- Include:
  - Paramedics
  - EMT's
  - Nurses
- Basic First aid:
  - Assess and treat
    - Wound care/splinting
  - Assess and transport
    - Assist camper with personal Epi pen
    - Assist camper with personal Inhaler
    - Must transport to medical building for further evaluation/definitive care
- ALL are trained in CPR/AED and in the event of trauma or cardiac/ respiratory arrest, will perform CPR until County EMS arrives.
- Will NOT practice at the top of their license
- Will be roaming on golf carts
- Respond by radio call
- Will NOT be permitted to use their own equipment/supplies
  - Will be provided with jump bags with appropriate supplies/ equipment





# First Responders

- Responsibility:
  - Each first responder team will be assigned a specific area in Cam-plex
  - Carry a jump bag
  - Carry an AED
  - Carry a radio for communication
    - Communicate with medical building dispatch for ambulance
- Responsibility to Local EMS Community
  - NOT to function outside stated scope
  - Any medical team member (First responders; providers, nurses, etc.) who are non-compliant with established guidelines, will be thanked for their service & removed from the schedule.
- Jump Bags
  - Provided to First responders

