



## Pre-Camp Health Checklist

We are excited to have your children spend time with us this summer! Our Summer Camp team is devoted to looking after the well-being of your children throughout their stay at Camp Kawartha. Our ultimate goal is a life-enhancing growth experience in a healthy and nurturing environment. As we prepare for the summer, we need your help to set the conditions for a wonderful camp experience. Here are the main ways to prepare for your child's healthcare experience at camp. Further healthcare details can be found on our website in the [Family Info Guide \(click here\)](#).

**Prior to coming to camp** – [Click here to login to your online registration account](#) and confirm that you have completed the following:

### **Health Form**

- Have you included your child's **Health Card Number** OR **Insurance Information** for out of province or international campers?
- Is your **Emergency Contact Information** up-to-date?
- Have you shared all health (physical, emotional, mental) related concerns?
- If you need to update or add any information, contact our healthcare team at [healthcare@campkawartha.ca](mailto:healthcare@campkawartha.ca)

### **Camper Photo**

If you haven't already, **be sure to include a current photo of your child**. For emergency purposes, a photo is very important for us to have on file. If you do not have a school photo, please upload a head shot that is clear with good lighting, no hats or sunglasses, and with a clean background.

**Anaphylactic Emergency Form** (only required for campers with anaphylaxis)

Please ensure this is filled in and uploaded. Please note; this is in addition to the Health Form. Be sure to include a current photo of your child.

### **Medications**

If your child is bringing ANY medications to camp (including prescription, over-the-counter, and homeopathic medications), please refer to our:

**[Camper Medication Form \(Click Here\)](#)**

## **Mental Health**

We do not have any Mental Health Specialists on staff. Our healthcare staff come from a variety of backgrounds and may or may not have had direct experience in this area of medicine. It is very important that parents/guardians share the challenges your child is going through. Please thoroughly fill in your child's health form with any pertinent details.

### **What we can do for campers with Mental Health Challenges:**

- Support a camper with an ongoing mental health challenge.
- If the camper has a therapist at home, we can facilitate a virtual or phone appointment in our Health Centre.
- Allow a camper time to decompress by staying in one of our Wellness Rooms in the Health Centre for a short period of time
- Stay in contact with parents/guardians about how their child is coping at camp.

### **What we cannot do for campers with Mental Health Challenges:**

- Provide mental health therapy.
- In the case of a new, critical mental health event that is impacting the camper's experience, we will be unable to allow your child to stay at camp. They will be supported in the Health Centre until parents/guardians arrive to take the camper home to seek to out a professional medical assessment and treatment for their child.

## **Sun Safety**

Please send your child to camp with a hat, sunscreen and water bottle. Campers are encouraged to wear appropriate sun protection, and hydrate frequently.

## **Allergies**

If your child has allergies, please ensure that full details are provided in their health form. We are a Nut Safe camp, meaning we avoid any nuts in all our meals and snacks. If the camper has an allergy to a product, insect or plant, we will make every effort within reason to keep the camper away from that allergen. Campers who have allergies that require medication, Epinephrine Auto Injector or Asthma Inhalers must visit the health centre on arrival day. Campers who have a life-threatening allergy should come to camp with two Epinephrine Auto Injectors (see Medication section below for more details). The camp also has extra Epi-Pens stationed in the dining hall, health centre and out-trip first aid kits. For any questions regarding food allergies, please email [kitchen@campkawartha.ca](mailto:kitchen@campkawartha.ca). You are also welcome to discuss specific dietary needs with the head cook on staff, by visiting the kitchen window on arrival day. **To ensure the safety of all individuals at Camp Kawartha, we prohibit nuts and foods containing nut sources at both our facilities.**

## **Infection Prevention and Control**

### **Communicable Disease Policy**

#### **Screening**

- Prior to bringing your child to camp, please screen them for the following symptoms (new/unexpected or outside of their baseline health): *fever, cough, shortness of breath, decrease or loss of taste or smell, muscle aches or joint pain, extreme tiredness, sore throat, runny or stuffy/congested nose, headache, nausea, vomiting and/or diarrhea, abdominal pain, pink eye, decreased or no appetite.*
  - The following self-assessment tool can be used as a guide:  
<https://www.ontario.ca/self-assessment/>
  - Do not bring your child to camp if you think they might be ill.
  - We understand that camp is a new experience that can bring on a nervous feeling, causing physical symptoms (ex. “tummy ache” or fatigue due to lack of sleep the night before). If your child has any symptoms that are outside of their normal, please give us a call so we can help you assess your child’s health and determine the best course of action.
- As you arrive to camp (overnight camp only), a member of the summer camp staff will screen every camper for symptoms.
- A camper who is showing signs or symptoms of a communicable disease (on arrival or during their stay) will be assessed by the nurse, and parents will be contacted. Ill campers must return home until they are fever free for 24 hours, and have had 24 hours of improving symptoms (any symptoms from the list above). Campers must be 48 hours free of gastrointestinal symptoms before returning to camp.
- Campers do not require a COVID-19 rapid test prior to attending camp this summer.

#### **Vaccines**

- Camp Kawartha recommends (but does not require) all campers and staff be up to date with their immunizations based on their age according to the Publicly Funded Immunization Schedules for Ontario.
- Campers and staff are not required to be fully vaccinated against COVID-19 to attend camp this summer.

#### **Masking**

- Masking is optional and not required at Camp Kawartha. Your child will be responsible for their own masking should they prefer, or you prefer them to do so.
- In the case of a severe outbreak of any communicable disease, masking may be implemented by the Camp Kawartha healthcare team or Public Health.

### **Head Lice**

We have a tried and tested practice in screening for head lice on arrival day. Our preventative measures ensure an easy and straightforward process that allows campers to get on with the business of being happy campers from arrival to pick-up.

We understand that arrival day can be both an exciting and anxious moment for campers and parents. We also know that finding lice and/or nits can be emotionally challenging. We appreciate your support of our policies and procedures, which are grounded in maintaining a safe and equitable environment.

### **A few days BEFORE coming to camp:**

Please check your child's head for lice and/or nits. How and what to look for...

- Finding lice is tricky, and it gets missed – and misdiagnosed frequently. With sunlight, or a bright light, and a pair of magnifying glasses (if available), check the crown of the head and the hotspots. These are in the bangs, around the ears, and on the back (or nape) of the neck. Check the whole head, because frankly, lice could be anywhere.
- If you find something and you can flick it off, it's probably not a nit. Nits – or lice eggs – are cemented to the hair with the bug's special bond. If you can remove it, tape it on a white piece of paper and examine it.
- Lice eggs have colour; they're not white. They're teardrop shaped, brownish, and attached to one side of the hair shaft. They're tiny – but visible. Lice bugs – lice (or in the singular, louse) – are unmistakable. They're about the size of a sesame seed, and light to dark brown in colour.
- Check out [The Lice Squad \(click here\)](#) for everything you need to know about Lice and their products.

### **Arrival Day and Lice** (overnight campers only)

- As part of 1st day procedures, your child will be checked by staff in a semi-private location.
- Note that our staff are **not** lice experts and could miss a louse or a nit.
- **If lice or nits are found, we will proceed with our tested and practiced non-toxic lice treatment.** Each treatment will take 2-3 hours on the first day and will be repeated every 4 days during your child's time at camp until they are nit free. Overall, this will not isolate the camper from their group, but treatments will take campers and a staff member away from activities. We will do our best to minimize the time while ensuring a thorough treatment.

### **Ticks and Lyme Disease**

Over the last few years in Southern Ontario there has been an increase in Ticks that carry Lyme Disease. All of our counsellors will be trained in Tick Checks, Identification and Removal. You can help us help your camper to **prevent** tick bites.

- Pack light-coloured long pants and long sleeve shirts to wear while on nature hikes on "The Range" to make it easier to visualize crawling ticks.
- Provide bug spray so your children can spray their shoes and ankles before walking in long grass.
- Talk to your child about doing tick checks after they have walked in long grass or are on trip. Please [click here](#) for tick prevention information.

- **Day campers:** Parents, please do a tick check in the evening.
- **Overnight campers:** Parents, please talk to your child about how their counsellors will help them check for ticks behind their knees, on their necks, behind their ears and in their hair. This will be done in the cabin or while out on trip with other campers present.
- **If a tick is found,** your child will be seen by the camp nurse or paramedic (if on trip, by a staff with Wilderness First Aid) who will remove the tick as per the [Centre for Disease Control protocol \(click here\)](#).
- The camp physician will be contacted if it is suspected that the tick is a Blacklegged tick attached for >24hrs. Parents will receive a phone call regarding tick removal, and be included in discussion of any next steps that may need to be taken.

## Bed Bugs

Over the last few years, bed bugs are making a resurgence. Camp Kawartha has had to deal with this annoyance and is taking as many preventative measures as we can. We have a canine unit (aka, sniffer dogs) assess the entire site twice a year including immediately prior to the Summer Camp season. Additionally, our maintenance and housekeeping staff are trained on inspection, and will do so during our mid-summer changeover. When bed bugs are found in a cabin, that cabin is closed, heat treated and not put back in service until we are directed to do so by our pest control partner.

Here is how you can help us prevent bed bugs.

- If you have been travelling before coming to camp or live in an area where bed bugs have been a problem, please ensure proper prevention, detection, and treatment methods. <https://www.canada.ca/en/health-canada/services/pest-control-tips/bedbugs-how-do-i-get-ridthem.html>
- Before packing items (clothes, shoes, sleeping bag, pillow, etc), place them in a hot dryer for 30 minutes. *Freezing is not effective.*
- Be conscious to wash items that may have been in storage for a significant amount of time and not part of a regular wash cycle (ie. Sleeping bag, sheets or blankets that may have not been used for a long period of time), and dry in a hot dryer for 30 minutes.

Visit our website [Health and Safety page](#) for more resources.

If you have any questions or a specific concern regarding your camper's health, please feel free to contact our healthcare team at [healthcare@campkawartha.ca](mailto:healthcare@campkawartha.ca). We will try to respond within 24-48 hours.

Thank you for your help and support. We look forward to seeing you all soon.

Yours in camp spirit,

**Andrea Lewis, RN**  
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