



Pre-Camp Health Checklist

Our Healthcare Team is committed to supporting the health, safety, and well-being of your children throughout their time at Camp Kawartha. As we prepare for the summer season, we appreciate your partnership in reviewing the list below to help us create the best possible experience for every camper. Additional healthcare information can be found 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 up-to-date **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 information?
- If you need to update or add any information, contact our healthcare team at 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 Plan

If applicable, please fill out the allergy section of the health form in detail. If you indicate anaphylaxis on your health form, an *anaphylaxis emergency plan* automatically generates for our staff. 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

While our team is committed to supporting the mental wellbeing of every camper, we do not have mental health specialists on staff. Our healthcare team members come from a variety of professional backgrounds and may have varying levels of experience supporting mental health concerns.

For this reason, it is very important that parents/guardians share any relevant information about the challenges or support their child may need. Please complete your child's health form thoroughly and include any pertinent details that will help us provide the best possible care and support during their time at camp.

What we can do for campers with Mental Health Challenges:

- Help facilitate mental wellbeing activities.
- 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 some time to decompress in one of our Wellness Rooms in the Health Centre.
- 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 out a professional medical assessment and treatment for their child.

Sun Safety

Please ensure your child arrives at camp with sun-protective clothing, a hat, sunscreen, and a reusable water bottle. Campers are strongly encouraged to wear appropriate sun-protective gear throughout the day, apply and reapply sunscreen regularly, and drink water frequently to stay well hydrated in warm weather conditions.

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 form above 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. 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

Infection prevention and control is a key component to maintaining a healthy camp. We trust that our approach places your child's health and safety as a major priority at Camp Kawartha.

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.

Handwashing

- Handwashing signs are located in all washrooms at Camp Kawartha.
- Handwashing is encouraged before eating and after using the washroom.

Immunizations

- Immunization is a key component of maintaining a healthy camp.
- Camp Kawartha recommends that all campers and staff be up to date with their immunizations based on their age, according to [Ontario's Publicly Funded Immunization Schedule \(click for information\)](#).
- As our obligation to protect the health of your child and the broader camp community, it is important for us to know your child's vaccination status. Please provide up-to-date information on your child's health form.
- In the unlikely event that a case of any disease targeted by Ontario's Vaccination Program (ex. measles) is discovered at camp, unvaccinated children will be sent home for the recommended period of isolation (i.e. measles 21 days) without any fee adjustment.

Head Lice

As part of our arrival day procedures, every camper will receive a lice check conducted by staff. Please note that while our staff are trained to perform these checks, they are not lice experts, and it is possible that a louse or nit may be missed.

We understand that arrival day can be both exciting and emotional for campers and parents alike, and we recognize that discovering lice or nits can be upsetting. We appreciate your understanding and support of our policies and procedures, which are designed to help maintain a safe, supportive, and equitable environment for all campers.

A few days BEFORE coming to camp:

Please check your child's head for lice and/or nits. You could also take them to a hairdresser, barber or a professional like [The Lice Squad \(click here\)](#) to be checked. [Click here](#) for instructions on how to check. How to check 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.
- 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.
- If you are unsure, or suspect that your child has lice, we strongly recommend seeking the care of a professional such as [The Lice Squad \(click here\)](#).
- [Hair Apothecary \(click here\)](#) is a great resource for lice checks and treatment if you live in the Peterborough area.
- **If you or a professional discovers lice in your child's head, your child MUST be treated and lice-free prior to coming to camp.**

Arrival Day and Lice (overnight campers only):

- After receiving a lice check, if lice is suspected by staff, the camper will be brought to the health centre for a second check by the healthcare team.
- **If lice or nits are found, campers MUST be treated before they can integrate into camp.** Based on the healthcare team's assessment and discretion, treatment may be done at camp (with assistance from the parent/guardian), or the camper may be asked to leave camp with their family to obtain

treatment (without fee adjustment). Camp Kawartha retains the right to decide whether or not the camper can stay and be treated at camp. Whether treated at camp or at home, the healthcare team will follow-up with lice checks post treatment and/or upon return to camp.

Ticks and Lyme Disease

Over the past several years in Ontario there is increasing prevalence of 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 have been on the rise across Ontario, and Camp Kawartha is committed to taking proactive preventative measures. Twice each year — including immediately prior to the summer camp season — the entire site is inspected by a canine detection unit (sniffer dogs). In addition, our maintenance and housekeeping teams are trained in bed bug inspection procedures and conduct mid-summer inspections during camper changeover periods. If bed bugs are identified in a cabin, the cabin is immediately closed, professionally heat treated, and returned to service only after it has been cleared 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 dryer on high heat for 30 minutes.

Upon arriving home:

As a precautionary measure, we encourage all families to wash clothing and bedding in hot water and dry items on the highest heat setting for at least 30 minutes. We also recommend vacuuming and inspecting luggage, duffel bags, and backpacks before bringing them into your home.

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. 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,

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