

Pre-Camp Health Check

We are almost there! We at Camp Kawartha are very excited to have your children come and spend some time with us this summer.

Our Summer Camp Team are devoted to looking after the well-being of your children throughout their stay at Camp Kawartha. We have put a large focus on COVID-19 preventative measures and infection controls, but we also want to remind parents about other health concerns and nuisances to ensure a successful and enjoyable summer. Our ultimate goal is a life-enhancing growth experience in an environment that promotes and provides a healthy and nurturing environment for your children. As we prepare for the summer, we need your help to set the conditions for a wonderful summer experience.

PRIOR TO COMING TO CAMP

Login to your online registration account to 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?
- If you need to update or add any information, contact our Nursing team at healthcare@campkawartha.ca

CAMPER PHOTO

If you haven't already, **be sure to include a current photo of your child**. If you do not have a school picture, please upload a picture that is clear with good lighting, no hats or sunglasses, and with a clean background.

The Critters that Bug us!

HEAD LICE CHECK – only done on overnight campers

- 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.
- In the past, we have a tried and tested practice in screening for lice on arrival day, but with the addition of COVID Rapid testing, lice checks at camp will happen after parents have left. Parental cooperation prior to arrival is thus essential within this process.

BEFORE coming to camp:

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.

Arrival Day and Lice

As part of 1st day procedures, your child will be checked by their 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 see the following site to see common areas on the body where ticks may be found.

https://www.cdc.gov/lyme/prev/on_people.html

- 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 each evening 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 and camp physician (If on trip, by a staff with Wilderness Advanced First Aid) and you will receive a phone call regarding treatment and protocols taken.

Bed Bugs

Over the last few years, bed bugs are making a resurgence. Camp Kawartha has had to deal with this annoyance. When we have found bed bugs 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, **ensure you inspect your campers' luggage.** Check under zippers, in corners or any dark spaces. Giving the luggage a good vacuum should help to remove any hidden bugs.

<https://www.canada.ca/en/health-canada/services/pest-control-tips/bedbugs-how-do-i-get-rid-them.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).
- See our video [Bug Talk and Awareness](#) for more details on Tick and Beg Bug awareness

Final Reminders (almost there....)

MEDICATIONS:

The only medication that a camper is able to keep on them is:

- Ointments or creams. Please talk to the nurse if this is a skin condition that will become problematic for your child while they are at camp. ie: eczema
- Puffers / Inhalers for Asthma
- EPI Pens

Please talk to our Nurse on site if your child is using Asthma medication or is Anaphylactic so they are aware of your child's needs.

PRESCRIPTION MEDICATION:

- Remember all medication must be in its original container with your camper's name, the name and dose of the medication and directions for administration.
- Is your camper on 3 or more DAILY medications? If so, please ask your pharmacist to put these medications in a blister pack for easier administration.
- DO NOT put any medications in a dosette.
- If your child is using a Puffer / Inhaler for Asthma ensure it is full and not expired.

OVER-THE-COUNTER MEDICATION:

- You do not need to bring the following medications to camp, unless your child needs a specific brand name. All these medications are available in the Health Centre.
 - Tylenol (Acetaminophen)
 - Advil (Ibuprofen)
 - Gravol (Dimenhydrinate)
 - Benadryl (Diphenhydramine)
- Rationale: If a child is requiring these medications the nurse should be aware to ensure that your child is not self-medicating and getting sicker. Also these medications can cause serious harm to another camper if they get into your child's supply. Please help to keep all of our campers safe.

Now it's time for CAMP!

All of the tools you need to prepare for camp are conveniently located in one place!

Everything from our **Guidebook for Summer 2021, COVID-19 Summer Preparations & Paperwork, Camper Code of Conduct, Packing Lists, Arrival and Departure Times, Maps & Directions** and more can be found at the link below:

<https://campkawartha.ca/summer-camp/preparing-for-camp/>

Also, check the following links:

[Packing for Camp](#)

&

[Bug Talk and Awareness](#)

If you have any questions regarding any of these processes or policies, please feel free to contact our Nursing team at healthcare@campkawartha.ca . It is a busy time as we prep for camp, so we may not respond for 24-48 hours.

..,and please feel free to e-mail me at anytime at adam@campkawartha.ca or text/call at 705-768-4327 if it's urgent or you need a more immediate response.

Thanks so much for your help and support. We look forward to seeing you all soon.

Yours in camp spirit,

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