

Waukeela Health and Safety Information for Families

Greetings Camp Families!

We are so looking forward to having your campers with us this summer. In order to keep everyone safe and healthy, there are a few important items that we'd like to inform you about. Further, we ask that you also discuss these points with your daughters as they prepare for a fantastic summer at Waukeela!

- **Shoes:** Campers are required to wear shoes with a closed toe and secure back at all times, including on special days and dressy occasions. Water shoes with a closed toe and secure back are necessary for all water activities. Flip-flops are permitted in the shower only.
- **Ticks:** It is possible your child may be bitten by a tick this summer. Fortunately, there are steps you can take to reduce the risk of tick-borne illness. First, please send an adequate supply of insect repellent with your daughter and teach her to apply it now, at home. Second, starting now, practice a daily tick check with your daughter. Counselors can assist campers but cannot conduct tick checks. Counselors will remind campers to do a tick check daily in the cabins, before shower or bed. If your camper is bitten by a tick, the camp staff will contact you to inform you and discuss next steps.
- **Bug Spray:** Bug bites are both uncomfortable and a danger to health. Campers should bring a supply of insect repellent and use it according to product instructions. Practice applying bug spray at home, so you can be sure your camper is capable of doing so properly. The [American Academy of Pediatrics](#) has recommendations on insect repellents, or you can talk to your child's healthcare provider.
- **Sunscreen:** Again, very important for both comfort and safety. Practice applying sunscreen with your camper at home, and send an adequate supply with her to camp.
- **Health Forms:** We aim to keep paperwork to a minimum but there are some required forms. Each camper is required to submit a yearly physical exam, a complete record of immunizations, and a credit card authorization form (see below). Additionally, a health history is to be completed by the parent/guardian in the online registration portal. All paper forms must be scanned and uploaded to the portal. There may also be additional forms that we require based on specific conditions (Allergy Action Plan, for example).
- **Credit Card Authorization:** this is required for each camper as part of our agreement with Saco River Medical Group. We are often not able to reach parents right away if a camper has a health issue, and campers cannot be seen in the clinic without this information in hand.
- **Medications:** Medications can only be administered at camp with the appropriate documentation. Parents are responsible for arranging for their children's prescriptions to be sent to PackMyRx, our partner pharmacy. The pharmacists at PackMyRx will prepare each camper's medication in an appropriately labeled, daily dose pack. **In the interest of medication safety, we do not administer and cannot accept medications that are sent from home.** This includes vitamins, supplements, creams and other OTC products. Please do not send them with your campers.
- **Health Center Coverage:** Waukeela maintains 24/7 nurse coverage by licensed nurses. A medical provider at Saco River Medical Group is on call at all times for camper health needs.