HEALTH AND SAFETY

Health Examinations
Campers who attend a four day or longer session are required to have a physical examination completed after August 1, 2015. Campers who attend a session of three days or less are required to have only a health history. All campers must have current immunizations as required by the State of Texas. Religious Reasons for lack of immunizations or physical must have State of Texas forms completely filled out. The immunization record must include actual dates – we cannot accept wording such as “all current”. A photo copy of your child’s immunization record is acceptable for our records.

A link to the Physical Form and/or a Health History Form is included in your confirmation and should be completed by each camper’s parent or guardian and the physical form signed by a licensed physician, physician’s assistant or a nurse practitioner. Please complete the parent’s portion of the health history before the physical exam, and take the form with you to the exam. The completed form(s), including immunization record, must be into CampDoc 2 weeks prior to camp session. Campers without completed forms will not be allowed to stay and will not receive a refund.

Health and Wellness
Girl Scouts of Texas Oklahoma Plains, Inc. takes the health of each girl very seriously. If your camper becomes ill or has a fever for more than 24 hours, you will be asked to pick her up. In the case of a serious injury or illness, you will be notified. If your camper has a special need, please contact the Camp Director. Be sure to fill out the Camper Special Needs Info Sheet.

Campers with Special Needs
It is imperative that the camp director has advance notice of at least two weeks, of a camper with special needs, a disability, or dietary restrictions, so that we can adequately prepare for the camper if at all possible.

Medications and Health Supervisor
A Health Supervisor (RN, LVN, EMT or American Red Cross Emergency Responder or First Aider) is on duty at the camp at all times and is under the technical supervision of the camp physician, who is at a nearby health facility. All medications brought to camp are stored and dispensed by the Health Supervisor, including all prescription medication, vitamins, and over-the-counter allergy medication.

Over-the-Counter Medications, Prescription Medications
All medicine must be noted on the camper’s physical form. No expired medications will be given. Medications are given at mealtimes unless otherwise directed.

All medications, including vitamins, prescriptions, and over-the-counter drugs must be in their original container and labeled with camper’s name and dosage prescribed. Daily dosage containers are not acceptable. The health history has a section where you can indicate the over-the-counter medication you wish your child to have. The camp health supervisor will provide these if needed.

Inhalers
If your camper has an as-needed inhaler, please send two inhalers to camp. The unit staff will keep one and the other will be stored in the health center until needed. NOTE: Inhalers and anaphylaxis kits can be kept in your camper’s unit with her counselor where it is readily available if necessary. When campers are away from their unit, the staff member responsible for the unit will carry all inhalers and anaphylaxis kits that may be needed.

Ear Drops
To help prevent swimmer’s ear, our camp doctors have written treatment protocols for eardrops after swimming. The ear drop solution is half white vinegar and half alcohol. All campers will receive ear drops after swimming. If your camper has tubes in her ears, please inform the Health Supervisor at check-in and she will not receive the ear drop solution.

Insects and Insect Repellent
Camp is outdoors and that means your camper will get insect bites. To help prevent bites, send non-aerosol insect repellent and unscented soaps and shampoos that do not attract insects. Camp staff will supervise application of insect repellent twice a day to minimize insect bites. *We have found that the mosquito coil bracelets work well around wrists and ankles.

Sun and Heat Protection
It is hot and sunny at camp, so it is important to send sunscreen and a hat or bandanna with your camper. Baby powder is also helpful to prevent chaffing when hiking or riding horses. Send SPF 30 or higher sunscreen and coach your camper to put it on throughout the day. If she needs help, all she needs to do is ask a counselor.
Dehydration
WATER is critical for keeping our campers healthy. At all meals EVERYONE must drink their full glass of water (sometimes 2 glasses) before getting juice, punch or tea. Please be sure to send your camper with a hard plastic or metal reusable water bottle with a lid to help keep her hydrated everywhere she goes!

Bedwetting
If your camper has difficulties with bedwetting, please indicate it on her Health History form. Counselors can assist in changing bedding, laundry, etc. Plan to pack several sets of sheets and lightweight blankets. Counselors will be made aware of the problem and can handle changing of the bed linens discreetly. Please do not send sleeping bags as our dryer cannot handle them.

Emotional Health While at Camp
Your camper may be exposed to things to which she is not accustomed to while at camp. Although the staff tries hard to make camp a nurturing environment for your child to grow and try new things, we cannot always control what her peers may say or do. Please encourage your daughter to let a staff member know immediately if she is uncomfortable or feels threatened. Staff members are trained to let the camp director know about these situations immediately. We also DO NOT tolerate bullying.