

# Medical Information and Guidelines

## URGENT

Due to implementation regulations by New York State Department of Health, **every child** that attends camp must have pages 2 and 3 of the health form completed by a licensed physician. Without the health form fully completed your child will not be allowed to stay.

Page 1 and the top half of page 2 are a basic medical history, to be filled out by the parent/guardian. This includes a copy of the child's immunization records.

The bottom half of page 2 includes a physical examination form. If your child has not had a physical in two years, they will be required to have one prior to attending camp. If they have had a physical in the past two years, the doctor may fill in the information from the last physical.

Page 3 is our "standing orders," a medical release form dealing with medication. It needs to be filled out and SIGNED BY A PHYSICIAN, even if there is no prescription medication. This gives our nurse permission to dispense over the counter medication such as Tylenol, Benadryl, etc.

Thank you for your support and for allowing us to provide the best care possible for your child. If you have questions, please contact Jim or our camp secretary, at 315-788-8450 (Watertown office) or at camp 315-628-5048.

Jim Gwise  
4-H Camp Wabasso Director

### Camper Health Examination Forms

Health examination forms must be completed, signed by a physician and parent or guardian, and returned to Cornell Cooperative Extension or 4-H Camp Wabasso. All campers must have documentation that all state-required vaccinations are current. **Campers are not allowed to attend camp without a medication sheet signed by a physician (even if there is no prescription medication), completed health examination form, and proof of required vaccinations, per the New York State Department of Health regulations.**

### Health and Safety

The camp takes every precaution to provide a safe and healthy environment for campers. A nurse is available 24 hours a day and serves as the 4-H Camp health coordinator. River Hospital is 12 miles away.

### Medical Screenings

On the first day of camp, the 4-H Camp health coordinator, as required by the NYS Department of Health, examines all campers. If a child comes with a pre-existing illness or injury, he or she may be sent home. Please be prepared to spend time at check-in to help staff become acquainted with your child and for your child's physical.

### Medical Treatment

In the event of minor illness or injury at camp, the 4-H camp health coordinator will treat the camper. If necessary, the camper may be taken to the local hospital. Parents will be notified only when an injury or illness is serious or outside treatment is required.

### Emergency Medical Treatment

In the event of serious injury requiring emergency treatment or hospitalization, campers will be taken to River Hospital or Samaritan Medical Center and every effort will be made to contact the parent immediately. A camper who becomes ill or is injured and cannot resume regular camp activities may be sent home at the discretion of the 4-H Camp health coordinator. An emergency contact is required before the start of camp.

### Medications

If it is necessary for your child to receive any medication while at camp, please adhere to the following guidelines:

- ◆ All prescription and non-prescription medications, including inhalers, must be packed separately and in containers with original labels with clear dispensing instructions on the original pharmacy label. They must be given to the 4-H Camp health coordinator.
- ◆ Medications can only be dispensed by the 4-H Camp health coordinator.
- ◆ The family physician must provide clear instructions about the use of prescription medications **and** over-the-counter medications on the medical form.
- ◆ The parent or guardian must give permission to the 4-H Camp health coordinator to administer medications by signing the Health Examination Form.
- ◆ All children on prescription medications will be instructed on the first day of camp about the schedule for dispensing medications. Emphasize the importance of, and encourage your child to take responsibility for, complying with this schedule. Any camper who refuses to take prescription medications may be sent home.
- ◆ No camper or counselor is permitted to have medications, including vitamins, diet pills, ointments and lotions of any kind on his/her person at camp. Campers are allowed to bring sunscreen and insect repellent but must use these appropriately and keep them out of sight in their luggage. Improper use of sunscreen or insect repellent will result in disciplinary action.

### Medical Insurance

Your personal medical policy is your child's primary coverage. All registered campers are covered by a limited accident insurance policy for any excess coverage exceeding primary insurance while at camp.

**IMPORTANT: You must, for the safety of your child and others, disclose all information pertaining to medication that your child normally takes, even if the child is not going to take the medication for the camp week.**