



Medical Information Review

Campers at Camp WaMaVa are physically active and share communal spaces during their camp experience. Although every effort is made to provide a safe environment, there is a recognized risk of injury and illness. The director and staff of Camp WaMaVa seek to mitigate and manage this risk.

Camp WaMaVa has an on-site nurse during the summer camping session. The responsibilities of the camp nurse include: administering all medications, assessing/monitoring any camper health concerns, transporting ill or injured campers to the hospital or urgent care center, and serving as the primary point of contact to/for parents concerning their camper's health needs.

The closest hospital is Warren Memorial and the closest Urgent Care is Valley Health. Both facilities are located in Front Royal, VA and are approximately a 15 minute drive from Camp WaMaVa.

Camper Illness or Injury

Below are the protocols and guidelines in the unfortunate event of camper illness or injury:

- Minor cuts, abrasions, bruises, headaches, stomach aches or other minor concerns are handled directly by the camp nurse and do not require parent notification. The camp nurse may administer appropriate aid, to include bandages, over-the-counter medication, food, or drink.
- When medication is administered, whether prescribed, as needed, or in the event of sudden illness/injury, the instance is recorded in the camp medication log. Camper allergy information is reviewed by the camp nurse prior to dispensing any medication.
- Abdominal or head pain for an extended period of time, fever above 101.5°F, low-grade fevers lasting longer than 24 hours, repeated vomiting, cuts requiring stitches, potential broken bones, any condition lasting an extending period of time, or any illness/injury that necessitates a doctor visit is reported by the camp nurse to the parent in a timely manner.
- If the parent cannot be contacted, the emergency contact is notified.
- In a non-emergency event requiring a doctor visit, the camp nurse will contact the parent to request verbal permission to seek medical help for the camper or confirm that the parent will pick up the camper in order to secure proper medical attention.
- In an emergency event, the efforts of the camp staff will focus on the required immediate medical attention. The parent will be notified by the camp nurse or camp director as soon as medical attention is coordinated or secured.
- In the event of a doctor visit, the camp nurse will supply the appropriate health offices with the camper's insurance information provided on the camper application. It is the parent's responsibility to follow up with their insurance company to address any billing or follow-up concerns.
- The camp nurse or camp director has the right to send any camper home if, in their opinion, it is in the best interest of the child's health or the health of other campers.



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Medications

The camp nurse administers medications per the instructions provided on each camper's registration forms. Please discuss with the camp nurse and/or camp director if there are any special instructions or concerns regarding a camper's medication while attending camp.

For safety purposes, **all** medications are securely kept within a staff-only accessible area of the mess hall. Please be sure to include enough medication to last for the duration of the camper's camp session.

Camp WaMaVa provides most over-the-counter (OTC) medications needed at camp. It is not necessary to pack OTC medication for a "just-in-case" scenario. A list of stocked OTC medications is below:

- Child and adult-strength Acetaminophen
- Child and adult-strength Ibuprofen
- Pepto tablets
- Antacids (Tums)
- Hydrocortisone cream
- Antihistamine (Benadryl)
- Calamine lotion
- Sting stick
- Triple antibiotic cream
- Hydrogen peroxide
- Bandages
- Gauze pads
- Decongestants
- Sore throat spray
- Cough drops
- Cough syrup
- Loratadine (Claritin)
- Aloe with solarcaine
- Swimmer's ear drops

Below are the protocols and guidelines for the administration of medications at Camp WaMaVa:

- All camper medications must be given to the camp nurse upon arrival at registration. This includes prescriptions, over-the-counter (OTC) medicines, vitamins, supplements, Epi-pens, and inhalers.
- All medications (including non-prescription) **MUST BE IN THE ORIGINAL CONTAINER** or it will not be administered at Camp WaMaVa. For safety reasons, loose or unmarked medications **WILL NOT BE DISPENSED**.
- Medications will be returned at the end of the camper's session. If the camper is staying two weeks, parents may elect to keep camper medications at Camp WaMaVa for the weekend or take it home at the end of the first session.