

**Kieve-Wavus  
Frequently Asked Questions  
about camper health and safety**

**1. Who is in the Kieve-Wavus Infirmary?**

At *Kieve Camp for Boys* and *Wavus Camp for Girls* the health care manager, an EMT, lives on site and supervises the infirmary with offsite supervision from a local physician in nearby Damariscotta. In the evening and overnight, the infirmary is staffed by counselors with a minimum of wilderness first aid and CPR training.

All of the Kieve-Wavus counselors complete an orientation that includes a review of standing medical orders from our supervising physician, Dr. Minda Gold, a family practitioner at Full Circle Family Medicine in Damariscotta, Maine. When necessary, KW staff can consult with Dr. Gold or her on-call coverage.

**2. What forms do I need to fill out to ensure that my child can attend camp?**

Soon after acceptance to camp, you will be able to complete your child's health history through your CampInTouch account. In order to comply with state regulations, you will need to upload a copy of your child's current immunization record and your child needs to have had a physical **WITHIN TWO YEARS OF THE START OF CAMP** in order to participate. The KW Healthcare Provider Form can be downloaded from CampMinder. We ask that you also provide us with a current copy the front and back of your insurance card in the event that your child needs to seek outside medical care while attending camp. If you have any trouble uploading completed forms, you can just send them back to us and we can add them to your child's account. Because children grow and change, you will be asked to complete these forms on line every year. ***If your child's health status changes after medical forms have been submitted (concussion, contagious illness, fracture, changes to medications, etc.) you can go online and update your child's information or you can notify us in writing.***

**3. How does my child stay healthy at camp?**

Prevention is our goal! We educate all campers and staff members on the essentials of hand hygiene, hydration, sun protection, and proper rest. Counselors also have medical kits available in the cabins and check in with campers each day at bedtime to assess their individual health and well-being during medical minute and can provide treatment according to our standing medical order. As necessary, campers are treated at our infirmary or transported to town for medical treatment. Also refer to #11 "What about communicable disease?"

**4. What if my child has an allergy?**

We ask that all campers and wilderness trippers who have a food, medication, and/or an environmental allergy make us aware of these conditions as soon as possible. Please be clear with us regarding the details of your child's allergy, so that we may make the appropriate preparations with you. Our goal as always is safety. Every summer our staff receives special training in the area of allergies and anaphylaxis. We have EpiPens available in key locations on campus and send them out on wilderness trips as well. If your child has

permission, knowledge, and skills to self-administer emergency medication such as an EpiPen, you need to indicate that on their medical form. According to Maine State Law, be sure that your child's physician also authorizes self-administration on the health care provider form.

Note: We have peanut free campuses. We made this choice in an effort to provide an inclusive environment and to further protect those with peanut allergies. Each cabin head counselor designs and packs meals for their wilderness trips taking into account any dietary needs of their cabin. For instance, if a cabin group has a camper with a severe peanut allergy, the counselor will pack a peanut free trip. If a camper is a vegetarian, the counselor will include a vegetarian option. Please be sure to note dietary restrictions and food allergies when completing your online form.

### **5. What if my child has asthma?**

Our approach to asthma is similar to allergies. We look to prevent any asthma exacerbations while your child is with us for the summer. We encourage all children who use an asthma inhaler to bring two with them while at camp...one for the child to carry and one to be kept in the cabin's medical kit. If your child has permission, knowledge, and skills to self-administer and carry an inhaler, you need to indicate that in their history. According to Maine State Law, be sure that your child's physician also authorizes self-administration on the provider form.

### **6. How does Kieve-Wavus accommodate food preferences or restrictions?**

We know that our food is our fuel! Our goal is to make our programs as inclusive as possible and we don't want dietary restrictions to prevent anyone from joining us. Kieve-Wavus provides a variety of foods to all campers. When appropriate, our meals provide a vegetarian, gluten-free or dairy free alternative and alternatives such sun butter instead of peanut butter. Our food service staff does an exceptional job providing several yummy choices that the campers devour at each meal. Our campers always return home having learned to like more foods and our food consistently receives high marks from our campers. While our options are a little more limited on a wilderness trip, meals are carefully planned according to the needs of the group and we are continually refining the art of wilderness cooking. For some reason, food always tastes better when it is cooked in over a campfire after a day of wilderness play and travel!

### **7. How are medications given both on campus and out in the field?**

At Kieve-Wavus, "Medication" is any substance a person takes to maintain and/or improve their health. This includes vitamins and natural remedies. Every medication that a child takes while under our care is handled very seriously for the safety of the child. Please send medication in original packaging and provide enough of each medication to last the entire time the camper will be at camp.

Oral medication will be dispensed into individual pill envelopes that are distributed during meals or before bedtime. While in camp, medications are distributed by the infirmary director and while on trips, medication distribution is handled by the head bunk house counselor. If your child needs an exception to this system please let us know in advance. All

medications are stored in either the Health Center or locked in the cabin first aid kits.

**Campers are NOT allowed to carry and dispense their own medication unless it is an emergency medication.** If your child carries and self-administers an emergency medication, such as an inhaler or Epi Pen, we need permission from the doctor and parent on the medical forms.

### **8. What if my child becomes ill or injured while at camp or on a wilderness trip?**

While not common, some children experience illness or injury during their stay with us. For this reason, we have standing orders signed by our local physicians to administer first aid and non-prescription medications. Both the local physician's office and emergency room are located in Damariscotta, Maine which is about a 20 minute drive for either campus. On a wilderness trip, the head bunk counselor will consult with the Wilderness Trip Directors and Infirmary Director if a camper has an illness or injury that may require outside attention. The trip notes for each trip include emergency contact and access points as well as directions to the nearest medical facility.

We will inform you of any physician visits, overnights in the infirmary, or removal of your child from a wilderness trip. While Kieve-Wavus provides accident insurance, we expect campers to have **their own health insurance coverage** to cover the costs of any injury or illness that may occur while participating in our programs. **Please be sure to provide us with complete insurance information including uploading front and back copies of your insurance card.**

### **9. What about immunizations?**

We advocate complete immunization coverage for all persons as recommended by the Center for Disease Control and Prevention. We need a written statement signed by a health care provider specifying all vaccinations and the dates of administration your child has received. Please **upload the record provided by your doctor to CampMinder**. This documentation will prevent your child from receiving any unnecessary vaccinations in the event of an exposure at camp. We recognize that people may have religious, moral, philosophical or personal reasons for not having vaccinations. **If an unvaccinated child demonstrates symptoms of a vaccine preventable disease, there is potential for the camper to be emergently treated and sent home from camp if deemed to be at risk to others due to illness.** If you decide not to fully vaccinate your child, we will need yearly written documentation of your decision which will be added to your child's health record.

The following are some immunizations to pay particular attention to:

**Tetanus boosters:** In order to participate in the wilderness trip, your child must have had a tetanus booster in the last 10 years.

**Varicella (chickenpox):** If your child has not had chickenpox, please talk with your health care provider about vaccination. State regulations prohibit persons from attending camp for 21 days after the onset of this disease.

**Meningococcus:** All 11-12 year olds should be vaccinated with meningococcal vaccine. Campers/trippers do live in close quarters and this may put them at higher risk. Talk to your child's health care provider.

**Measles:** Campers should have had both doses of the MMR vaccine. Outbreaks continue to occur in high schools and on college campuses.

**Pertussis:** The best way to prevent pertussis (whooping cough) among infants, children, teens, and adults is to get vaccinated. Also, keep infants and other people at high risk for pertussis complications away from infected people.

### **10. What about Head Lice?**

As we have stated above preventative health is our goal at Kieve-Wavus. Therefore, we ask that all small and big bugs stay out if possible. Please check your child's hair for nits and lice in the weeks prior to camp. If treatment is needed, carefully follow your pediatrician's instructions. Short summer haircuts certainly make it easier to provide treatment. In addition, all personal items (such as blankets, sleeping bags and clothing) must be cleaned thoroughly before coming to camp. If we discover that your child has lice during their stay with us, we will contact you and follow our standing medical orders and treat with over the counter shampoo such as Nix. If you would prefer a different method, please let us know and send it along just in case.

### **11. What about Communicable Disease?**

Please call us if your child has been exposed to or is infected with a contagious disease prior to camp. Sore throats should be cultured to rule out strep infection. Any child with a fever greater than 100° F or sick enough to be in bed should delay participation until improved. *We expect your child will arrive to camp healthy and ready to fully participate on the first day of camp.* If we believe that your child is exposed to a communicable disease during their stay with us, we will contact you if their exposure might mean outside medical attention.

**12. What if my daughter starts menstruating while at camp or on her trip?** If your daughter has any health issues routine or otherwise, our first step would be to talk to her privately when it happens and then helping her to understand the steps that she can take to be healthy and happy at camp. In the case of menstruation, the conversation would be centered around hygiene and staying active and hydrated. We have both menstrual pads and tampons available if girls have not packed their own and offer the product that they are most comfortable using.

When the tripping directors address the cabins prior to trip departure, they include a summary of how they should dispose/pack out used menstrual supplies. Girls who already menstruate or who expect to be starting take along a duct tape bag or dark bag for their menstrual waste products. Inside this is a wet herbal tea bag or baking soda to help breakdown the odors.

### **13. How do you deal with ticks and prevent Lyme Disease?**

We work to prevent exposure by wearing "longs and longs" (long pants and long sleeves) while doing highly probable activities like hiking or playing capture the flag. We also encourage the use of insect repellent. (We don't have a brand of choice, but those with DEET seem to work better and last longer when placed on clothing).

We remind campers to do tick checks after such activities and also do a visual check when campers are entering or leaving the water at swim time.

If a tick is found, we remove it, document when it was removed and where it was located. We watch the area and the camper for signs of tick-borne illness. We also call home so the parent can watch the area after the session. If a camper shows signs of illness, we bring them to the doctor's for evaluation. If a tick has been attached for more than 48 hours, the doctor may prescribe preventative antibiotics.

### **14. Some fresh water carries harmful parasites and bacteria. How do you treat the water on trips? Do you test the lake water?**

Each cabin that does not have potable water available during their wilderness trips is given two portable water filtration methods for use on their trips. One is a set of hand pumps and the other is a hanging filter bag and plenty of spare filter cartridges. They also boil water for most of their cooking needs.

All bodies of water have the potential to carry harmful bacteria and parasites, so we do not encourage campers to drink any water from lakes, rivers, and streams without treatment. We do not test the Damariscotta Lake water; however, because we are a licensed camp in the state of Maine, we have several wells as water sources on our campuses and regularly test our water per the state standards.