



Health

NOTE TO CAMPERS AND PARENTS FROM THE HEALTH CENTER STAFF

About our Health Form

Our six (6) page Health Form and six (6) page SCUBA Medical Form are included as separate sections.

- 1) All campers must complete the Health History section (pgs. 1-4).
- 2) All campers must take both the Health History (pgs. 1-4) and the Medical Recommendations section (pg. 5) to a licensed health care provider for review, completion, and signature. **The physical must be completed within 12 months of attending camp.**
- 3) All campers and parents/guardians must complete and sign our HIPAA form. (pg. 6)
- 4) All campers participating in SCUBA must take the SCUBA Medical Form to a licensed health care provider for review, completion, and signature.
- 5) The Seacamp Health Form and SCUBA Medical Form must be signed by a Doctor of Medicine (M.D.), a Doctor of Osteopathic Medicine (D.O.), a Nurse Practitioner (ARNP), or a Physician's Assistant (PA-C). No other medical personal will be accepted. These forms may not be signed by a camper's family member and must be signed by a third party.

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Health Form(s) Completion

WE CANNOT STRESS ENOUGH THE IMPORTANCE OF HAVING HEALTH FORMS COMPLETED AND RETURNED NO LATER THAN 3 WEEKS PRIOR TO CAMP.

Campers will not be allowed to participate in the camp program until health forms are received fully completed and signed. **All Health forms must have both parent/guardian signatures.** Otherwise, the forms will be returned to you.

If forms are incomplete, missing signatures, or not on file opening day, your camper will not be able to participate in camp programs until the issue is resolved. If the immunizations that

are starred (*) on page 2 of the **Health Form** section are not current, the camper will be taken to a doctor at their expense and at a loss of program time.

The **SCUBA Medical Form** must be signed by both parents/guardians and the camper. This form is required for all campers participating in SCUBA Diving.

Health Center Check-In & Medications

The day of arrival at Seacamp, each camper is checked-in through the Health Center. At that time, all medications must be turned in. They will be dispensed to the campers during regular Health Center hours. For the protection of the campers, it is required that any medications brought to camp be accompanied by the *Health History and Medical Recommendations forms*, completed and signed by the parent/guardian, camper, and physician.

Please note the following guidelines:

1. All prescription medications must be in original containers.
2. All prescription medications must be clearly labeled with the camper's name, the name and strength of the drug, and the prescribed dosage.
3. Non-prescription medications must be in their original packages.

If your pharmacy is able to provide Dose Packaging, that can be helpful to our Health Center staff for dispensing medications.

All medications being taken by the camper must be listed on:

1. *The Health History Section (p.3) and*
2. *Medical Recommendations form (p.5)*

AND the medication list must be the same on each form. If any medications are being prescribed by a physician other than the physician completing the *Medical Recommendations*, they must be included on the form and reviewed by the physician completing the health forms.

Any medications not labeled as above and not listed on the health forms will not be dispensed to the camper. Please bring enough to last the session(s) and no more. If the prescribing physician is not your family physician, please make sure that the medications are listed on the camp *Health History, and Medical Recommendations*.

The Health Center stocks a selection of over-the-counter medications. Among these are a variety of pain relievers, seasickness preventatives, antacids, decongestants and cold medications. (Please review the *Health History form* for a sample list of these medications.) Dosages are administered by the health center staff according to the directions on the bottle unless otherwise directed by the camp physician. It is not necessary to bring these types of medications to camp, and we ask that you leave such medications, as well as first aid supplies (Band-Aids, hydrogen peroxide, etc.) at home.

Medications are dispensed at the Health Center. Each camper is responsible for taking their medication at the scheduled times each day. It is the camper's responsibility to go to the Health Center at the appropriate times to take their medications. Please be sure to review this responsibility with your camper. Leftover medication will be returned to the camper the day of departure.



Health Information

SCUBA Diver Medical: Participant Questionnaire and Medical Examiner's Evaluation Form

SCUBA diving involves breathing dry, cold, compressed air which can be irritating to airway tissues, particularly if a respiratory disease is present. To ensure the camper's health and safety, we would like to refer you to an organization called Diver's Alert Network (D.A.N.). D.A.N. is a national screening house and medical information center for Divers. As the nation's leading authority on safety standards in SCUBA diving, we confer with them frequently. D.A.N. recommends that anyone with a history of respiratory problems should not dive until a physician knowledgeable in diving medicine has cleared them to do so. This does not necessarily mean that your child will not be able to participate in SCUBA, rather that a more thorough respiratory evaluation must be done first.

Seacamp requires campers with a history of asthma, allergies, or other respiratory problems which require treatment by medication to have a Pulmonary Functions Stress Test to rule out a reactive airway obstruction or bronchial spasm. This test should be performed without prior use of an inhaler. A physician knowledgeable in diving medicine must also sign their **SCUBA Diver Medical**. We recommend that your physician do the physical in consultation with a D.A.N. recommended physician knowledgeable in diving medicine.

NAUI has a list of contraindications to SCUBA diving. This list is found on page 2 of the **SCUBA Diver Medical**. Any camper with a NAUI Absolute contraindication will not be allowed to participate in Seacamp's SCUBA program.

If you have specific questions, please contact us. We encourage you to call D.A.N. at (919) 684-2948 to discuss your child's specific medical history and for referrals of physicians specializing in diving medicine in your area. We are very proud of our diving record at Seacamp and this is one way we can ensure your child will have a fun-filled, adventurous summer.

Medical Insurance

Seacamp maintains accident insurance for all campers while participating in all camp activities except SCUBA.

Any expenses above the policy limits will be the responsibility of the injured. This coverage does not include preexisting conditions. You will be financially responsible for all such conditions. You are encouraged to carry some alternate form of health care insurance.



SCUBA Diving Insurance

In the event of a SCUBA diving incident, you will be responsible for all professional care and transportation costs. If your camper is participating in SCUBA, D.A.N. has several dive insurance options that cover diving incidents. You can find additional information on their website at www.dan.org. D.A.N. typically pays all costs for diving incidents.

We require all campers participating in our SCUBA program to carry dive insurance coverage. You must purchase membership with D.A.N. in order to purchase the dive insurance; membership alone does not provide insurance.

Please be sure to use the following specific link to use Seacamp's referral network for your purchases:

<https://apps.dan.org/join-dan/?rc=030046>



See SCUBA section of Parent Camper Information Packet for more information regarding diving insurance with D.A.N.



Responsibilities of Students and Instructors in Seacamp Activities

Important!!!

Please see that your camper reads this carefully.

The camp community thrives on active participation as well as trust and respect for each other. Risk management is not the entire responsibility of the camp. You also have a responsibility for your safe participation as well as the safety of other campers. You must bring to our attention any situation you perceive to be a potential danger (physical or emotional) either to yourself or fellow campers. If a situation arises, see your Counselor, Unit Leader or Head Unit Leader. If engaged in program, consult the instructor or Program Director. If you feel the problem has not been addressed/resolved to your satisfaction, please bring it to the attention of the Assistant Director or the Camp Director and/or your parents.

Students must be aware that there is always a certain assumption of risk which you accept when participating in physically active courses and programs such as those outlined in our advertising and this information packet. Throughout these courses you will receive competent, progressive, sequential instruction and proper supervision. We strive to keep all facilities and equipment in good working condition.

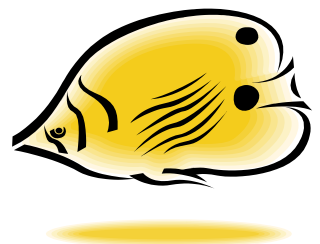
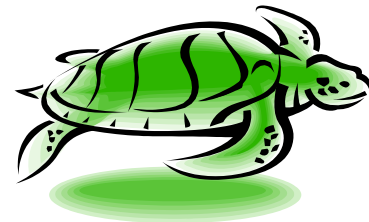
You will not be asked to do anything that is inconsistent with an activity or is in any way not reasonable and prudent. Risk management is not the entire responsibility of the instructor. You, too, have a responsibility. For your own well-being, as well as the well-being of other students, you must bring to the attention of the instructor any situation you perceive to be a potential danger either to yourself or to fellow students. This includes, but should not be limited to:

- equipment which has broken or is in need of repair
- when you are not feeling well or are unduly fatigued
- when you have unusual difficulty in performing a skill

You are obligated to follow rules and regulations set by the instructor for your safety. This includes proper dress and protective equipment. If you choose not to use such protective equipment as provided or requested, you must realize that you are doing so at your own peril and that injury might occur. We all want a safe environment, but it must be recognized that accidents do occur in active participation. We want vigorous participation, but everyone -- instructor, you and fellow students -- must use good judgment and work together towards safe participation. If you have any questions regarding this statement, please contact Seacamp or, if at camp, contact the health center staff or your instructor or counselor.

Should an injury occur during participation in any activity, the instructor will make arrangements for medical attention in our Health Center. If necessary, arrangements will be made for transportation to the doctor's office or hospital.

Although health examination forms will be on file for all incoming campers, students should personally discuss with each instructor any known physical problems that may limit your participation in courses. This is strictly for your protection.





Health Information

Ear & Sinus Protection

A physician should closely examine the camper's ears - please take this information with you on your doctor's visit. The eardrums must be able to move freely and ear canals must be free of congestion. If the camper has a history of frequent ear infections, allergies or sinus congestion, your physician can conduct a special test to be certain the eardrum is mobile and passages are clear. A normal tympanogram test assures that you can clear your ears and equalize pressure, and that there is no fluid behind the eardrum. This is essential when snorkeling and SCUBA diving.

Mild sinus infections and/or congestion are generally not a problem during occasional recreational type swimming conditions; however, campers will be spending a great deal of time in the water participating in SCUBA, skin diving, and snorkeling activities that subject the ears to continued pressure changes. Pressure changes that occur with these activities can cause the sinuses, ear canal or eardrum to become irritated or infected. Allergies may be present in some people but not a problem until they start diving—then the sinuses back up and without warning—middle ear infection can occur. Your physician may wish to prescribe special ear drops or decongestants or can advise you on over-the-counter ear drops. Two options are "Star-Otic" or "Swim-Ease" to prevent "swimmer's ear." Your Doctor can advise you best after thoroughly examining your child's ears. Campers must assume responsibility for proper care of their ears and should have "Swim-Ease" or another appropriate product with them and use it regularly.

Mosquito Protection

Most of our programs take place outside or in open air buildings. It is important to protect against mosquitoes, no-see-ums, and other insects. We recommend that campers bring insect repellent. Please consider if an insect repellent with DEET would be appropriate for your camper. Skin So Soft is effective for preventing no-see-um bites. For more information about choosing a repellent and how to safely apply mosquito repellent please visit the Center for Disease Control website at www.cdc.gov.

Food

Meals at Seacamp are served family style. Due to the strenuous nature of the Seacamp program, it is imperative that campers eat a balanced diet. The menu is reviewed by a dietitian. If a camper does not like the main course there are alternatives on the table such as side dishes and peanut butter and jelly. Campers with food allergies must take responsibility for their diet while at camp. We can facilitate this by the camper consulting with our Head Unit Leader. Then the Head Unit Leader with the camper will meet with our Food Service staff regarding specific ingredients and product labels. Please keep in mind that our food service staff prepares over 300 meals on a daily basis and we will do our best to accommodate dietary restrictions.

Sun Protection



Our program involves a great deal of sun exposure. Those who already have a good "base tan" may be surprised at how reflection from the water increases the sun's effects, especially after several hours on the water. We recommend you bring UV protective clothes and use a reef safe sunscreen with SPF 30 or higher.

Please do not bring or use aerosol sunscreen at camp since it can harm the environment and our facilities and boats.

Mineral sunscreen with non-nano titanium dioxide or zinc oxide, which are natural ingredients, are the least harmful to corals. Sunscreen sold for children or for those with sensitive skin may contain these compounds as the active ingredients. For more information about choosing a reef friendly sunscreen please visit this noaa.gov link with infographic.

It is also important to bring a hat, visor, or buff to shade your face, and sunglasses for eye protection. Seacamp has UPF30+ sun shirts for sale at our Ship's Store.

For more information about sun protection visit the American Academy of Dermatology website at www.aad.org to learn tips to prevent skin cancer.



Health Information



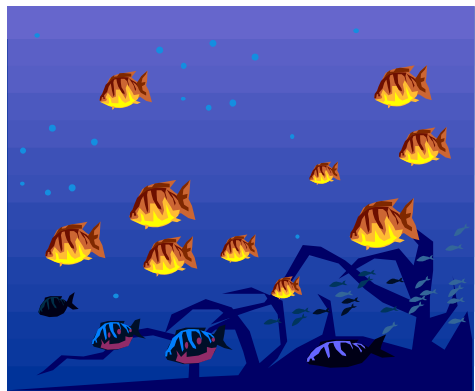
Community Living

The camp community thrives on active participation, as well as trust and respect for each other. Please discuss with your child prior to camp their responsibilities in a small group living environment.

All campers are expected to participate in helping keep community living areas (i.e. dining hall, cabin, bathrooms) clean. Camp living also requires campers to be able to share living space in the cabin and bathroom. Help them to understand that this requires patience, tolerance and a certain degree of open-mindedness towards other's personal habits and beliefs.

Campers should be kind to one another. Bullying, physical confrontation, and other forms of harassment between campers is not tolerated. Campers may be dismissed from camp for these behaviors. Let your child know that if they have problems in the cabin they should not hesitate to openly discuss them with their Cabin Counselor or Unit Leader.

Safety is not the entire responsibility of the camp. Campers also have a responsibility for their safe participation as well as the safety of other campers. Campers must bring to our attention any situation they perceive to be a potential danger (physical or emotional) either to themselves or fellow campers. If they feel that a problem has not been addressed/resolved to their satisfaction, please have them talk to our Head Unit Leader and/or call home and include you in the conversation.



Missing Home

Missing home is natural and occurs universally to all age groups, especially the first time away from home. It can be a pervasive feeling of sadness with thoughts of the place and people left behind and is sometimes experienced with embarrassment. Speak openly about it before camp to help your child to reduce anxiety.

We also acknowledge that that parents and guardians may feel these same emotions when their campers are away from home. Camp is a terrific experience, so please try not to make your child feel badly about going away. Be positive and heighten your child's interest in coming to camp by discussing some of the exciting things you may remember about residential camping. While painting a fun picture of camp, do not forget to mention some of the not so glamorous realities such as sharing a room with other campers, the lack of television, air-conditioning or other comforts of home your child may be used to.

Avoid statements like "I'm going to miss you terribly," or "If you don't like camp, you can come home." Such statements may compound the problem by causing campers to close their minds to adapting to camp and to focus entirely upon going home without giving camp a fair chance. Parents who receive calls or letters that may indicate that their camper is missing home should call the Head Unit Leader.

We want to work together to help your child enjoy camp. The American Camp Association website includes information for parents. The website is www.acacamps.org. There are links at the top of this page for "campers and families". The ACA site also includes some articles that relate to homesickness at camp. Please take some time to review this information: www.acacamps.org/homesickness

Health Information



Communicable Disease Risk Management

The health and safety of our campers is our top priority. Seacamp will continue to review guidelines published by the Centers for Disease Control and Prevention (CDC) for youth and summer camps. Seacamp also utilizes resources created by the American Camp Association (ACA) and the Alliance for Camp Health.

It is important to note that there is no way for us to guarantee that communicable diseases will not be present in our camp setting. There is always a risk of getting sick in any community setting. Camps in recent years have discovered that getting campers and staff to focus on their health readiness for camp contributed to a healthier camper experience overall.

Vaccines provide an additional layer of risk mitigation for individuals and the camp community. Seacamp strongly recommends camp families consider vaccination for their campers prior to camp.

There is no single action that can guarantee that a person will not get sick. Layering multiple prevention measures/Non-pharmaceutical Interventions (NPI's) on top of each other creates fewer loopholes for bacteria and viruses to enter and spread throughout camp.

As in previous years, a completed Seacamp Health History and Medical Recommendations Form will be required for all campers prior to the start of your camp session. This document must be signed by a licensed physician. Campers will not be able to participate in programs without this fully completed and signed form. This form should be returned no later than 3 weeks prior to camp.

The majority of camp activities will be conducted outside or in open-air classrooms. Hand washing and sanitizing will be encouraged through camp as a step towards preventing disease transmission.

Personal items, personal equipment, or clothing should not be shared with any other campers or staff.

Campers in bunk beds will sleep in opposite directions. The head of the camper in the top bunk will be opposite the position of the camper in the bottom bunk (head-to-toe and toe-to-head). Campers and staff members who live in other cabins are not allowed to go into a cabin that is not their own.

Campers should not share program equipment during use, including but not limited to mask, fins and snorkel, PFD's, snorkel vests, and water bottles.

Campers should shower daily to reduce skin irritations from our tropical waters and humid environment.



While these measures cannot guarantee absolute protection, they can reduce risk of spreading disease.

Health Information



Mental, Emotional and Social Health

At Seacamp, we understand and work to create an awareness that camper and staff mental health are equally as important as their physical health when they are snorkeling, SCUBA diving, sailing, windsurfing and participating in other camp activities. Open, honest communication with camp families prior to camp and during camp is vital to our ability to care for campers.

Please complete the **Mental/Emotional/Social Health** section on Page 4 of the Health History form thoroughly so that we can follow up with your family if needed prior to camp. Also, use the **What have we forgotten to ask?** Section on Page 4 to provide additional information if needed.

Please bring any mental, emotional and social health (MESH) questions or concerns to our attention prior to camp by requesting to speak with the Head Unit Leader, Camp Director or Health Center Staff. Seacamp staff may reach out to you prior to camp to ask follow-up questions about your camper's Health History Form.

Please allow our Health Center Staff to continue to administer camper medications during their time at camp. If needed, Seacamp will work with your family to schedule ongoing virtual therapy appointments during camp sessions. Camp should not interrupt their existing MESH goals.

Visit the American Camp Association to learn more about the positive impacts of camp on campers' MESH needs and skills you hope they will gain during their time at Seacamp in addition to the marine science programs:

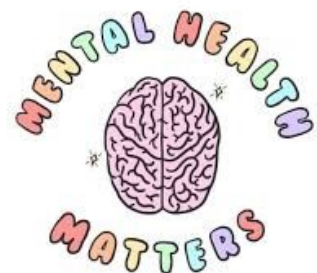
<https://www.acacamps.org/parents-families/planning-camp/expert-advice>

Several Members of Seacamp's Leadership Team are certified in Youth Mental Health First Aid from the National Council for Mental Wellbeing. The course provides training to provide initial help to a young person experiencing a mental health or substance abuse challenge. The course highlights recognizing the signs and symptoms of when additional, professional resources are needed.

Seacamp program staff participate in five weeks of extensive training prior to camp. In addition to safety training, sessions are led to focus on camper mental health. We focus on Maslow's Hierarchy of Needs as a model for educating youth. This means that if a camper's basic physiological and safety needs are not met, they will not be able to fully learn at a cognitive level. Seacamp staff will work with campers to recognize behaviors and habits they already have in place to help themselves feel comfortable when stressed and to define the elements of Self Care that work best for their needs. Examples may include reading, exercise, taking a little time to be alone, or practicing spirituality.

Visit the Alliance for Camp Health to learn more about how a healthy camp experience begins at home:

<https://www.allianceforcamphealth.org/wp-content/uploads/2022/04/Healthy-Camp-Starts-at-Home-2022.pdf>



Research shows many positive outcomes of a camp experience in youth development. Campers learn to persevere and overcome difficulties and setbacks. Children encounter new environments and try things they don't usually do back in school. While experiencing a new environment can cause some anxiety, research also shows that anxiety is healthy for growth and development. Seacamp strives to create an environmental where all feel supported, and camper and staff well-being is an important focus throughout our daily interactions.

We hope this information has been helpful. By being prepared we can prevent some of the sunburns, ear infections, and other problems that occur. We hope to keep you in the water and out of the Health Center!!

Let's work toward a healthy, happy camping experience for all.

*Thank you,
The Seacamp Health Center Staff*