



Outdoor Classroom Parent Health & Safety Information

Dear Parents and Guardians,

We can hardly wait to meet your child! Outdoor Classroom nurses, administrators, and instructors work hard to provide healthy and risk aware programs during your child's time here. We also work hard to make our program accessible to *all* students. Please read the following, and contact us if you have any further questions, would like to discuss your child's pre-existing medical condition, or are concerned about the appropriateness of our program for your child. This will help us to prepare the best possible experience for all students.

Health History

The *Youth Health History Consent & Consent Form* is required of each student and will be handed out through their school. The form is confidential and gives us permission to administer first aid and provides us with vital information in case of an emergency. More commonly, it alerts our instructors and health team to potential health problems, allergies, or medications that will need to be administered. We keep careful records of any and all first aid administered. If there are changes to the information provided on this form before your child arrives, then please call us to give us a heads up (example: a different prescription or altered dosage). Also, remember that we need medical insurance information for each child.

Medication(s)

Any prescription medication(s) requiring administration while at Chewonki must be provided with a legible, pharmacy labeled bottle/packaging that includes student name, medication name, prescriber name, dose and frequency (this includes epi-pens and inhalers). Non-prescription and over the counter medications such as vitamins, minerals and/or natural remedies must be sent in the original containers with intact labels. We will not administer medications with illegible labels. Our registered nurses have the right to refuse any medication that is deemed ambiguous and/or unsafe to give a participant while at Chewonki.

Please note, over the counter medications such as Tylenol and Advil are available in our first aid supplies – please do not pack as they will not be sent with your child. (Please see the full list on the Youth Health History & Consent Form.).

The Chewonki health team must have a doctor's note along with parent/guardian permission to administer all non-prescription medication(s) sent with your child. This permission can be found and granted on the health care form. Each medication must be individually listed with accompanying dose, frequency and expected time of administration. All medications will be administered in the field by the Chewonki staff, at the direction of the health and wellness center, and will coincide with meal times and bedtime. Medication(s) will be handled as discreetly as possible.

Please pack all your child's medications into a ziplock bag clearly labeled with their name and school.

Risk Management

Is a major player in any adventure programming. Our instructors have a minimum of Wilderness First Aid and CPR training, and all of them have anaphylaxis and Chewonki first aid training. Most of them are Wilderness First Responders. During Outdoor Classroom programs our instructors carry complete first aid kits. While “risk” is inherent in any outdoor/adventure activity, our instructors are very conscious about potentially dangerous situations and are trained in risk management.

Emergencies

If a medical emergency should arise during an activity or at the campsite at Chewonki, help can be reached with little delay. Basecamp campsites are a mile, at most, from the main campus and Salt Water Canoe sites are easily accessed by a short motor boat ride. Either a Registered Nurse or an EMT is on-duty during the day and on-call at night. Vehicles are available for transportation to the MidCoast Hospital, a 20-minute drive away.* If a family emergency should arise during non-office hours, then please dial the Chewonki emergency phone number listed below for that evening’s on-duty-administrator.

Wellness Reminder

Students coming on the Chewonki trip should be feeling generally healthy. To help prevent the spread of illness, please allow for adequate recovery time. Allowing 24 hours free of abnormal body temperature before deciding if a child who has been ill is well enough to attend is recommended.

Homesickness

For many of our students, the Chewonki trip may be their first time away from home for multiple nights. Our instructors are well-versed in supporting a homesick child and will do their very best to listen to and support children in this struggle. We do not recommend phone calls home or parent visits – in our experience these things can sometimes fuel homesickness. If you anticipate that your child will struggle with severe homesickness, then please indicate so on the Health Form. It may also be a good idea to speak with the Associate Director of Outdoor Programs in order to make a strategy for your child’s success. If your child has never spent the night away from home before, then we strongly suggest that they practice before coming to Chewonki – an overnight at a friend’s or grandparent’s house can go a long way in preparing them for being successful at a sleep away camping program. A completed trip to Chewonki can be a huge confidence boost for many students.

Food Allergies or Intolerances

Our food packing facility is equipped to accommodate almost all food allergies or intolerances, and our instructors are well-trained in food packing and safe food handling. There may be some situations, however, when a student will be asked to bring some of their own food. Please be very specific on the *Youth Health History & Consent Form* regarding the severity and particulars of the allergy/intolerance and contact us for additional paperwork that will help further outline the condition. Please alert us well in advance of any life-threatening allergies so that we have adequate time to prepare. We are happy to go over a menu with you and make the appropriate adjustments. Our instructors are trained in treating anaphylaxis and carry epinephrine in their first aid kits.

Menstruation

Students who may have their period during their program on Chewonki Neck will have access to restrooms equipped with garbage bins for discrete disposal of used menstrual products, just like in school. During the day, these are the restrooms in our main campus area; each campsite has a privy (outhouse) with a covered trash bin. For programs that do not take place on Chewonki Neck where all waste must be packed out, students are given opaque plastic zip bags for personal trash, including used menstrual products. Students who menstruate should bring some of their preferred menstrual products with their toiletries should the need arise; all instructors carry extra menstrual products in their med kits as a matter of routine if more are needed. Please read "Having Your Period at Chewonki" for more information.

Asthma and Anaphylaxis

If your child feels more comfortable carrying his or her inhaler or epi pen with them then a self-carry letter from a physician is required and please send **two** so that one may be kept in the first aid kit which travels everywhere with the group. At times, students will be up to a half hour walk away from their campsites – inhalers and epi pens left in tents or backpacks are no good! Please send an inhaler even if your child has not recently had an attack. Inhalers and epi-pens should be non-expired and come in their original box. If the box has been discarded, a printed pharmacy label, doctor's note or a copy of their current "Asthma Action Plan" is necessary. This ensures the inhaler or epi-pen is the correct medication and follows a physician's order. Electricity for nebulizer use is available in the main campus area but not at campsites or on off-campus trips.

Ticks

Students will be reminded to do frequent tick checks while on campus. If there is a tick found on a student, it will be documented and the type identified. If a tick is embedded, the instructor will remove it and keep it in a safe container. The Chewonki nurse and/or instructor will keep an eye on the spot the tick was embedded in and we will notify the parents as soon as possible. The tick will be given to the parent to be tested for Lyme and/or other tick borne diseases if requested. We encourage you to do another tick check when your student arrives back at home.

Diabetes

Please contact the Health and Wellness Center at (207) 656-5869 if your child has diabetes, to make an appropriate plan for their care and to obtain additional paperwork that will help to further outline the current accommodations: type of insulin prescribed, insulin sliding scale and/or insulin pump information and possible complications that may arise for each child. Additional adult support may be necessary and requested to be provided from the school.

504 and IEP's

If a student qualifies for a 504 plan or special education services due to a physical or emotional disability and has one-on-one support accommodations as part of their Individualized Education Program (IEP), then we ask that this assistance will also be provided by the school or others while the student is at Chewonki, including overnight. It can be helpful for the school and family to engage in an IEP meeting to discuss what resources are needed to support the student during the Outdoor Classroom program. We ask that the school let the School Liaison know and indicate on the group list if a student has one-on-one aid so that we can prepare for their arrival.

Other Medical Concerns

Please contact us regarding any medical condition that you feel we should know about before your child's arrival.

Hours of Operation and Contact Information

Again, we are looking forward to meeting your child and hope to speak with you soon regarding any questions or concerns you might have.

Sincerely,

Outdoor Classroom Administrators and Health Center Staff

Contact information:

Chewonki's Business Hours (8:00 - 4:30) 207-882-7323

School Liaison: ext 3002 | Health Center: ext 5300

Health and Wellness Center (7am-10pm) (207) 656-5869

Health Center Confidential Fax: (207) 882-9564

Outdoor Programs Duty Phone, Emergency/Non-business Hours Only: (207) 504-3021

485 Chewonki Neck Rd Wiscasset ME 04578

** Emergency procedures for off-campus trips vary according to the location of the trip and mode of transportation. Evacuation routes, emergency contacts, and nearest medical facilities are established in advance of all trips.*