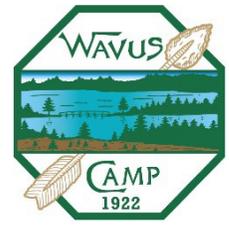




# KIEVE WAVUS

## E D U C A T I O N



### Camp Healthcare and COVID Info

#### COVID-19

Opening Kieve and Wavus **safely** in 2021 is our priority. Our decision to open summer camp will not be based on the availability of a vaccine, but on direction we receive from the State of Maine and the Center for Disease Control, with further guidance from our healthcare professionals: Dr. Minda Gold and Sarah Kennedy, FNP-BC.

The CDC published a [study](#) on the protocols of four overnight camps in Maine that opened successfully in the summer of 2020. This study, the retreats we have run this year, and the experiences of our Educators in Residence serving in 19 schools across Maine, will be invaluable as we refine COVID protocols to communicate this spring.

Our commitment to opening camp **safely** next summer means we will alter our program format as necessary, being as flexible as possible to accommodate your family's needs. To date, we have already:

- Assessed ventilation in each of our buildings.
- Used our status as a limited purpose school to have priority access to the most effective testing.
- Adopted strict hospitality industry standards for employees who do not live on our campuses.
- Purchased open-sided tents to ensure social distancing at meals and indoor activities despite any weather.
- Set aside quarantine spaces and protocol for any positive cases.

There is nothing more important to us than caring for kids and helping them grow, and that responsibility to create a safe and healthy environment is more important now than ever. We will be as proactive as possible in communicating updates to all of our families and encourage you to reach out with any questions or concerns!

Cancelling camp in 2020 was the hardest thing we have ever done, and while we believe that that decision was the best for our families and communities, we are just as steadfast now in our plan to open and have campers on our peninsula come June!

#### Hydration

Please send your child to camp with two water bottles, and if they lose them, know that we sell 32-ounce *Nalgene* bottles in our camp store. Talk to your kids before they come to camp about finishing two water bottles a day. Our staff are trained to remind your kids to hydrate as well, as not drinking enough water is by far the top cause of camper fatigue and illness during their summers with us!

#### Food

If your child has particular dietary needs please consult with us prior to their arrival at camp, especially concerning allergies and dietary supplementation. Our dining hall facilities are peanut free, and our staff are trained to pack peanut free for any trips if they have a camper with a peanut allergy. Our staff can also support dietary supplementation, but please **do not** send your camper with personal food or snacks as those would be held by our staff until the end of camp!

Each meal at camp will have multiple options for your child, hitting each of the major food groups. We know that many kids are picky eaters, and we will work with them to try new things while also ensuring they get the calories they need to enjoy camp. Please let us know as much as you can about what your camper cannot or will not eat so that we can train our staff to make sure your child gets what they need at meals, both in camp and ontrip!

### Tick Prevention

Ticks are an unfortunate reality in Maine. We mow our campuses regularly, encourage wearing long pants and long-sleeved shirts when practical, and discuss tick checks every evening during daily Medical Minute. The CDC recommends *DEET* insect repellent for tick prevention. There are products for sale to use on clothes that repel ticks and mosquitoes for 3-4 weeks. The CDC states the chemical *Permethrin* can be used on clothing to deter ticks. Two common brand names are *No Fly Zone* and *Insect Shield*. If a tick is found, we remove it and document when and the location. We call home so the parent can watch the area after the session and if a tick has been attached for more than 48 hours our doctor may prescribe preventative antibiotics.

### Sunburn

Sunburn is a risk every day at camp and while our staff are provided with *NOAD* sunscreen for cabin use, we strongly recommend that you pack your child with their own supply that they are comfortable using. Any time a cabin is on trip or swimming in our lake, our staff know to apply sunscreen. If your child has particularly sensitive skin, encourage them to wear a swimming shirt. Maine is beautiful in the summer with the lack of humidity, but the summer sun is strong, even on the cloudy days!

### Camper Legs

Camper legs start with the normal scrapes, scratches, and bug bites that come with spending a ton of time playing outdoors in Maine but become problematic because of too much scratching and not staying clean. We have General Swim two times a day and shower schedules set to start the summer so that each camper can stay clean. When we start to notice camper legs, we mandate two showers a day and are proactive about keeping legs covered and clean, using band-aids and anti-itch cream to help prevent infection.

### Bedwetting

This is common and each of our staff is trained with how to navigate! Make sure you communicate this with us before camp and we will ensure your camper has a bottom bunk that is not at the center of the cabin and that we have a plan in place so that your camper can feel confident that bedwetting won't ruin their time at camp.

Typically, we encourage campers that have this issue to not drink water after dinner, to use the bathroom before bed, and for more serious cases, we can have a counselor wake them up during the night to use the bathroom again. We don't encourage kids to have a bed near the bathroom because it is often too late once a child wakes up, and because the beds near the bathroom are often walked by most often!

If accidents do happen our staff know to check for an accident after the kids head to flag so that sheets can be changed and cleaned before anyone is the wiser. We suggest that any campers with *pull-ups* have those stored in the Head Bunk Counselor's cubicle so that they can use that private space to change before or after their nightly 'Medical Minute' check-in. More than anything, please tell your camper to not hide it and that their counselors are on their team and will always support them and respect their privacy!

### Medicine

Please communicate any medicine needs to our Infirmary staff through your child's Health Forms. We can support administering medicine daily, at meals, as needed, or really however your child requires as long as their exact needs are communicated to us. We also can make sure to not provide certain medicine, so please be careful on those forms so we can properly care for your camper!

### Lice

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 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. We always check for lice on the first evening of camp and contact you and treat with over-the-counter shampoo such as *Nix* if found. If you prefer a different method, please send that with your camper- just in case!

## Important Healthcare FAQ

Sarah Kennedy, FNP, is KWE's Healthcare and Risk Director. She lives on site at Kieve and manages both infirmaries and all camper healthcare in consultation with Dr. Minda Gold, our camp physician.

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

Your child's health history (FORM 1) must be submitted each year they attend camp and Maine also requires us to collect each camper's current immunization record. Your child must also have a physical within **one** year of the first day of camp (FORM 2). Please provide a current front and back copy of your health insurance card, and contact Marge Greenleaf at [marge@kwe.org](mailto:marge@kwe.org) with any questions or issues downloading or uploading forms. *If your child's health changes after forms have been submitted (concussion, contagious illness, fracture, medication changes, etc.) you may update your child's info and resubmit or notify us in writing. We require a signed verification form prior to camp, confirming there have been no changes to your child's submitted paperwork.*

### **How does my child stay healthy at camp?**

Staff have medical kits available at all times and daily 'Medical Minute' check-in's with staff evaluate camper health and well-being. Staff are Wilderness Advanced First Aid certified and are trained to report camper medical issues through our daily monitoring system.

### **What if my child has an allergy or dietary restriction?**

KWE kitchens are peanut free and can accommodate other dietary needs. Please communicate all allergies and dietary restrictions ahead of camp. KWE staff is trained to manage allergies and anaphylaxis. At least two EpiPen's are in each cabin's med kit and available at key locations on each campus. EpiPen's are with cabin groups on their wilderness trips. If your child has permission, knowledge, and the skill to self-administer emergency medication such as an EpiPen, please indicate this on their health form. To comply with Maine State Law, your child's physician must also authorize self-administration on their health form.

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

Children who use inhalers are encouraged to bring two to camp, one for them to carry and one for the counselor's med kit. If your child can self-administer the inhaler, please indicate this on their health form. To comply with Maine State Law, your child's physician must also authorize self-administration on their health form.

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

Medication is any substance a person takes to maintain and/or improve their health. This includes vitamins and natural remedies. Every medication a child takes while under our care is handled seriously for the safety of the child. Please send medication in original packaging and provide enough of each medication to last the entire camp session. Oral medication will be dispensed into individual pill envelopes and distributed on schedule. In camp, medications are distributed by infirmary staff. On trips, medication is distributed by the head bunk counselor. If your child needs an exception to this system, please let us know in advance. All medications are stored in the infirmary or locked in the cabin first aid kits. *Campers may not carry or dispense their own medication unless it is an emergency medication such as an EpiPen or inhaler.*

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

On wilderness trips, each head counselor carries a Garmin Inreach satellite texting device to communicate with camp directors in case of emergency. We have standing orders signed by our local physician to administer first aid and non-prescription medications. Both the local physician's office (*Full Circle Direct Primary Care*) and emergency room (*Miles Campus-Lincoln Health*) are in Damariscotta, Maine. On a wilderness trip, the head bunk counselor consults with the camp directors regarding any incident that requires outside medical attention. Staff trip notes include emergency contacts, access points, and directions to the nearest medical facility. *If your child requires outside medical attention, we will contact you to provide updates after a practitioner has evaluated your child. We will also advocate for the physician to speak directly with the parent.* We provide accident insurance, but our campers are required to have *health insurance* to cover the costs of any injury or illness.

## 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 specifying *all* vaccinations and the dates of administration your child has received. We recognize that people may have 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 your child is not fully vaccinated, we 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 safely participate in any 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.
- **Meningococcus:** All 11-12-year-olds should be vaccinated with meningococcal vaccine. Campers 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.
- **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.

## What about Communicable Disease?

Please call us if your child has been exposed 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 their arrival to camp 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 require outside medical attention or removal from activities.

## What if my daughter starts menstruating while at camp or on her trip?

If your daughter has any health needs, routine or otherwise, our first step would be to talk to help her understand the steps to stay healthy and happy at camp. In the case of menstruation, the conversation would center around hygiene and staying active and hydrated. We have both menstrual pads and tampons available if girls have not packed their own. When the wilderness tripping directors address cabin groups prior to trip departure, they include a summary of how they should dispose, and pack out used menstrual supplies. Campers who are menstruating will bring a duct tape bag or dark bag for their menstrual waste products. Inside this is a wet herbal tea bag or baking soda to manage odors.

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

Each cabin group carries portable water filtration methods for use on wilderness trips. One is a set of hand pumps and the other is a hanging filter bag and plenty of spare filter cartridges. They may also boil water for most of their cooking needs. Some shorter hiking trips will have easy access to potable tap water.

All bodies of water have potential to carry harmful bacteria and parasites. Campers should not drink any water from lakes, rivers, or streams without treatment. We do not test the Damariscotta Lake water; we have several wells as water sources on our campuses and regularly test the water consistent with state standards.

We also administer ear squirts to all campers as a preventative measure for *Swimmer's Ear*. Our beloved ear squirts are a vinegar-alcohol blend and has been effective in preventing ear infections that may occur from lake swimming.