

Day Camp Safety Plan

Mountaindale West

In an emergency, the air horn will sound three (3) times. Radio channel 6 will be used.

FIRE: At first sign of concern, take appropriate action (*if possible*) to contain the fire and immediately notify camp directors via radio. Directors will determine next course of action.

CAMP EVACUATION: **All units meet in the meadow.** Proceed quietly and quickly, lining up on the road by the lower parking lot facing away from the meadow/Marilyn's. The PA reports the status of her unit to the attendance registrar or director; whichever is available and checking off units reporting in. Follow direction of emergency personnel when they arrive.

Director(s) will have final attendance and wait for or with Emergency Personal with radio

****** Leaders and Core staff (*specifically Arts and Crafts and units leaders at Arts and Crafts*) proceed to widget area and help move widgets to evacuation area.

There will be one (1) fire drill during camp. Staff will be notified of the time and date of the fire drill.

MEDICAL: Contact the First Aider(s) at Marilyn's. Emergency 911 call will get help to camp in minutes. If transport is needed, Core Staff member and/or a First Aider will go with patient. Copies of all forms in transport car or ambulance.

LOST PERSON: Contact Director(s) or Core staff member for assistance. If unit does not have a radio, go to the closet radio location in Supplies, Arts & Crafts or Marilyn's.

SECURITY: All visitors **MUST** check in at the Director's table in Marilyn's. Each visitor will wear an orange cloth armband identify him or her as a visitor. Report all unauthorized individuals to the Directors. Rangers will then be notified.

OTHER: If the need arise from some other factor (earthquake, lightening, volcano, etc); proceed with caution to the meadow to await further instructions. If the camp is evacuated by car, campers will be taken to Westview High School and parents will be notified.

FIRST AID OVERVIEW

MOUNTAINDALE WEST

Injury Classification:

Prevention and Treatment:

SMALL

Cuts, scratches, splinters, bumps

Bug bites, sunburn

Delayed attention is permitted

Wash and dry area with soap and water, Apply Band-Aids and/or Ice. Give TLC

Apply sunscreen and bug spray at home or at first aid if camper brought. Bring to first aid.

MEDIUM

Heat Issues

Broken bones

Bright red blood

Prompt attention needed

Drink water, have water fights, stay in the shade, take frequent breaks. Basics: contact first aid, remove from sun/ heat. Fan/ create a breeze. Sip water (not Ice water!) and apply cool compresses.

Splint bone- use clothes, belts, Popsicle sticks, etc.

Apply pressure w/ large bandage, elevation

HUGE

Choking

Life threatening Allergies (bees, food)

Head injuries

Dark spurting blood

Not breathing

Contact First Aid immediately! (needs immediate attention)

Perform the Heimlich maneuver if you know it. **Do not pat back.** Encourage coughing.

Camper will carry Epi pen. Remove cap; press hard against outside thigh straight down from hip. Push end of pen and hold for 5 seconds

BE SAFE! Keep the camper still/ spine is not to move

Radio for an ambulance (contact First Aid or directors). Do not move camper. Pressure bandage (towel), elevation

Radio for help/ rescue breaths. Do not perform if not trained

Top 10 First Aid Do's and Don'ts

From cut fingers to electrical burns - what you should and shouldn't do in a home health emergency.

Thank heavens for emergency rooms. But sometimes the first aid measures taken on the scene *before* a patient arrives at the hospital can make all the difference, especially if the ER is crowded. (On average you'll wait 45 minutes before seeing a doctor, according to the Centers for Disease Control, and longer in urban centers.)

1. Cut finger. It's easy for a person to amputate part of a finger - for instance, while chopping vegetables

Don't: try to preserve the loose part by placing it directly on ice.

Do: wrap the severed part in damp gauze (saline would be ideal for wetting the cloth), place it in a watertight bag and place *the bag* on ice. Then be sure to bring the bag and ice to the emergency room. The patient will be going into surgery, so he's best off with an empty stomach. As for the wound on the hand or body, apply ice to reduce swelling and cover it with a clean, dry cloth.

2. Knocked-out tooth.

Don't: scrub the tooth hard even if it's dirty (a gentle rinse is OK)

Do: put the tooth in milk and go straight to the ER; there's a chance the tooth could be reimplanted.

3. Burns.

Don't: apply ice or butter or any other type of grease to burns. Also, don't cover a burn with a towel or blanket, because loose fibers might stick to the skin. When dealing with a serious burn, be careful not to break any blisters or pull off clothing stuck to the skin.

Do: wash and apply antibiotic ointment to mild burns. Head to the hospital for any burns to the eyes, mouth, or genital areas, even if mild; any burn that covers an area larger than your hand; and any burn that causes blisters or is followed by a fever.

4. Electrical burns.

Don't: fail to get medical attention for a jolt of electricity (for instance, from lightning, a power line, or home electrical cords), even if no damage is evident. An electrical burn can cause invisible (and serious) injury deeper inside the body. More than 500 Americans die every year from electrical burns.

Do: go to the ER immediately.

5. Sprained ankle.

Don't: use a heating pad.

Do: treat a sprain with ice. Go to the ER if it is very painful to bear weight. You might have a fracture.

6. Nosebleed.

Don't: lean back. And after the bleeding has stopped, don't blow your nose or bend over.

Do: sit upright and lean forward and pinch your nose steadily (just below the nasal bone) for five to 10 minutes. If the bleeding persists for 15 minutes (or if you think you are swallowing a lot of blood) go to the ER.

7. Bleeding.

Don't: use tourniquets! You could cause permanent tissue damage.

Do: apply steady pressure to the wound with a clean towel or gauze pack and wrap the wound securely. Go to the ER if the bleeding doesn't stop, or if the wound is gaping or caused by an animal bite. To help prevent shock, keep the victim warm.

8. Ingestion of poison.

Don't: induce vomiting or use ipecac syrup (unless instructed to do so by emergency personnel).

Do: call poison control, and bring the ingested substance with its container to the ER.

9. Being impaled.

Don't: remove the object; you could cause further damage or increase the risk of bleeding.

Do: stabilize the object, if possible, and go to the ER.

10. Seizures.

Don't: put anything in the victim's mouth.

Do: lay the victim on the ground if possible in an open space and roll the victim onto his or her side. Call 911.

And when else should you call 911? Whenever you see or experience chest pain, fainting, confusion, uncontrollable bleeding or shortness of breath.

First Aid

Thank you for taking time out of your busy lives to volunteer at camp. This gives our children a truly unique and memorable week. You are the first aider's eyes and ears to the children at camp. Our motto is, and always will be, "HAVE FUN AND BE SAFE".

Here are a few first aid tools we use for camp:

1. As camp policy states, no child will be allowed in camp without closed in shoes.
2. The "buddy system" works. Please use this with our campers.
3. Hydrate, hydrate, hydrate. Please make many water breaks with your campers and make drinking a unit activity at least 3 or 4 times a day. Watch them drink. Dehydration leads to crankiness and tiredness...please remember this info pertains to leaders and PAs too!
4. When in doubt about a child's well-being, please bring them to Rafter's to see the first aider. She is there to help, though not there to babysit.
5. Please keep the campers from standing on the benches during flag up and flag down. Start the first day reminding your campers, the benches are for sitting only!
6. If you suspect that a camper has head lice, please let the first aider know.
7. "Owyee" checks on the first morning of camp are very important. Again, if you suspect anything unusual please come to the first aider.

Please feel free to come to the first aider about any camper health issues.