

Camp Marshall

Health and Safety Procedures



Health Care Provider

ST.2.1 Licensed Prescriber Availability

A licensed prescriber, such as an advanced practice nurse prescriber, a physician's assistant, or another authorized individual, will be either present on-site or accessible by phone or video communication when arrangements have been made in writing. This ensures prompt consultation and other healthcare support for the camp.

ST.3.1 Onsite Health Care Provider

In cases where the camp's access to the Emergency Medical System is 30 minutes or less, there will be an onsite staff member holding a current certification in First Aid and CPR/AED (cardiopulmonary resuscitation and automated external defibrillator usage). This staff member will be responsible for staffing the health house when a nurse is not available on-site. If the registered nurse (RN) or licensed prescriber is not present at the camp, the Health Care Provider will maintain daily contact with the designated provider, as per the written arrangements made by the camp, to ensure ongoing consultation and support.

Offsite Health Care Provider

ST.3.2 Offsite Health Care Provider

In situations where the camp's access to Emergency Rescue Systems or EMS exceeds a 30-minute response time, the camp will designate a staff member who holds certification from a recognized provider of wilderness first aid and CPR/AED training. This designated staff member will accompany campers during activities or outings to ensure their health and safety.

At Camp Marshall, every staff member plays a crucial role in maintaining the well-being of campers. All counselors and program staff are required to receive training in First Aid and CPR, and their certifications must be up to date. The registered nurse (RN) serving at the camp may vary on a weekly basis as volunteers rotate throughout the summer. To ensure continuity of care, a Camp Health Care Attendant may assist in bridging any gaps between different RNs.

Section: Camper Safety

Camper safety is of utmost importance at Camp Marshall. To ensure a safe environment, the following measures are implemented:

ST.4.1 Cabin Tour and Orientation:

After successfully checking in through the camp registration desk, campers will participate in a cabin tour of the camp property. During this tour, staff and counselors will orient campers to the boundaries of the living areas. It is important to highlight the areas that pose potential risks, such as the rock outcroppings beneath the chapel, the dock/waterfront area (when not supervised by a counselor), and the camp property limits. This tour serves as an opportunity to educate campers about areas that must be avoided at all times.

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ST.4.2 Cabin Norms and Appropriate Behavior:

Following the cabin tour, a discussion will take place in the cabin regarding "cabin norms" or appropriate behavior within the cabins and around the camp. This conversation aims to establish clear guidelines for behavior, promoting a safe and respectful living environment for all campers.

ST.4.3 Orientation to Camp Free Play Areas:

After the first dinner, campers will receive an orientation to the camp's designated free play areas. This orientation will ensure that campers are aware of the designated spaces where they can engage in recreational activities freely.

By implementing these safety measures and providing thorough orientation, Camp Marshall prioritizes the well-being and safety of all campers throughout their stay.

First Aid Kits

At Camp Marshall, the availability of well-stocked and accessible first aid kits are crucial to ensuring the health and safety of all campers and staff. The following guidelines are in place:

ST.5.1 Orientation to First Aid Kits:

Prior to the start of each camp session, all staff members will receive orientation to the first aid kits. It is essential to verify that the kits are complete and that all staff members are familiar with the contents. This ensures that immediate first aid can be provided whenever necessary.

ST.5.2 First Aid Action Form:

Any health care provided away from the health center, including the dispensation of daily prescribed medication during trips, will be documented on a First Aid Action Form. These forms will be collected and given to the nurse upon the campers' return to the camp. The information will then be logged in the Camp Health Record Logbook, ensuring accurate record-keeping and continuity of care.

ST.5.3 First Aid Kit Locations:

First aid kits are conveniently located throughout the camp to ensure quick access during emergencies. Kits can be found on the outside of all cabins, in the boathouse, the "Adventure Shed," and the kitchen. Additionally, for hikes off-site, first aid backpacks are available in the "health house."

By providing comprehensive orientation, maintaining well-stocked kits, and diligently documenting first aid procedures, Camp Marshall prioritizes the health and well-being of everyone on campgrounds and during off-site activities.

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Maintaining a Healthy Camp Environment

Creating and maintaining a healthy camp environment is essential for the well-being and safety of everyone at Camp Marshall. The following guidelines are in place to promote a health-conscious atmosphere:

ST.6.1 Encouraging Good Eating Habits:

We prioritize healthy eating habits and encourage campers and staff to make nutritious food choices. Emphasizing the importance of balanced meals and offering a variety of wholesome options supports overall well-being during the camp experience.

ST.6.2 Ensuring Sufficient Rest and Sleep:

Adequate rest and sleep are vital for the physical and mental well-being of directors, staff, counselors, and campers alike. We recognize the importance of providing designated time for restful activities and sleep, allowing everyone to recharge and fully enjoy their camp experience.

ST.6.3 Thinking Ahead for a Healthy Environment:

To maintain a healthy camp environment, we proactively plan for various aspects, including:

- Appropriate clothing to suit weather conditions and activities.
- Ample supply of water to keep campers and staff hydrated.
- Adapting activity pace according to environmental conditions and individual needs

ST.6.4 Promoting Good Hygiene Habits:

We promote good hygiene practices to prevent the spread of illness and maintain cleanliness throughout the camp. This includes:

- Encouraging handwashing before meals and when hands are dirty.
- Ensuring thorough cleaning of dishes
- Discouraging sharing of water bottles by avoiding mouth contact
- Keeping the bathroom facilities clean and well-maintained
- Regularly removing trash buildup to maintain cleanliness and prevent pests.

ST.6.5 Avoiding Unsafe Situations:

Safety is a top priority at Camp Marshall, and we take proactive measures to avoid unsafe situations. This includes:

- Conducting thorough planning and risk assessments of activities with input from staff members
- Implementing a plan to mitigate risks, such as checking equipment and site conditions and promptly reporting needed repairs to the director.
- Providing appropriate training and supervision to ensure safe participation in activities.
- Considering the capabilities and fatigue levels of campers and staff when organizing activities

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Developing contingency plans for responding to accidents or emergencies during camp activities. By prioritizing health, safety, and proactive planning, Camp Marshall maintains a nurturing environment that fosters the well-being and enjoyment of all campers and staff.

Section: Response to Accidents or Illnesses

In the event of an accident or illness, it is crucial to respond promptly and appropriately to ensure the well-being and safety of the affected individual. The following guidelines outline the steps to take based on the seriousness of the situation:

ST.7.1 Reassure and Calm the Patient:

Provide reassurance and attempt to calm the patient to help alleviate anxiety and promote a sense of security.

ST.7.2 Assessing the Degree of Seriousness:

Determine the seriousness of the situation using the following categories:

- I. Life-Threatening: If the patient is not breathing, experiencing massive bleeding, or their heart has stopped, it is a life-threatening emergency. Immediately contact emergency medical services (EMS) by dialing 911.
- II. Very Serious or Possibly Life-Threatening: If the patient is in extreme pain, unconscious, has suspected broken bones, a snake bite, severe head, neck, or back injury, or there is a suspicion of poisoning, promptly seek assistance from a nurse or Health Care Attendant.
- III. Moderately Serious: If the patient has moderate cuts, burns, eye injuries, blows to the head, a fever, vomiting, or shows symptoms of illness or food poisoning, or has injuries to the hands, feet, or face, bring them to the health care attendant or health house for further evaluation.
- IV. Minor Complaints: For minor issues such as splinters, scrapes, mosquito bites, poison oak, minor burns, sunburn, minor colds, stomach aches, or requests for lip balm or throat lozenges, direct the patient to the nurse during designated times, such as after mealtime or at bedtime.

Note: Counselors have the responsibility to discreetly remind campers to take their medications at the appointed times.

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ST.7.3 Taking Appropriate Action:

For Class I or II incidents, follow these steps:

- A) Contact the Camp Director and/or call 911 if necessary, depending on the seriousness of the situation.
- B) Designate a specific counselor or mature camper to notify the Health Care Attendant. Communication can be through text or a phone call. Provide the Health Care Attendant with the patient's name, location, nature of the emergency, details of the injury or illness, and any care that has been provided.
- C) Other staff members should supervise the remaining campers, ensuring they are kept calm and away from the patient.
- D) If Class I: Take necessary actions to restore breathing and circulation or control massive bleeding. If Class II: Comfort and reassure the patient, keeping them as comfortable as possible without moving them until the nurse arrives.
 - a. Avoid moving the patient unless absolutely necessary.
 - b. Refrain from giving fluids.
 - c. Remain calm and composed.

As soon as possible after providing care to the patient, locate or text the camp Health Care Attendant and record any treatment or care provided by yourself or other staff members in the Health Center logbook.

By following these procedures, we ensure a prompt and coordinated response to accidents or illnesses, promoting the well-being and safety of all campers and staff at Camp Marshall.

Supervision in the Healthcare Center

Ensuring proper supervision and care within the healthcare center is vital for the well-being and safety of campers requiring medical attention. The following guidelines outline the protocols for supervision:

ST.8.1 Continuous Supervision in the Health Center:

Whenever a camper is in the health center for health or medical reasons, they must be under continual supervision. A staff member, following the instructions of the health care provider, must be present at all times. If a camper is resting, the supervising staff member may wait outside the health house within earshot of the camper.

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ST.8.2 Nighttime Supervision:

During nighttime hours, different levels of supervision are required based on the severity of the camper's condition:

- Class I and II: If a camper falls into these categories, awaken another counselor to aid while you remain with the camper.
- Class III: If a camper requires Class III care, have another counselor stay at the cabin while you contact the Camp Health Care Attendant and accompany the camper to the health center.
- Class IV: For Class IV cases, it is acceptable to wait until after breakfast before providing additional care.

ST.8.3 Medication Handling:

Proper management of medication is essential to ensure the health and safety of campers and staff. The following guidelines should be followed:

- Campers' medication: All medication belonging to campers is securely locked and stored in the camp health center. Medications requiring refrigeration are kept in a locked box inside the refrigerator. The camp health care provider or their designated personnel dispense camper medication, and each administration is promptly logged in the camp medical administration log.
- Staff medication: Staff members must store their medication either in designated locked boxes in Canterbury House (the staff house), in the health center, or under their own control. It is crucial to ensure the secure storage and appropriate handling of staff medication.

By adhering to these guidelines, we create a safe and supervised environment within the healthcare center, prioritize the proper administration of medication, and ensure the well-being of campers and staff at Camp Marshall.

A Statement Regarding Gender Identity:

Camp Marshall is committed to creating an inclusive and supportive environment for all campers, regardless of their gender identity. We recognize and respect the unique experiences and needs of campers who identify as transgender or gender nonconforming.

At Camp Marshall, we prioritize the protection of individual privacy and the prevention of bullying. We understand that every camper's journey is unique, and we encourage campers who identify as transgender or gender nonconforming to communicate their specific needs to the camp director before arriving at camp. This allows us to better understand and accommodate their requirements.

We are dedicated to providing a safe and welcoming space for all campers. To ensure privacy and comfort, cabin groups at Camp Marshall prioritize providing private changing spaces.

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We recognize that using sex-segregated facilities inconsistent with one's gender identity can be distressing, and therefore, campers will never be required to use facilities that do not align with their gender identity.

Harassment, discrimination, and bullying of any kind will not be tolerated at Camp Marshall. We foster an atmosphere of respect, acceptance, and support for all campers. Our staff is trained to address any instances of harassment promptly and take appropriate action to ensure the safety and well-being of all campers.

Camp Marshall is committed to providing a positive and affirming experience for every camper, regardless of their gender identity. We strive to create an environment where all campers can thrive, build lasting friendships, and enjoy their time at camp.

Mental/Behavioral Health Support:

Camp Marshall understands that campers may occasionally experience behavioral or mental health challenges that exceed the expertise and resources available on-site, including the capabilities of our staff, chaplains, and other resources. In such situations, it is crucial to prioritize the camper's well-being and access the appropriate assistance.

For initial support with mental or behavioral health concerns, the camp chaplain or Camp Director can be a valuable resource to offer guidance and assistance. However, in cases where the issue is more severe or immediate external help is needed, it is essential to take appropriate action.

If a camper's mental or behavioral health situation requires immediate attention or intervention beyond our on-site capabilities, we will not hesitate to involve appropriate external resources. In such instances, the Camp Director will contact 911 or Child Protective Services to ensure the camper receives the necessary support and access to professional resources.

At Camp Marshall, the safety and well-being of our campers are of utmost importance. We are committed to providing a supportive environment and taking prompt action to address mental health needs. By working collaboratively with external resources, we can ensure that campers receive the appropriate care and support for their specific needs.

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Off-Camp Property Procedures:

- 1) **Routine Health Care:**
 - a. Minor complaints can be addressed by the camp staff person on duty.
 - b. Record all treatments in the First Aid Action form and transfer them to the health care log with the assistance of the camp Health Care Attendant upon return to the camp.
 - c. Staff members must always stay within the scope of their training when providing care.
- 2) Day Hikes:
 - a. All participants on day hikes off the Camp Marshall property must carry a working cell phone or emergency locator.
- 3) Emergencies:
 - a. Class I and II Emergencies:
 - i. In case of life-threatening situations, immediately contact the nearest medical professionals by calling 911.
 - b. Class III Injuries:
 - i. Discuss injuries over the phone with the camp nurse or health care attendant.
 - ii. Depending on the severity, either bring the injured individual back to camp or take them to the recommended medical facility.
- 4) Class IV Injuries:
 - a. Bring the injured individual to the nurse for examination as soon as the group returns to camp.

It is crucial to prioritize the safety and well-being of campers during off-camp activities, ensuring appropriate care is provided and emergencies are handled promptly and effectively.

Reporting Accidents or Incidents:

- 1) Accident/incident report forms must be completed by the Camp Health Care Attendant for any person treated by a doctor.
- 2) Additionally, any accident or incident that could have resulted in a serious injury should also have an Accident/Incident report completed and reviewed by the nurse.
- 3) It is important to document these "near misses" for future planning and safety reviews.
- 4) The Camp Health Care Attendant fills out these forms for review by the program committee during the post-summer review meeting.

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Additional Health Resources:

Behavioral Health:

The Rev. Greg Smith, Counselor: (406) 578-0222

Sunburst Community Services Foundation:

Address: 109 First Ave. Polson, MT 59860

Phone: (406) 754-3681

Hospital: St. Joseph Medical Center:

Address: 6 13th Ave. Polson, MT 59860

Phone: (406) 883-5680

Supervising Physician: Dr. Maggie Stockwell

Phone: Located in Health Center

Email:

Urgent Care/Walk-In Clinic:

Address: 106 Ridgewater Dr. Polson

Phone: (406) 883-5680

Hours: Monday - Friday; 8:30 am - 7 pm

Poison Control:

Phone: (800) 222-1222

These additional resources are available to ensure the well-being and safety of campers, providing support and appropriate care in various situations.

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Universal Precautions for First Aid Procedures

At Camp Marshall, we have implemented a policy of universal precautions to minimize exposure to potentially infectious materials during first aid procedures. It is crucial that everyone follows this plan for their protection. According to the Center for Disease Control, the risk of infection resulting from a one-time exposure to the blood of a school-aged child or adolescent is minimal. Nonetheless, it is mandatory to wash any area exposed to blood and thoroughly wash hands with soap and water after any contact.

Exposure Plan:

- 1) Disposable gloves must be worn by every person, including counselors, providing any level of first aid treatment involving the presence of blood.
- 2) Gloves should also be worn to avoid contact with body fluids that may contain blood, including skin, eyes, and mucous membranes.
- 3) In the infirmary, disposable face masks, disposable gloves, and protective eyewear are provided to minimize direct contact for advanced first aid providers, especially in situations where there may be a "splash" effect.
- 4) Hand washing is necessary after any contact with blood or body fluids, even after removing gloves.
- 5) A "First Aid Action" form must be filled out for any first aid provided, and this completed form should be returned to the nurse upon your return to camp. It is important to communicate the circumstances to the nurse, especially if more than basic first aid was required.
- 6) Any exposure to blood or body fluids should be reported to the "First Aid Attendant," and a First Aid Action form, along with an Accident/Incident Report form, should be completed and filed.

By adhering to these universal precautions, we can minimize the risk of potential infections and ensure the safety and well-being of everyone at Camp Marshall.

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First Aid Action Form:

Date: _____

Time of the first aid action: _____

Name of injured/ill person: _____

Description of incident (what happened?):

Description of signs/symptoms:

Include objective information (size, location, color, temperature) as well as comments from camper.

Description of the first aid actions provided by camp staff:

To whom was illness / injury event reported? _____

Printed name and signature of staff person providing care:

_____ (Printed name)

_____ (Signature)

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