

Chapter 2: Health and Safety

In this chapter you will learn all you need to know about the rules and procedures that keep us safe at camp.

SAFETY

Dressing for the Outdoors

At Huddart Park we coexist with poison oak, ticks, uneven terrain and, sometimes, intense sun. Therefore, it is expected that all campers and staff wear:

- Socks and sturdy shoes with Velcro or laces (no sandals or “cros”))
- Jeans or sturdy long pants
- Shirts with sleeves (T-shirts are fine, but not tank tops or short tops exposing the midriff. Long sleeves are the most protective.)

Driving and Parking

Drive s-l-o-w-l-y (10 m.p.h. is the speed limit!) through the park. Remember that children are present and not thinking about cars. Parking is only allowed in the Redwood lot or below Oak across from the large bus lot. (No vehicles in the Meadow unless authorized by the Director; limited parking by permission in Oak.) Back into your spot to facilitate an exit in case of emergency. Put your parking permit on the dashboard.

Buddy System

Every camper must move about camp with a buddy at all times. Do not give permission for campers to go somewhere or wait somewhere by themselves. Always ask, “Where is your buddy?” Use a count-off system occasionally to make sure all of your campers are there, especially when changing locations (e.g. before leaving your unit or Program activity.) Keep a roster with you at all times.

Travelling Around Camp

Walk, don’t run! (Roots, rocks, branches, etc. may cause tumbles.) Be aware of potential hazards regarding the terrain (cliffs, ditches, etc.) Walk on the side of the road, not in the middle. This is a public park. Beware of all forms of traffic (cars, motorcycles, rangers, horses, etc.) **Walk AROUND, not through, units.** This applies to the Staff Table as well. Do not carry or pick up campers. Also, do not allow campers to climb on Aides, to climb or swing in trees, or to climb into pipes or drainage ditches.

Hiking

If you are taking a hike or leave the immediate camp area – i.e. Redwood and Oak areas for the younger units, and Meadow for the older units – you must sign (out AND in!) the “Hike Sign Out Book” at the Staff Table. Each unit has its own portable first aid kit that should be taken along whenever you leave your area for a hike. Always carry a copy of your roster. Two adults must be present at all creek walks or hikes. Aides may not take campers alone. **Stay on trails** to prevent soil erosion and damage to plant life and to prevent exposure to poison oak, which is prolific at Huddart Park. (Be careful – it can be green and/or red, shiny or dull, and usually grows in clusters of 3 leaves.) **Don’t touch** any insects, animals or “critters” (including banana slugs.)

Intruders

Since our camp is held in a County Park it cannot be closed to the public. You may observe joggers, horseback riders or bicyclists moving through the area. This is not a problem. However, occasionally there are visitors who arrive and wish to picnic in our day camp area, which is not okay. If you feel comfortable doing so, please explain that the area has been reserved by a Girl Scout Day Camp and that there are other areas in the upper end of the park available for picnicking. If you do not wish to do this yourself, or if the intruder does not move on, contact the Director / Staff Table. Report any intruders whom you feel might be disruptive to camp activities to the Director. This applies to animals as well as to human park visitors. (For more information, see Chapter 3.)

Matches and Fires

Children have little experience with fire, so you need to talk about and PRACTICE fire safety. Tell the Campers we will have a fire drill on the first day of camp and give them instructions about what to do. (See Chapter 3.) During cookouts, remember to tie hair back when cooking. No one should sit or climb on fire pits. Remember Smoky the Bear's famous words: "Only YOU can prevent forest fires!"

Please remember that use of tobacco (as well as alcohol) is not allowed at camp.

Cooking and Cleaning

Be sure that girls wash hands with soap before handling food or eating. Keep the water bottle filled. Wash hands in your unit, using dunk line supplies. (Not in the bathroom or the water fountain!) Wash all dishes "The Girl Scout Way" which includes a sterilizing rinse. (Don't wash in the water fountain!) Conserve water. (See Chapter 5.)

Stove and Lanterns

If you bring a portable stove or lantern for the overnight, these items must use propane, butane or batteries. No charcoal lighter fluid or liquid fuel is allowed at camp.

Cell Phones, Cameras and Other Devices

Campers should not bring cameras or use camera phones at camp. For safety and privacy reasons, photos of campers may not be posted on any social networking sites, such as Facebook, Instagram, etc.

Cell phone use by staff should be limited to emergencies and occur out of the sight of campers. Families have been informed that camper use of electronics (phones, iPods, etc.) at camp is prohibited, and urged to leave devices at home. If a device is brought to camp, it must be turned off and stored out of sight in the camper's backpack until disembarking from the bus at the end of the day. Any camper or Aide in violation will have the device taken away by the Unit Leader until the end of the day.

HEALTH

Health Issues

If you are sick, don't come to camp. If your children are sick, don't send them to camp. If a camper arrives at camp ill or becomes ill, please bring him/her to the Nurse's Table for evaluation.

Should a camper or staff member become injured to the point of needing treatment beyond washing off with water, come to the Nurse's Table as well. In case of serious injury where movement would inflict further injury or pain, send someone to the Nurse/Staff Table for assistance.

Medications

Most medications are kept at the Nurse's Table and administered under her supervision. Oral medications (pills, cough drops, liquids) should be given to the Nurse at the beginning of the day and retrieved at the end of the day. Arrangements should be made to facilitate campers to see the Nurse for mid-day doses.

You should be aware of campers who may carry inhalers or epi-pens due to severe allergies. If you are not familiar with these devices, ask the Nurse or Camp Safety Liaison how they work before camp.

Younger campers (3rd grade and below): Medication/devices should be maintained under constant supervision of the Unit Leader. Ensure that other campers do not access these medications/devices.

Older campers (4th grade and up): Campers may maintain their own medications/devices during the day, but Unit Leaders shall maintain awareness to ensure other campers do not gain access to them.

Sunscreens, DEET, and lip balm are not considered medications, but Unit Leader supervision should ensure these products are not shared with other campers (in the event of unreported allergies) and that application is done in a safe manner.

Food Allergies

As you plan and prepare meals and snacks, be aware of the food allergies of campers in your unit. Necessary health information will be provided to unit leaders before camp opens.

Poison Oak

Poison oak may be green or red, dull or shiny, and USUALLY has three leaves. Some varieties have 5, 7, or even 9 leaves! Sometimes it's a ground cover, or shrub, or vine...even a tree! All parts of the plant are toxic (leaves, stems, top, bottom, etc.) and it is toxic 365 days per year. Clothing and shoes that are exposed to poison oak carry the poison, too!

Contact causes an itchy rash that may break out anywhere within 4 to 48 hours. It looks like little bumps. Scratching it can cause a secondary infection.

If you think you may have come into contact with poison oak, wash the affected area(s) immediately in cool water, without soap. (Soap removes skin oil that protects the skin from absorbing the poison oak.) You could also apply rubbing alcohol or hydrogen peroxide to affected areas. Cool water compresses can help the itching and keep down the inflammation. For severe cases or if it doesn't seem to be healing adequately, see a doctor.

Poison oak should NOT be burned. The smoke can spread toxic oil and still hurt you.

Why does such an awful plant exist? It's good for erosion control, birds eat the seeds, and deer eat the leaves and branches.

Ticks / Lyme Disease

The incidence of Lyme Disease in San Mateo County is very low. The microorganism that causes Lyme Disease is not common among ticks in the county. San Mateo conducts annual tick collection and testing at popular hiking trails throughout the county. Expectations are that tick infection rates are anywhere from 1-5% of all ticks. Even if an infected tick bites you, it's difficult to get Lyme Disease. The tick must be feeding on you for 24 to 48 hours to effectively transfer the microorganism from its stomach to your body.

If you find a tick attached to you, don't panic. Carefully remove and save the tick for identification and testing, following these instructions:

Grasp the tick with tweezers or tissue as close to your skin as possible. Gently pull the tick straight upward from the skin – no twisting or unscrewing. Do not attempt removal by using nail polish remover, kerosene, or Vaseline.

To save a tick for testing, it must be kept moist. Place it in a small container with 1 or 2 drops of water or saline solution. A small piece of damp cotton or tissue inside the container also works. Do not use any other liquids (alcohol, formaldehyde...) since they will make it impossible to test. For a \$25 fee, the tick can be tested by the San Mateo County Public Health Lab to see if it is a Lyme Disease carrier. (650-573-2500)

Mosquitoes / West Nile Virus

West Nile Virus is now found throughout California. It is spread by the bite from a mosquito. You can feel sick 3 – 15 days after a mosquito bites you. People who get sick may feel like they have the flu. They may have fever, headache, body aches, or rash.

Mosquitoes bite in the early morning and early evening hours. Two hours after the sun sets is when mosquitoes bite the most. If you go out at these times, wear long pants and long sleeved shirts. Use insect repellent with DEET on your skin that is not covered by clothes.

For more facts go to: California Department of Health Services at www.westnile.ca.gov or Centers for Disease Control and Prevention at www.cdc.gov/ncidod/dvbid/westnile

Yellow Jackets

Being outside means sharing the environment with many other creatures, including bees. "Yellow jacket" is the common name for several species of wasps. These wasps can be a

nuisance around buildings, campsites, pools, and cooking areas. They may also nest along trails. Left undisturbed, yellow jackets are normally not a problem. But they can pose a health hazard, especially for people who are allergic to wasp venom.

Yellow jackets are attracted to and eat sweet foods such as honey, candy, fruit, and soft drinks. For protein to feed their young, they hunt other insects and spiders. The native species also collect red meat, chicken, fish, and even pet food. At camp, traps are used to help keep the yellow jacket population down, but they will not eliminate them. Camp staff works to reduce food and water available to yellow jackets by covering food and storing it effectively.

Lice

If you become aware of a camper with head lice, come to the Nurse's Table. Please exercise confidentiality in dealing with this issue. The Director and Nurse will assist with communication to your campers and families as necessary.

First Aid

If a situation can be handled with the supplies in your unit's first aid kit, please do so. Because of potential allergies and necessary parent permissions to administer medications of all kinds, all other first aid will be handled at the Nurse's Table. We have many certified first aiders at camp, located in each of the unit areas

Serious Accident or Injury

Get word to the Director/Nurse's Table immediately. Stay with the injured, keeping them as safe and comfortable as possible until help arrives. At that point, your primary responsibility is to the other campers assigned to your supervision. It is important that you do not call the parents – leave communication to the Director and her staff. (Detailed emergency procedures are found in Chapter 3.)

Media

Do not share your thoughts, comments or observations with the media. Refer them to the Director. It's a matter of privacy and accuracy.

CHILD ABUSE

Girl Scout volunteers have a moral responsibility to report known or suspected cases of child abuse. If you are told or suspect that a child has been abused, report this information to the Day Camp Director. The Director and council staff are “mandated reporters” under California law and have been trained to ensure that a situation is evaluated carefully and a report is filed properly with Child Protective Services.

California law defines an abused child as one who is any one or more of the following:

- Physically abused
- Sexually abused
- Emotionally neglected or abused
- Under constant verbal attack or torment
- Without proper food, clothing, or shelter
- Left alone for long periods of time

2013-14 Council Resource Guide, pages 26 & 78