



### **General Health Practices:**

#### **5.6 Does the Camp have policies and procedures for encouraging:**

- Hydration (i.e. during activities)
- Application of sunscreen
- Appropriate clothing for weather (i.e. hats)
- Use of insect repellent

**Intent:** Many of our campers will have an increased susceptibility to infection and therefore, although we are trying to achieve a normal camp experience, we still have to make it as safe as possible by assuring compliance with personal hygiene standards.

**Compliance:** Copy of written procedures. **See below.**

COCA-I Gold Ribbon Standards 5.6  
Smile-A-Mile Policies 1/2019

### **GENERAL HEALTH & HYGIENE STANDARDS:**

Hydration- All campers and staff will be expected to drink plenty of fluids (water and Gatorade/Powerade during each of the day and evening programs. When participating in activities outdoors, campers and staff should drink water every 15 minutes. Some camper's general health is dependent upon the amount of water intake throughout the day and they will be reminded by all the staff to stay hydrated. Water will be provided at the following locations and activity staff will encourage campers to stay hydrated.

- Pool
- Fishing Dock
- Boat(s)
- The Galley Porch near the Snack Shack
- Basketball Court
- Archery
- Canoe Beach
- White Gazebo-Snorkeling
- Putt Putt Course
- Mariner's Hall (when activities are assigned in this area)

Sunscreen- All campers and staff will be expected to apply sunscreen in the morning upon dressing in the cabin, to re-apply at the end of rest period, prior to leaving cabin and will be expected to re-apply every hour when engaging in water activities-ie-swimming at the pool, boating, fishing, canoeing/paddle boarding. When re-applying during water activities, campers

and staff are encouraged to wait at least 10-15 min. for sunscreen to absorb before entering the water again.

**Appropriate Clothing-** All campers and staff are encouraged to wear hats, wick able long sleeves, shoes, etc. especially those campers who burn easily due to radiation or certain ingested chemo agents.

**Insect Repellent-** All campers and staff are encouraged to wear insect repellent during daytime or nighttime activities, especially grassy areas, the White Gazebo, archery range, campfire, amphitheater stage, boats, water (pool or lakeside) or putt putt course. Repellent will be available at these locations and at the Galley.