**COCA-I Gold Ribbon Standard: (5.6)**

From Michael Katz, Camp Sunshine

5.6 Does the Camp have policies and procedures for encouraging:

1. Hydration (ie- during activities)

2. Application of sunscreen

3. Appropriate clothing for weather (ie-hats)

4. Use of insect repellent

1. Hydration: With a weekly changing staff of volunteers this issue is covered in our weekly volunteer orientation and training. Volunteers are asked to take periodic water breaks with the children, being especially diligent on hot days. The facilitation of this is assisted by strategically placing water dispenses throughout the high activity areas on campus, as well as having water coolers in the main building. Each morning our protocol is for our Challenge Course staff to set out all the water dispenses before the day’s activities begin.

\*Dispensing of information regarding Hydration is noted verbally during volunteer orientation as well as in a power point presentation.

\*This topic is also covered with the Lead Counselors during the Lead Counselor meeting.

\*From a family standpoint this is a topic that is covered with parents during the first morning Parent’s meeting.

\*”Drink plenty of Fluids” is also announced each morning before sending the groups off to camp programs.

\*Staff will move about the camp throughout the day and remind groups to take water breaks.

2. Application of Sunscreen: Due to the possibility of a child being allergic to certain sunscreens we leave the responsibility of applying the sunscreen to the parents. Being a family camp program, the parents are always on site.

Much like the topic of hydration we discuss the need for sunscreen with the parents during the first morning parent’s meeting/orientation. This is also something we announce each morning at the start of camp along with “drink plenty of fluids”. We announce don’t forget your sunscreen, ball caps and smiles.

At the waterfront we have a sunscreen dispenser for parent’s to use, with a description of what is contained in the sunscreen (natural ingredients).

Suggestion to bring sunscreen is also covered in the pre-camp “things to bring – packing list” that is sent to each family and volunteer.

3. Appropriate clothing: Appropriate clothing and what to wear is covered during volunteer orientation, Lead counselor orientation and Parent’s first morning orientation. The need for certain types of clothing will be encouraged and recommend at each of these orientations as well as each morning before events/activities begin. Examples might include going out in a boat be sure to wear your ball cap and sunscreen, going skating dress warm (hats, mittens, snow pants, etc.), if you have challenge course don’t forget your sneakers, etc.

To help facilitate proper clothing for specific seasons/activities camp will also have an inventory of clothing available. During winter sessions we will help provide boots, mittens, hats, gloves, etc.

For some activities there will be additional protocol. To participate at the challenge course closed toe shoes/sneakers are required, etc.

What to bring regarding clothing (for different seasons) is also part of the “things to bring – packing list” sent to volunteers and families.

4. Use of Insect Repellent: Much like sunscreen we for the most part leave this up the parents. With that said we do have a protocol in which there is a time when we do provide the insect repellent to the children. This is when the children/young adults/adults participate in the challenge course which is located in a more dense wooded area of our campus. It is here that we offer the use of insect repellent (natural ingredients). Parent’s must sign off with the staff on a permission sheet after reading the ingredients in the insect repellent whether they would like to have their child utilize the repellent.

The insect repellent protocol is covered in the volunteer power point presentation, orientations and is part of the individual group manuals.

Recommendation to bring insect repellent is again part of the “things to bring – packing list”.