



### **Medications at Summer Camp: FAQ**

Our Summer Camps are licensed by the State of Connecticut. As a licensed camp we are required to follow certain procedures while handling medications at camp:

- We are required to record time and dosage every time we distribute any medication. In the unlikely event that a medication was missed or given in error we are required to notify you.
- Medication containers or packaging shall have a label which includes the child's name, name of medication, directions for the medication's administration and the date of the prescription. Medications must also come with the Medication Authorization form, signed and dated by both a doctor and a parent. We WILL NOT accept any medications that do not meet these requirements. We also cannot accept expired medications.
- We are required to lock up all non-emergency medications and double lock all medications that are controlled.
- Emergency medications are required to be easily accessible at all times.
- All of our Sailing Center staff are certified in the Administration of Medications – Oral, topical, inhalant, injectable by a premeasured commercially prepared auto-injector, rectal, and injectable other than by a premeasured commercially prepared auto-injector.

What paperwork do I need to fill out to send medication to camp with my child?

*If sending your child to camp with a medication – please fill out a Medication Authorization Form. This form must be signed by you and a doctor as required by our state license. This form will also have information about dosage and time of day to administer that medication. The form also gives an option to have a camper self-administer their medication.*

Can my child self-administer their medication?

*Campers may self-administer medications with parental permission. Self-Administer means that campers can open the container themselves and identify proper dosage. Campers cannot keep their medications in their bags or in their bunk. All medications taken at camp must be observed and recorded by camp staff.*

Do I need to do anything extra for emergency medications?

*For all emergency medications a Plan of Care Form must also accompany the Medication Authorization form.*

Do I need to fill out a Plan of Care Form?

*An individual plan of care is a plan developed by the child's parent(s) and health care provider for a camper with special health care needs such as, allergies, special dietary needs, dental problems, hearing or visual impairments, chronic illness, developmental variations or history of contagious disease. The plan of care includes appropriate care of the camper in the event of a medical or other emergency and shall be signed by the parent(s) and each staff member responsible for the care of the camper.*

Do I need to fill out paperwork for over-the-counter medications?

*Yes. Any medication – including vitamins, allergy medication, pain medication, melatonin, etc, must have a medication authorization form signed by a parent and a doctor. Medications must be labeled with the child's name and remain in the original packaging with the name of medication, directions for the medication's administration and the date of expiration.*

Can I send my camper with a pill organizer with all of his/her medications for the week?

*No – Medications must be signed-in in their original packaging labeled with the name of the camper and the name of medication, directions for the medication's administration and the date of expiration. However, we do allow you to spend a few minutes with our med director or camp director during or after check-in to sort the pills into a pill organizer with one of them observing. Please note – we cannot cut pills – please prepare pills at home so we can distribute the proper dosage without having to cut pills.*

Who handles my child's medication?

*Medications are kept locked in the camp director's office and distributed by the camp director or properly trained counselors at the designated time of day. Emergency medications are kept in the first aid backpack carried by camp staff at all times during camp. All of our staff are trained and certified in the administration of medications.*

Can my child keep his/her inhaler in his/her possession while at camp?

*We prefer to keep all emergency medications in the first aid backpack. While campers do carry around a small drawstring bag while at camp, most don't take them on the water with them. We are also required to observe administration and record time and dosage of each use of medication – including inhalers.*

How does summer camp deal with monitoring diabetes?

*Staff: The staff training for finger-stick blood glucose testing may be provided by the child's parent, a physician, physician's assistant, advanced practice registered nurse, certified emergency medical technician, or a registered nurse. A valid first aid training certificate is required by the trainee prior to glucose monitoring training.*

*Medication administration and monitoring: The written order from the authorized prescriber should be followed. Such order should indicate the testing schedule, the target range, the specific action to be taken and carbohydrates to be given if the test results are outside (below) the target range, dietary or activity requirements or restrictions and when the child's parent and/or authorized prescriber shall be contacted. A detailed plan of care is required.*