

FRONTIERS CAMP 2020 HEALTH ADVISORY
(Revised January 2020)

The following health advisory follows guidelines detailed in current BSA literature and needs to be reviewed by the parent/guardian prior to registering for Frontiers Camp.

Frontiers Camp is a highly active and routinely vigorous activity. As a result, Frontiers Camp has adopted the same health guidelines that BSA high adventure bases have implemented. As Frontiers Camp operates with staff leadership (with only a few cases of home troop leadership present) as much information about the health issues and special needs of Frontiers Camp participants is requested in advance of camp.

In an attempt to better plan for the medical needs of our campers, please inform us at the time of electronic registration of any allergies (especially food) or medical needs of the camper. Knowledge of this information prior to camp will allow us to review our program and initiate a dialogue with the parent/guardian in advance of the camper's arrival at camp.

Please contact the Camp Director at frontierscampvt@gmail.com if you have any questions or wish to discuss any health issues prior to registering.

Parent, Staff and Camper Advisory - In order to provide better care for its members and to assist them in better understanding their own physical capabilities, the Boy Scouts of America requires that everyone who participates in a Scouting resident camp have an annual medical evaluation by a certified and licensed health-care provider—a physician (MD or DO), nurse practitioner, or physician assistant. Providing your medical information through the Annual Health and Medical Record will help ensure you meet the minimum standards for participation in Frontiers Camp activities. **Please ensure you have completed Parts A, B, and C of the 2014 version of the medical form.**

This Medical Form must be complete (with proper signatures by the health care provider) and submitted to camp health officers when arriving at Frontiers Camp on Saturday June 27, 2020. **Medical forms cannot be emailed.** No parent, staff, or camper is allowed to remain in camp without a complete medical form on file. In order to be compliant with the mandatory annual checkup, please ensure the form is dated sometime after July 5, 2019 but before June 27, 2020.

Frontiers Camp has an excellent health and safety record and strives to minimize risks to participants and staff by emphasizing appropriate safety precautions and procedures. Because most participants are prepared, are conscious of risks, and take safety precautions, they do not experience injuries. If you decide to attend Frontiers Camp as a camper or staff member, you should be physically fit, have proper clothing and equipment, be willing to follow instructions, work as a team member, and take responsibility for your own health and safety.

Parents, guardians, and participants in any Scouting program are advised that journeying to and from these bases can involve exposure to accidents, illness, and/or injury. Frontiers Camp staff members have been trained in first aid, CPR, and accident prevention and are prepared to assist as needed. Medical and search-and-rescue services will be provided in response to an accident or emergency as appropriate. **However, response times can be affected by location, terrain, weather, or other emergencies and could be delayed for several hours.** Knowledgeable staff

will instruct all participants in safety measures to be followed. Participants must be prepared to listen to and carefully follow these safety measures and to accept responsibility for the health and safety of themselves and others.

Weather and Equipment - Climatic conditions for late June in north central Vermont are of moderate temperature with an average maximum temperature of 72.4° F and average minimum average temperature of 53.7° F. However extremes of 87° and 39° have been noted. The average precipitation for June is 4.42” and anecdotally we have observed rain to occur at some point in each day during the period of camp in some years. And, the wind has been strong enough to blow down tents and tarps. The equipment list provided in other Frontiers Camp literature should be considered the minimum “kit” to bring to camp. Especially please note the “poncho” or rain coat item.

Food - Frontiers Camp offers food appropriate for the experience. If a participant has special dietary needs, they should be communicated to the Camp Director prior to arriving at camp. When dietary needs are known prior to camp, Frontiers Camp will try to meet those needs. However, given the structure of the camp and our method of food preparation, we may not be able to meet every need. Therefore, pre-camp communication is essential.

Medications - Each participant with a medical condition requiring medication should bring an appropriate supply for the duration of Frontiers Camp. The medication container should be the original container and have the pharmacy label on it. Consider bringing duplicate supplies of vital medications. People with allergies that have resulted in severe reactions or anaphylaxis must bring with them an EpiPen that has not expired.

Immunizations - Each participant should have received a tetanus immunization within the last 10 years. Consideration will be given to the rights of those Scouts and Scouters who do not have immunizations because of religious beliefs. In such a situation, the *Immunization Exemption Request form (from BSA National Council)* is required.

Recommendations Regarding Chronic Illnesses - There are no facilities for extended care or treatment at Frontiers Camp; therefore participants who cannot meet the following requirements cannot be accepted into camp. As noted in the in the Frontiers Camp Details and Information web page there are no refunds after the date specified for the camp year.

The Camp Health Officer reserves the right to deny the participation of any individual on the basis of a physical examination and/or medical history.

Adults or youth who have had any of the following listed conditions should undergo a thorough evaluation by a physician before considering participation at Frontiers Camp.

Medical Risk Factors for Your Participation at Frontiers Camp:

Scouting can be physically and mentally demanding. To help its members be better prepared, the Boy Scouts of America recommends that everyone who participates in a Scouting activity have an annual medical evaluation by a certified and licensed health-care provider: a physician (MD or DO), nurse practitioner, or physician assistant. Based on the vast experience of the medical community, the BSA has identified risk factors that could become issues during weekend camping, hikes, treks, tours, or other activities.

Become familiar with the following risk factors to ensure all Scouts and Scouters are prepared.

Excessive Body Weight

Excessive body weight increases risk for numerous health problems. To ensure the best experience, Scouts and Scouters should be of proportional height and weight. One such measure is the Body Mass Index (BMI), which can be calculated using a tool from the Centers for Disease Control, which can be calculated using a tool from the Centers for Disease Control or using the chart on the Annual Health and Medical Record. It is recommended that youth fall within the fifth and 85th percentiles.

Cardiac or Cardiovascular Disease

These include

1. Angina (chest pain caused by blocked blood vessels or coming from the heart)
2. Myocardial infarction (heart attack)
3. Heart surgery or heart catheterization (including angioplasty to treat blocked blood vessels, balloon dilation, or stents)
4. Stroke or transient ischemic attacks (TIAs)
5. Claudication (leg pain with exercise, caused by hardening of the arteries)
6. Family history of heart disease or a family member who died unexpectedly before age 50
7. Smoking

Youth who have congenital heart disease or acquired heart disease such as rheumatic fever, Kawasaki's disease, or mitral valve prolapse should undergo a thorough exam.

Hypertension (High Blood Pressure)

Scouts and Scouters should have a normal blood pressure (less than 140/90). Persons with significant hypertension should be under treatment and their condition should be under control. If participating in a Scouting event that is physically demanding, it is recommended that hypertension be under control in the six months prior to the date of the event. The goal of the treatment should be to lower blood pressure to normal levels. Those already on antihypertensive therapy with normal blood pressures should continue treatment and should not choose the time they are at any Scouting event to experiment with or change medications.

Diabetes (Insulin-Dependent Diabetes Mellitus)

Any individual with insulin-dependent diabetes mellitus should be able to self-monitor blood glucose and know how to adjust insulin doses based on these factors or be accompanied by a guardian that is knowledgeable in these matters. The individual with diabetes should also know how to give a self-injection/injection, recognize indications of high and low blood sugar, and comply with the camp's procedures for the safe disposal of sharps. **Bring enough medication, testing supplies, and equipment for the entire period of Frontiers Camp.** This includes batteries (without provisions for recharging) to be both brought to and taken away from the event for pumps (remember Leave No Trace guidelines).

An insulin-dependent individual who has been newly diagnosed (within six months of the fitness examination) or who has undergone a change in delivery system (e.g., an insulin pump) in the same period and who desires to participate in Frontiers Camp (which is physically demanding) should reconsider participation. This also applies to an individual who has been hospitalized for diabetic ketoacidosis or who has had problems with hypoglycemia in the last year.

Seizures (Epilepsy)

Seizure disorder or epilepsy should be well controlled by medications if an individual desires to participate in a physically demanding Scouting event. A minimum of six seizure-free months prior to the fitness examination is considered under control. Participants with a history of seizures need to limit high-adventure activities (e.g., climbing or rappelling).

Asthma

Acute or severe bronchial asthma under treatment anytime during the past 24 months should be well controlled before participating in Frontiers Camp. Key indicators of well controlled are:

1. The use of a rescue inhaler zero times to one time a day
2. No need for nighttime treatment with a short-acting bronchodilator

Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair.

As Frontiers Camp is a Scouting event that is physically demanding, individuals with the following asthma conditions should reconsider participation:

1. Exercise asthma is not prevented by medication.
2. Participant has been hospitalized or has gone to the emergency room for asthma treatment in the six months before the fitness examination.
3. Participant has received treatment that required oral steroids (prednisone) in the six months before the fitness examination.

When participating in Frontiers Camp, participants must bring an adequate and a backup supply of medications and spare rescue inhalers that are current. Participants must carry a rescue inhaler at all times during any Scouting event.

Sleep Apnea

Scouts and Scouters with sleeping disorders may experience health risks due to long days and short nights for many Scouting events. For those with sleep apnea requiring a CPAP machine for any overnight Scouting experience: all equipment (e.g., CPAP machine) must be provided by the Scout or Scouter and be self-contained. This may include batteries (without provisions for recharging) to be both brought to and taken away from the Scouting event (remember Leave No Trace guidelines).

Allergies or Anaphylaxis

Scouting events have several risks (e.g., nuts, pollens, wasps, hornets, and other stinging insects) that could trigger anaphylactic reactions in individuals prone to reaction. It is recommended that Scouts and Scouters who have had an anaphylactic reaction from any cause contact the appropriate medical personnel of the Scouting event to confirm participation eligibility before arrival, especially if the event includes an overnight experience.

All allergies (especially food based) should be disclosed at the time of initial electronic registration. Participants will be required to have appropriate treatment with them at all times during camp.

Ingrown Toenails, Recent Musculoskeletal Injuries, and Orthopedic Surgery

Many Scouting events put a great deal of strain on feet, ankles, and knees. As Frontiers Camp is physically demanding, ingrown toenails should be treated within a month prior to the event. Scouts and Scouters who have had orthopedic surgery, including arthroscopic surgery, or significant musculoskeletal injuries, including back problems, should have a release from the surgeon or treating physician to participate in Scouting events.

Psychiatric/Psychological and Emotional Difficulties

Psychiatric/psychological and emotional disorders do not necessarily exclude an individual from Scouting events. Parents and advisers should be aware that most Scouting events are not designed to assist in overcoming psychological or emotional problems and may exacerbate existing conditions. Experience demonstrates that these problems frequently are magnified, not lessened, when participants are subjected to the physical and mental challenges of many Scouting activities.

Any condition must be well controlled without the services of a mental health practitioner. Under no circumstances should medication be stopped before or during a Scouting activity. Scouts and Scouters are required to bring an appropriate supply of medication for the duration of the event, including travel to and from the event.

Other Risk Factors

Sickle-cell anemia, hemophilia, leukemia, severe blood dyscrasia, and HIV infection provide special challenges to Scouts and Scouters. To plan for, prepare for, and support those having these medical conditions, it is recommended an individual evaluation of each situation be performed by appropriate medical personnel. There may be instances where proper medical support at the Scouting event is not possible. Under such circumstances, participation may be denied.

For information on any other health issues, contact your personal health-care provider.

Additional Information

Parents and other adults are requested to share the following information with the Frontiers Camp Health Officer in writing:

Any information not covered on the participants/staff annual medical history report form that may have an impact on an individual's health, safety or wellbeing. This information should be forwarded to the Camp Director as soon as possible.

If you have any questions, please do not hesitate to contact the Frontiers Camp Director or Medical Team at frontierscampvt@gmail.com. Please do not attach any documents to your email. Separate arrangements will be arranged to obtain these documents in a protected format.

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