



**2026 Rotary Eighth Grade Leadership (REGL)
Camp Healthcare Policies & Procedures for Residential Program
REGL I – September 11 – 13, 2026
REGL II – September 18 – 20, 2026**

It is reasonable for parents to assume that their child will return from a camp experience in good health. Consequently, it is the responsibility of the entire staff to help monitor the child's health status and refer them to the medical personnel, as warranted. It is required that at least one medical personnel (preferably 2) remain on-site in housing provided by the camp throughout the duration of the REGL weekend. This housing is to be provided at the Health Center. This helps assure 24-hour availability of health-care staff in case of an emergency. The medical personnel responsibilities do not replace the medical expertise of a licensed physician or an equipped medical facility.

Emergency Responses

Emergency transportation may be provided by private vehicle or the area's ambulance services depending on the nature of the injury or illness. The medical personnel and REGL Camp Director will decide which mode of travel will be used. In general, the ambulance service is used when the victim is not stable and/or has need for special equipment/ life-support systems- **Call 911.**

CONTACT PARENTS: Phone contact with parents/guardians must be established in an emergency. Each child's registration form contains contact information. This process is initiated by the REGL Camp Director as the medical personnel will be busy caring for the child. Because many people remotely access their voice mail, it is expected that the caller leave voice messages on answering machines that appropriately communicate the need for a parent to call the REGL Camp Director immediately.

All contact, successful and unsuccessful must be documented as part of the First Aid notes.

CHECK IN PROCESS ON FRIDAY MORNING

The REGL medical personnel must collect all student's, counselor's & adult mentor's medications. This includes vitamins and herbal remedies. All medications must be in the appropriate labeled bottles (pills in a baggie cannot be given). It is policy that all medications are to be kept in a locked area under the medical personnel's supervision. This mandate complies with ACA standards and State Department of Health guidelines. There are only two

exceptions to this policy: asthma rescue inhalers and epinephrine auto-injectors. Both inhalers and Epi-Pens are to be kept with the student at all times. It is imperative that the Counselors and Adult Mentors are aware of any student in their group or cabin that has either of these items with them.

Routine personal medications are administered under the supervision of the medical personnel. Medications are most commonly given at a meal simply because people are easy to find. The medical personnel may make special arrangements with a person if that individual's meds need to be taken at a different time. All health records are confidential and available only to the health care staff and the REGL Camp Director.

In cases where a question exists about a medication, the medical personnel must contact the parent by phone to clarify the issue. This conversation and its outcome must be documented. It is possible that a parent may send a child with a variety of medications packaged together. Medical personnel may not administer medications unless they follow standard medication practices. If the medical staff cannot identify the medication, then it cannot be administered. The medical personnel are expected to refuse to give a medication which does not meet safety guidelines.

Use of "as needed" or "over the counter" medications are supervised by the medical personnel. Written parental authorization must be obtained in the health care documents completed during the registration process prior to administering these medications, or the parent must be called for authorization. It is important to realize that the rationale for giving a particular medication requires professional assessment and must be documented.

ANAPHYLAXIS IS ANY RESPIRATORY SYSTEM INVOLVEMENT, DIFFICULTY BREATHING, AUDIBLE WHEEZING, OR DIFFICULTY SWALLOWING. The signs & symptoms of anaphylaxis usually appear rapidly, within seconds or minutes after an exposure to an allergen. In some cases, the reaction can be delayed up to 1-3 hours from exposure depending on the substance causing the reaction. An allergic reaction requires prompt recognition and treatment.

Common symptoms according to the American Academy of Allergy, Asthma & Immunology:

- Hives
- Itching (of any part of the body)
- Swelling (of any part of the body)
- Red, watery eyes
- Runny nose
- Vomiting
- Stomach cramps
- Change of voice
- Coughing
- Wheezing
- Throat tightness or closing
- Difficulty swallowing

- Difficulty breathing
- Dizziness
- Change of color
- Fainting or loss of consciousness
- Sense of doom

If a child has been diagnosed with severe allergies, he/she has likely been prescribed injectable epinephrine, such as an Epi-Pen. The child should carry his/her auto-injector with him/her everywhere while at REGL camp. This is one medication that is not taken from the child at check-in. Whenever a child uses an Epi-Pen you MUST call for an emergency response by dialing 911. The child must be transported to an emergency room for monitoring and further treatment, and the parents notified immediately.

There are two important reasons for seeking emergency care: sometimes a single dose of epinephrine is not enough to stop an anaphylactic reaction. And, in some cases, a second flare up of symptoms (known as a biphasic reaction) develops which demands further treatment and observation in a hospital setting for at least 4 hours.

Common causes of anaphylaxis include:

- Food- especially peanuts
- Bee or other insect stings
- Medications (e.g. antibiotics, aspirin, non-steroidal anti-inflammatory drugs)
- Latex
- Food-dependent exercise induced anaphylaxis. Although rare can occur when eating a specific food and then exercises within 3 or 4 hours after eating.

I. Circumstances in which a student is admitted to the Health Center for observation:

- Fever
- Nausea/Vomiting/Diarrhea
- Injuries (cuts)
- Severe pain/headache
- Allergic reaction
- Illness of unknown origin
- Any health concern which inhibits class participation

II. Circumstances in which a parent is to be notified: Any illness or injury that requires further medical assessment beyond the scope of the camp medical personnel.

- Allergic reaction requiring the use of an Epi-Pen.
- Student sustains head injury, or any type of facial injury
- Fever over 100 degrees – orally
- Suspected joint sprains
- Any illness, or symptoms of an illness, that differs from historical information we have on

the student

- Dental emergencies
- Demonstration of psychological behavior out of character from known historical information we have on the student
- If a student requires prescribed medication that was not disclosed at check in.

III. Circumstances in which a student may be sent home:

- Fever over 100 degrees – orally
- Diarrhea or vomiting
- Any unusual discharge or drainage from the eyes, nose, ears or wounds
- When diagnosed with condition that requires 24-hour observation by a nurse
- Student is found to be a threat to himself/herself or to others
- The REGL Program reserves the right to not accept an ill student.

IV. Circumstances when additional medical information will be requested prior to accepting a student to REGL Camp:

As a non-profit volunteer organization, and due to limited resources and staff available at REGL camp, the following examples/situations may exclude students from attending REGL.

- Any student with an extreme allergic reaction to bee stings if the situation at camp is reported to indicate a high risk to bee exposure.
- A diabetic student who requires assistance with glucose testing several times throughout the day and/or requires insulin.
- Dietary restrictions beyond the capacity of Grizzly Creek Ranch to manage for the safety of the camper/student.

Before making this determination, the REGL Camp Director will request from the parents a letter from the student's doctor with detailed instructions for the student's care. This request will accompany the official registration package sent to the parents and student for their review and signatures. A determination will be made upon receipt of this information.

There may be medical situations beyond our ability to manage safely to meet the interests of both the student and our REGL Camp. The REGL Camp Director will make this decision.