

# **ILLNESS & EMERGENCY**

## **HEALTH CARE POLICY**

Prevention of emergencies and accidents and ensuring camper safety is a top priority for the Annisquam Yacht Club Sailing and Tennis program. Our ratio of staff to camper is approximately 1 to 8. Parents have the right to review our background checks, health care information, discipline policies and grievance procedures upon request.

### **Daily Health Supervision:**

The staff of our Summer Program is trained in CPR and First Aid. During camp sessions at least one staff member with Lifesaving certification will be present. Kieran O'Connell is the Health Supervisor for the Annisquam Yacht Club and will be present at all times. In the event of his absence, Evan Beilin will act as health supervisor. First aid kits are carried by staff members throughout the day, and if necessary, communications to parents/guardians or additional medical care are made with a cell phone and /or marine VHF radio. Medical history forms from each camper are reviewed prior to the start of camp, at which point any specific medical needs are discussed and addressed. These forms and emergency contact numbers are carried with the group at all times. Campers will only be released to parents or individuals with written permission from the parent. Campers are encouraged to protect themselves from environmental health hazards daily by practicing a variety of preventative measures such as drinking plenty of water, wearing protective clothing and footwear, and applying sun block.

### **Infection Control:**

All staff is trained to take universal precautions with the use of personal protective equipment such as gloves, eye protection, and pocket masks for positive pressure ventilations.

### **Evacuation Protocol:**

In the event of a medical emergency, the staff will stabilize the situation and-based upon the nature and severity of the injury/illness and logistical variables involved-determine whether the problem can be handled in the field or if an evacuation is necessary. In the case of the latter option at least one staff member will ensure the proper transfer of those involved in the incident to appropriate medical or parental care, unless in so doing the remainder of the group is not adequately supervised. In this situation, the entire group would cease their activities and proceed with a group evacuation. Parents or guardians will be notified by telephone by an Annisquam Yacht Club staff member as soon as possible.

### **Care of Mildly Ill/Injured Campers:**

Our first aid kits are equipped to handle most minor injuries or illnesses, such as cuts, abrasions, blisters, headaches, upset stomach, sea-sickness, etc. Also included in the kits are basic over-the-counter analgesics and non-steroidal anti-inflammatory medications, such as aspirin, ibuprofen and acetaminophen (Tylenol). If medications are needed, we will contact parents/guardians prior to administration. If the injury or illness is resolved or controlled and the camper and staff feel that he/she can safely continue pain-free activity, we will typically not evacuate at this time. Parents will be informed of a minor injury or illness on a non-emergency basis, usually at the end of the camp day.

**Care of Moderately Ill/Injured:**

Campers who have sustained a moderate injury (no immediate life threat but requiring further medical attention at a hospital or definitive care facility) will be evacuated in a safe and controlled manner to either our base of operations or to the nearest and most practical intercept on land. AYC-STP staff will stabilize the injury and notify parents/guardians at this point via telephone. The speed of our evacuation will be determined by the urgency of the injury and other logistical factors involved; the camper will be closely monitored during the evacuation.

**Care of Severely Ill/Injured:**

In the event of a serious life-threatening injury or illness we will rapidly evacuate the camper to the closest point on land for an ambulance intercept. Our staff will stabilize the injury and/or administer basic life support if necessary, and parents/guardians will be notified immediately. Rapid assistance and intercept from the Coast Guard via marine radio contact may occur, dependent upon our location at the time of injury.

If there is a life-threatening situation brought about by a severe asthma attack or an anaphylactic reaction, our first aid kits are equipped with injectable epinephrine, which the staff are trained and authorized to administer intramuscularly. In the case of anaphylaxis, we will administer an oral antihistamine such as Benadryl as an adjunct treatment with epinephrine. If a child has their own epinephrine kit, the staff will assist in administration if appropriate.

**Contacting Us:**

If you need to reach us by phone for any kind of emergency during camp hours, call 978 283 4507, the main office can then relay messages on land or to vessels in the water.