1st Aid Pack

- Each group will have their own 1st Aid Pack. **This pack is with your group at all times.**
- In the Youth Leader slides you see some parts that they might help with at camp.
- For this, we'll show parts of the 1st Aid Pack that the Youth Leaders won't be getting into.

IMPORTANT:

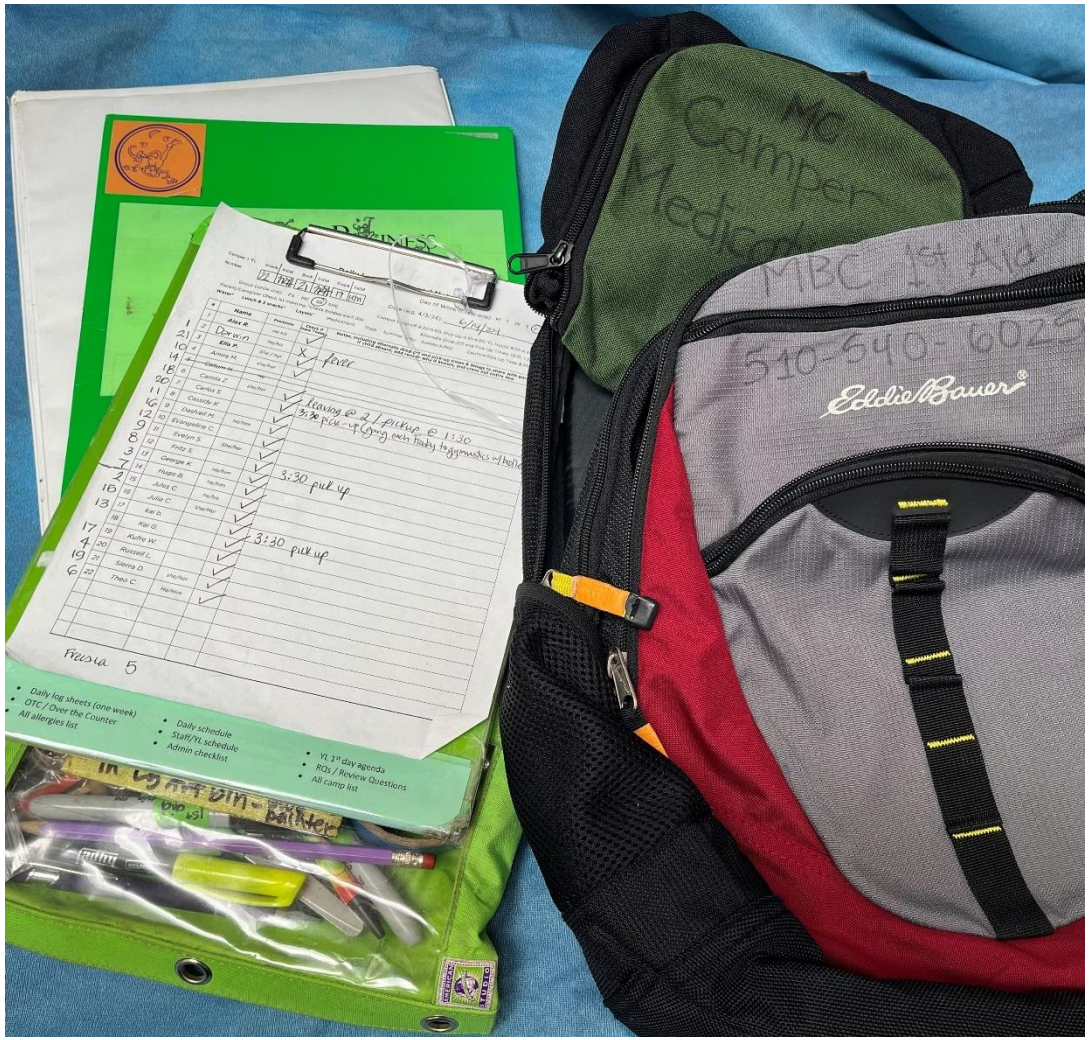
Please return all items to where you found them so others can find them later.

It can feel hectic when you need 1st Aid, and it's great to be able to find what you need quickly.



1st Aid: Admin Area

In the thinner of the two large zipper pouches. Lanyard on the zipper.



Admin Area Holds -

- Camper Binder with medical & behavioral info, emergency numbers & plans, 1st Aid protocols

- Paperwork folder for used & upcoming Daily logs

- Daily log Clipboard with Daily logs, schedules, lists

- Pens, pencils, clips, tape, etc., in a zipper pouch

- Medications pouch connected to the pack for meds brought to camp (usually epi-pens & inhalers).

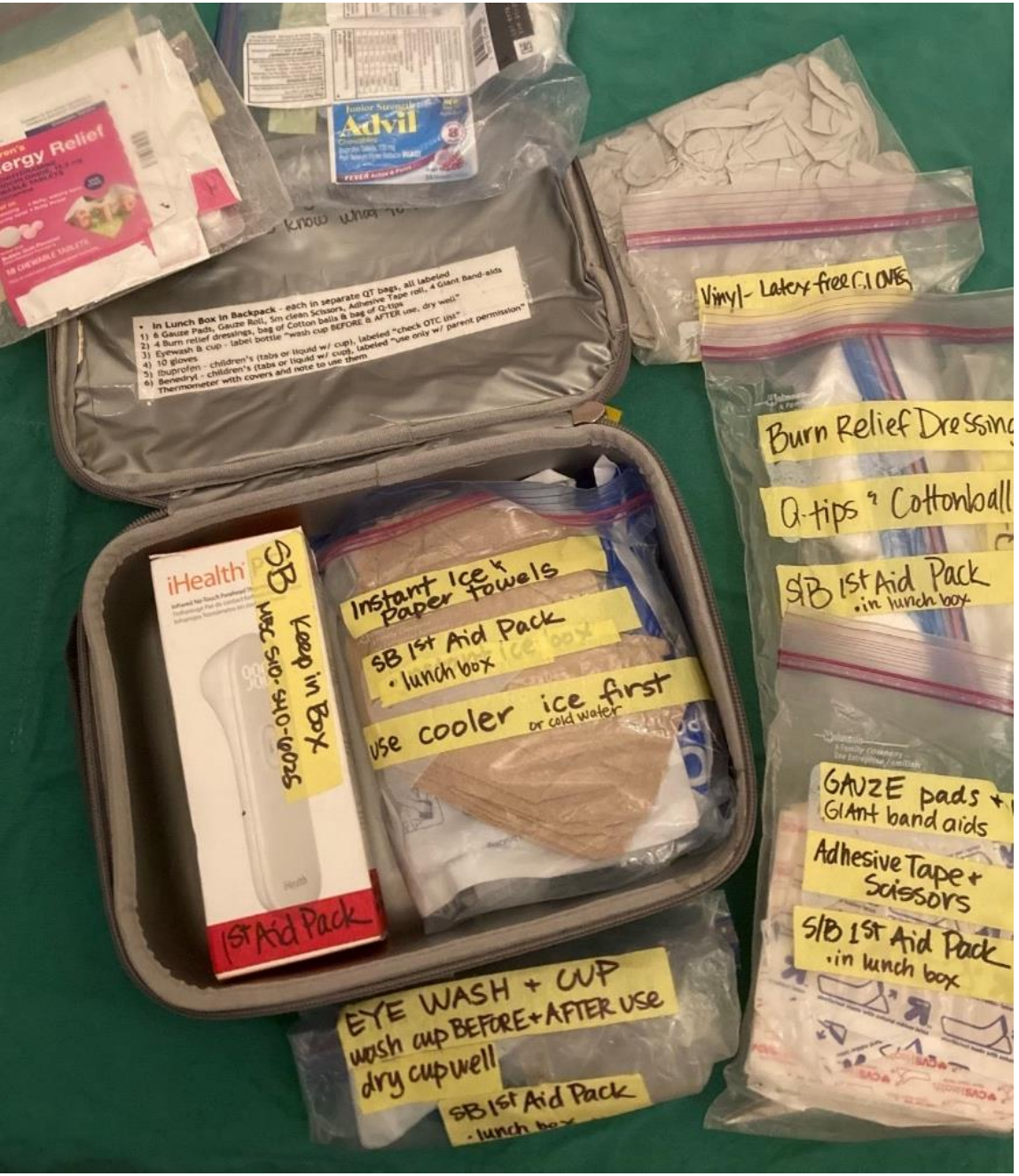
☐ At 1st day drop-off, **SDs** will show caregivers a Meds bag to fill out, put meds in the bag, put the bag in the Meds pouch for the duration of camp. **Please give Meds back on the camper's last day.** Make a reminder note on Daily Log!

1st Aid: Band-Aid Pouch Area

1st Aid is in the wider of the two large zipper pouches, marked “Bandaids”

1. **Pink Band-aid pouch -** tweezers, gloves, paper towels (to dry around wounds after washing so the band-aids stick,) band-aid variety (all latex-free,) and Neosporin (check OTC before use)
2. **Saline Wound Wash spray** - when soap & water hard to get to, or camper is resistant to washing a wound. Good if campers spray it on themselves with staff right there.
3. **Tecnu –** upright and in a bag so it doesn’t leak
4. **Surgical Masks** in a bag if someone needs or wants one.
5. Info about the **Blue lunchbox** on the next page.





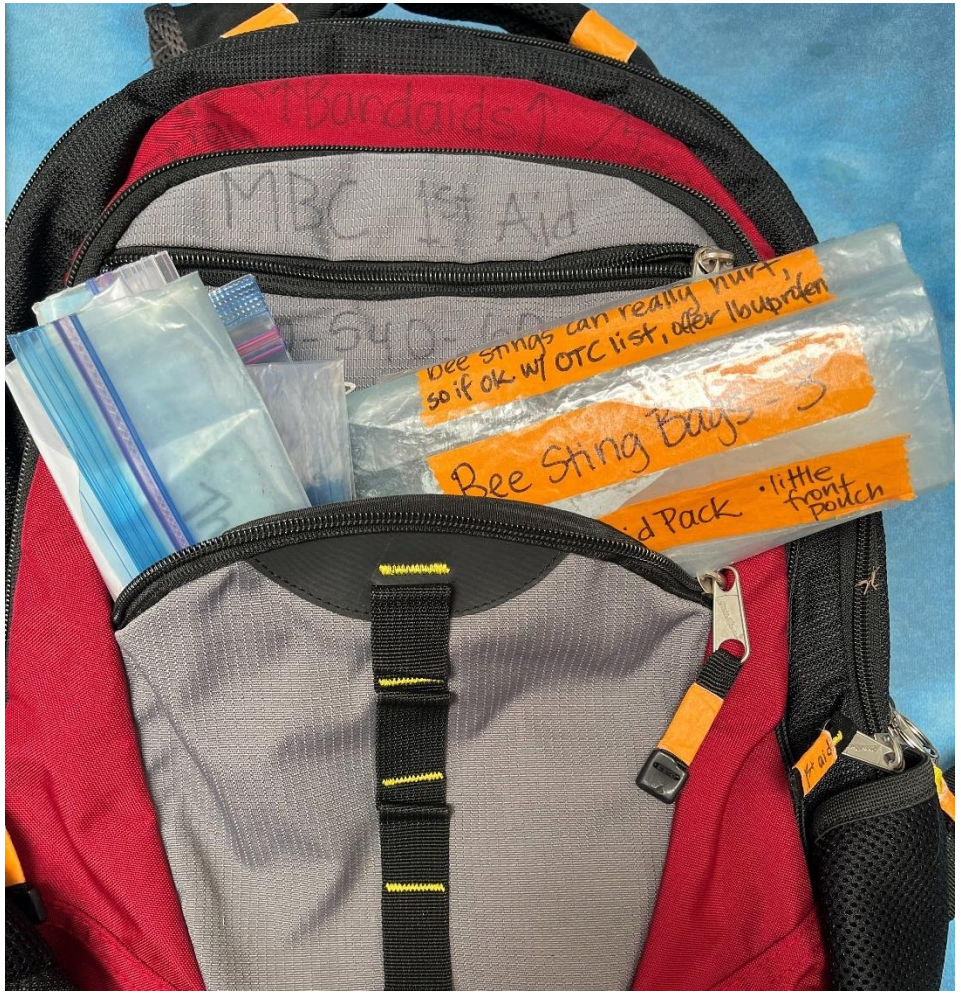
Blue Lunchbox in 1st Aid Area of pack

Lunchbox contains more serious 1st Aid:

- ☐ Eye wash & cup
- ☐ Ibuprofen-check OTC before administering
- ☐ Benadryl (or generic)
- ☐ Thermometer
- ☐ 2 Instant ice packs
- ☐ Large gauze pads with tape, scissors
- ☐ Burn pads
- ☐ Cotton pads & Q-tips
- ☐ More Gloves

Keep all the labeled bags in the lunchbox, so we know what to refill.

1st Aid: Bee Sting Bags & Empty Qt. Bags



The flat and most front zipper area holds-

- **Bee sting bags** with baking soda to mix with water to soothe and a note to use ice & check about Ibuprofen. Stings can be painful.
- **Stings/bites Protocol –**
  - All staff, make sure SD knows when anyone gets one.
  - SD, stay with camper for first 15 minutes to make sure no allergic reaction.
  - Reactions can get serious, as airway can be impacted.
  - Usually, an allergic reaction will show within minutes or up to an hour. Leadership staff keep an eye on the person for the next hour.
- **Empty Qt. bags for misc. items to send home** like a camper's broken jewelry, or a tooth that falls out naturally.

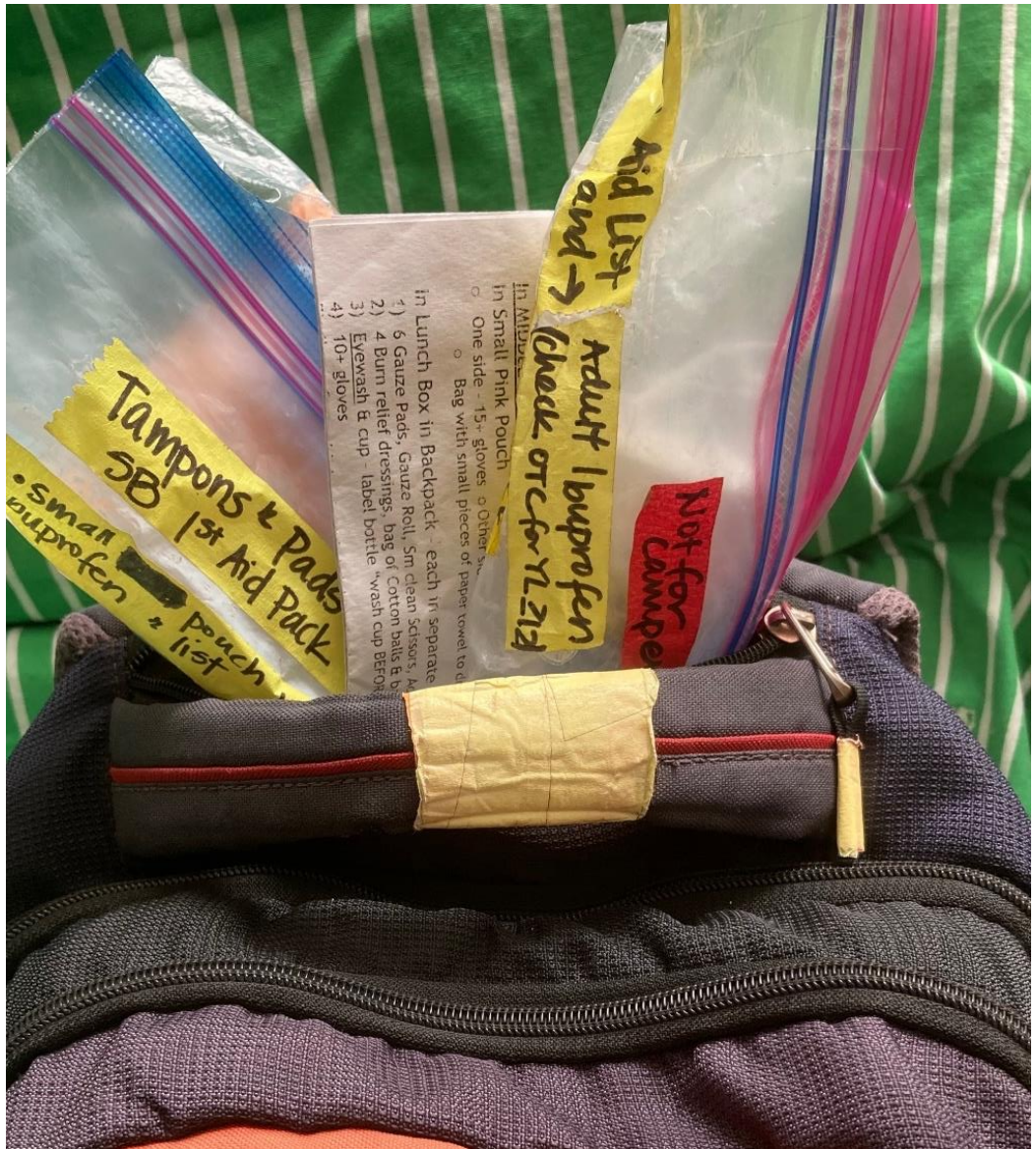
1st Aid: Nut-free Bars

The smaller front zipper area that has the **Kleenex**, **Wipes**, & **Hand sanitizer** also has **Nut-Free Bars.**

- Bars are for if you discover a camper has no snacks or lunch for the day at AM snack and needs food until someone from their family **(Call them now)** brings them snacks and lunch to the site. 1 bar is not enough for the whole day.
- SDs ask about “Lunch & 2 Snacks” at Drop-off each & every day to help avoid this.
- If someone doesn't have a PM snack encourage them to drink water and kindly remind their caregivers at Pick-up that their camper needs a bit more food. They are going home soon!
- ***The bars are to be used rarely, not to hand out to campers who don't like their own food.***



1st Aid: For Staff



The smallest zipper area either in the top back or middle holds-

- ☐ **Pads and tampons**
- ☐ **Ibuprofen** for Staff and YL over 12 years old (if OK on OTC)
- ☐ **Ankle wrap bandage**
- ☐ **Poop bags** for messes or scat near site (gloves in band-aid pouch & more in lunchbox)
- ☐ **Sunscreen for staff**. For campers only in cases of imminent sunburn. Remind parents to bring their own if a camper doesn't have any. Shade till then!
- ☐ **List of 1st Aid Pack** contents

1st Aid - COOLER AND ICE PACKS

- Each group has a small cooler with ice packs.
- Ice is helpful for bumps & bonks, not open wounds.
- If ice packs are very cold, wrap them in a paper towel.
- Keep the cooler in the shade & with your group at all times



Break camps – We have a freezer onsite. Staff get the ice each am & put it in the cooler, then return it to the freezer daily.

Summer – One staff member per group brings the cooler home after camp to wipe & refreeze the ice packs, bringing them back to camp cold each morning. This staff is paid extra for managing the cooler.



- We have instant ice as a backup in blue lunchbox.
  It's not earth friendly, so please help remember the cooler!

SAFETY

At Monkey Business Camp, staff uphold high standards to keep campers and themselves safe.

We focus on

- Site Safety,
- Health & Safety,
- Emergency Plans & First Aid Protocols



SITE SAFETY

Staff scan the site before campers arrive in the morning.

- Dispose of any sharp items or trash
- Be aware of wasp ground nests, broken branches, toilet/sink not working, or the bathrooms being locked. Please call the non-emergency Ranger # to report or tell Brad/Samantha.
- Use gloves/poop bags to clean up any animal scat near site.
- Put cones on any holes in the ground to avoid ankle twists



At Tilden we share public bathrooms. Campers wait by the cone & may not enter the bathroom until staff/YLs knock on the door and look inside to confirm it's empty first.

- Model safe use of all MBC equipment.
- If it's hot- water reminders, shade, water play, & breaks from active play to keep cool
- If it's cold- remind parents about layers at drop-off & keep active (e.g. standing circle)
- If you see an adult near camp you don't recognize - approach, greet, and ask if you can help them. Sometime people are looking for another camp, get lost in the park, or have rented the site for the weekend. If a guest is coming to camp, you'll be told.



HEALTH & SAFETY

- Staff review health details for each camper in the **Camper Binder (1st Aid pack)** before each session
- **Nut policy:** Nuts/nut butters are usually OK. If a camper cannot be around them, the group will be nut-free
- **First Aid/CPR training** is required for Staff.
- **EpiPens** from caregivers are kept in the Meds pouch in the 1st Aid pack, which stays with the group
- **Reduce illness spread:** Wash hands before meals and keep materials out of campers' mouths

HYDRATION

- We do toasts and reminders to drink water all day (snacks, lunch, field games, hikes)
- Campers refill water bottles at fountains
- We have extra bottles to label if a camper forgets one—then remind parents to bring
- Staff and YLs also bring water bottles and drink water with campers

Sunblock in Summer



- We ask caregivers to apply sunblock before camp, and to put in their campers' packs if they want campers to reapply mid-day.
- If campers say they cannot find theirs, check, it's often there. If you can't find it, ask them to stay in the shade more, and remind their caregiver at pick-up. If sunburn seems imminent use the staff sunscreen in the 1st Aid pack.
- Site Directors track daily at the 1:30/1:45 pm SPF time to make sure each child listed on the OTC list gets support. **This is more than a verbal reminder - stay present to confirm** they have gotten it on all exposed skin.

- Coach kids to do it themselves, even if it takes longer. You might need to step in, saying *"Can I help you?"* and rubbing in an area that is hard to reach.
- SB campers, our youngest, will usually need more help, so enlist YL help to assist as needed before their 1:45 break time.

1st Aid Protocols & Emergency Plans



- 1st AID PROTOCOLS for nose bleeds to seizures
- EMERGENCY PLANS include details for earthquakes or evacuations
- Find hard copies of above in the front of each camper binder in the 1st Aid pack.
- Links above are also e-mailed to the group cell phones, copies on google drive.
- These documents are not to memorize but to skim, and know where to find if needed.

In case of an urgent scenario, the default is for the following staff to manage these aspects. If a specific person is better with injuries or with the other campers, you can adjust that part. The SD (Site Director) always does the parent communication.

- **SD**: Assesses situation, Determines with S2 best plan or 1st aid;
  SD Communicates with parents/caregivers and emergency personnel
- **S2:** Helps SD assess, if an injury, S2 stays with the camper while SD communicates
- **S3**, **Floater, & YLs**: play with other campers, to keep away from the scene

Parent Communication about Illness, Injury, or Safety Details



If a Camper Isn't Feeling Well…

1. Start with RWFB → Rest • Water • Food • Bathroom

2. Check in + Observe

Stay with the camper, see if things shift, and have them check back before the next transition

3. Loop in your Site Director (SD)

Share what you're seeing—SD will decide next steps and contact parents if needed

Important Notes

- Site Directors contact parents and emergency personnel
- Pain/injury - **SD contacts parent before giving OTC meds**
- When communicating, share what you've done, what you observe, and your recommendation ***Do not diagnose*** — photos can help if a rash or skin issue
- When texting parents, include your name and offer a call

Lice & Nits at camp

This may come up once a year—helpful to know what to do.

- In General - Avoid sharing hats/headbands and keep your hair away from campers' hair

If you notice lice or nits:

- If possible, take a photo or save a sample on paper
- Help the camper keep hair contained (hat or braid if long)
- Ask them to keep a bit of space from others while you check in about what's next

Next steps (check with Heather/Samantha):

- May include texting a parent for pick-up
- Office will share lice policy with the family before returning
- Office will notify families to check at home
- Have someone check your hair as well

