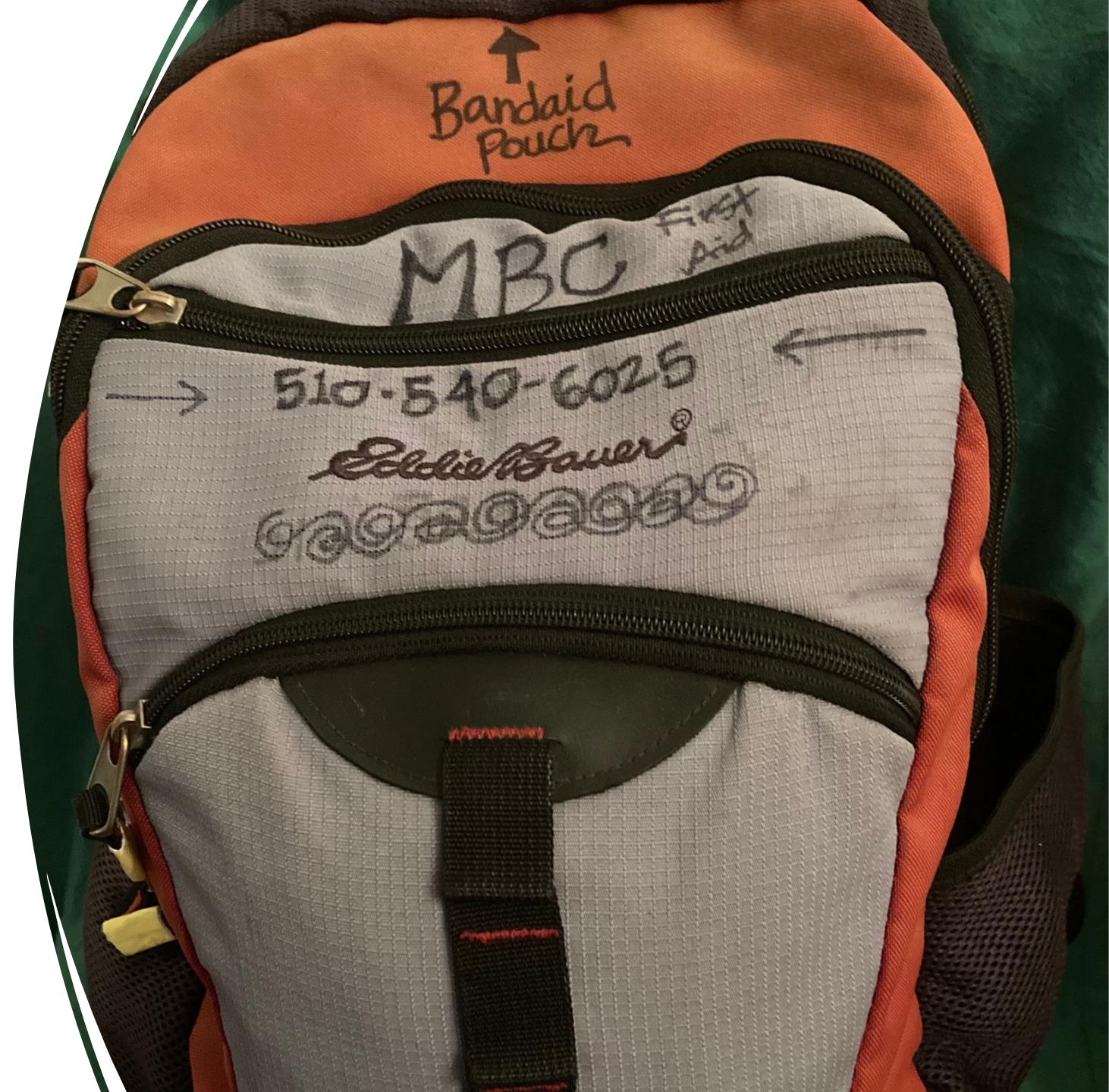


1st Aid Pack

Each group will have their own pack. In the Youth Leader slides you could see some parts that they might help with at camp.

Following this slide, we'll show other parts of the 1st Aid Pack that the Youth Leaders won't be getting into.

IMPORTANT: Please return all items from whence they came so others can find them later. It can feel hectic in the moment, and it's so helpful and calming to be able to find what you need quickly and easily.



First Aid: Admin Area

The thinner of the two larger zipper areas, **with a lanyard** is the Paperwork/Admin area, which contains --

- **Camper Binder** with medical info, emergency numbers & plans, first aid protocols
- **Daily log Clipboard** with check-in sheets and important paperwork
- **Paperwork folder** with used Daily logs and next week's Daily logs, ready to go
- **Medications pouch** connected to the pack (so always in the same spot) for meds parents bring to camp (usually epi-pens & inhalers).
 - At 1st AM drop-off, **SDs** will show parents info to fill out on a Ziploc bag to describe how meds used, put meds in that bag, then put that bag in the pouch for duration of camp. Important to remember to give Medications back on the camper's last day. Make a note on Daily Log!
- **Pens, pencils, clips, etc.,** in a zipper pouch
- Summer Only - **Flags** in your group's color to go up & down each day for Drop-off and Pick-up times



First Aid: Band-Aid Pouch Area

Find these items in the First Aid Area in wider of the two larger zipper areas:

1. **Pink Band-aid pouch** with paper towels to dry around wound, tweezers, gloves, and Neosporin (check OTC to see if OK or not)
2. **Saline Wound Wash spray.** Use when soap & water hard to get to, or camper is resistant to washing a wound. Works well if campers spray it on themselves. (Staff right there to support!)
3. **Surgical Masks** in a bag if someone needs or wants one.
4. Info about the **Blue lunchbox** on the next page.

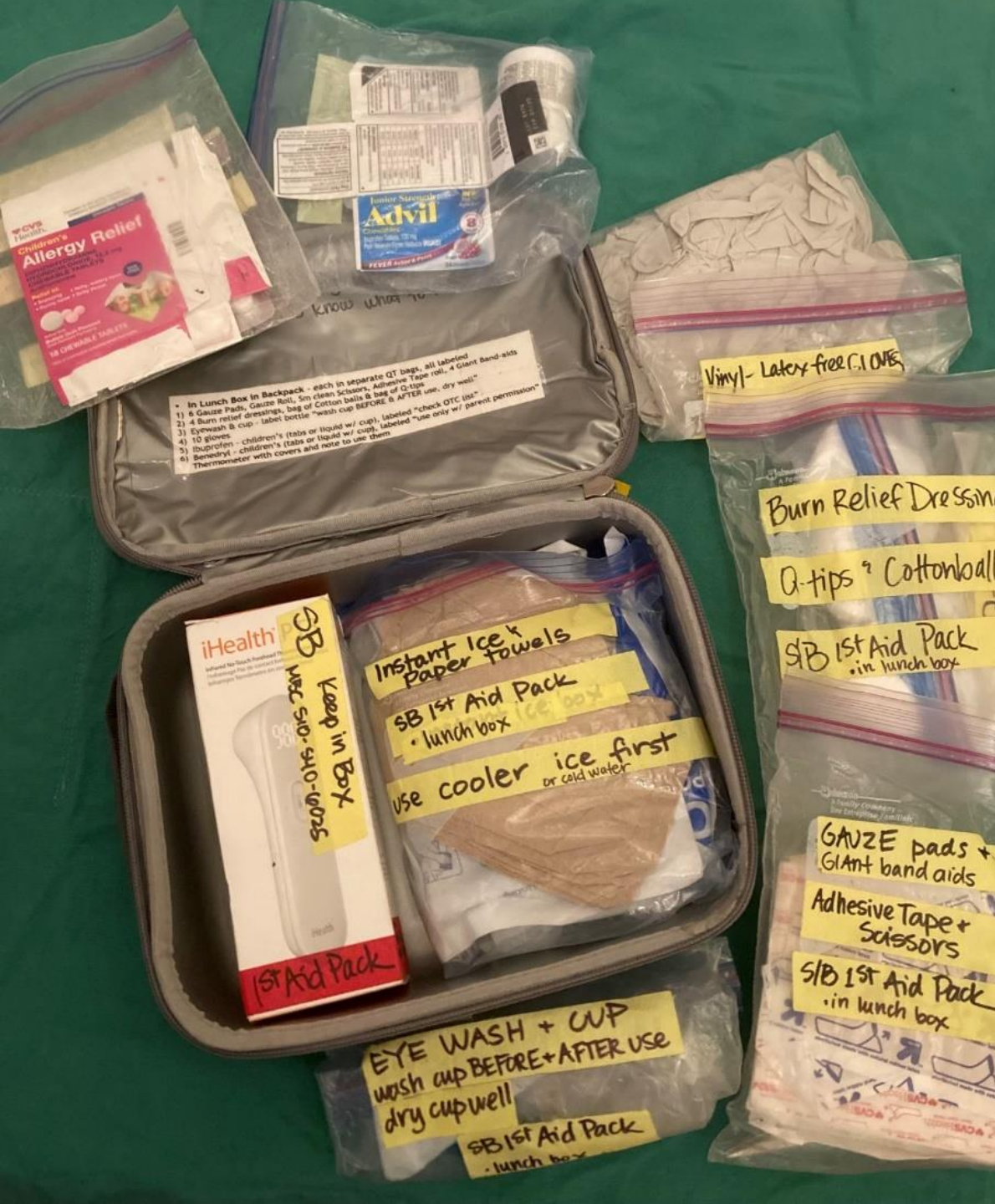


Blue Lunchbox in First Aid Area of pack

Lunchbox contains more serious 1st aid:

- Eye wash & cup
- Ibuprofen-check OTC before administering
- Benedryl (or generic)
- Thermometer
- Instant ice packs
- Large gauze pads
- Tape, scissors
- Burn pads
- Cotton pads & Qtips
- More Gloves

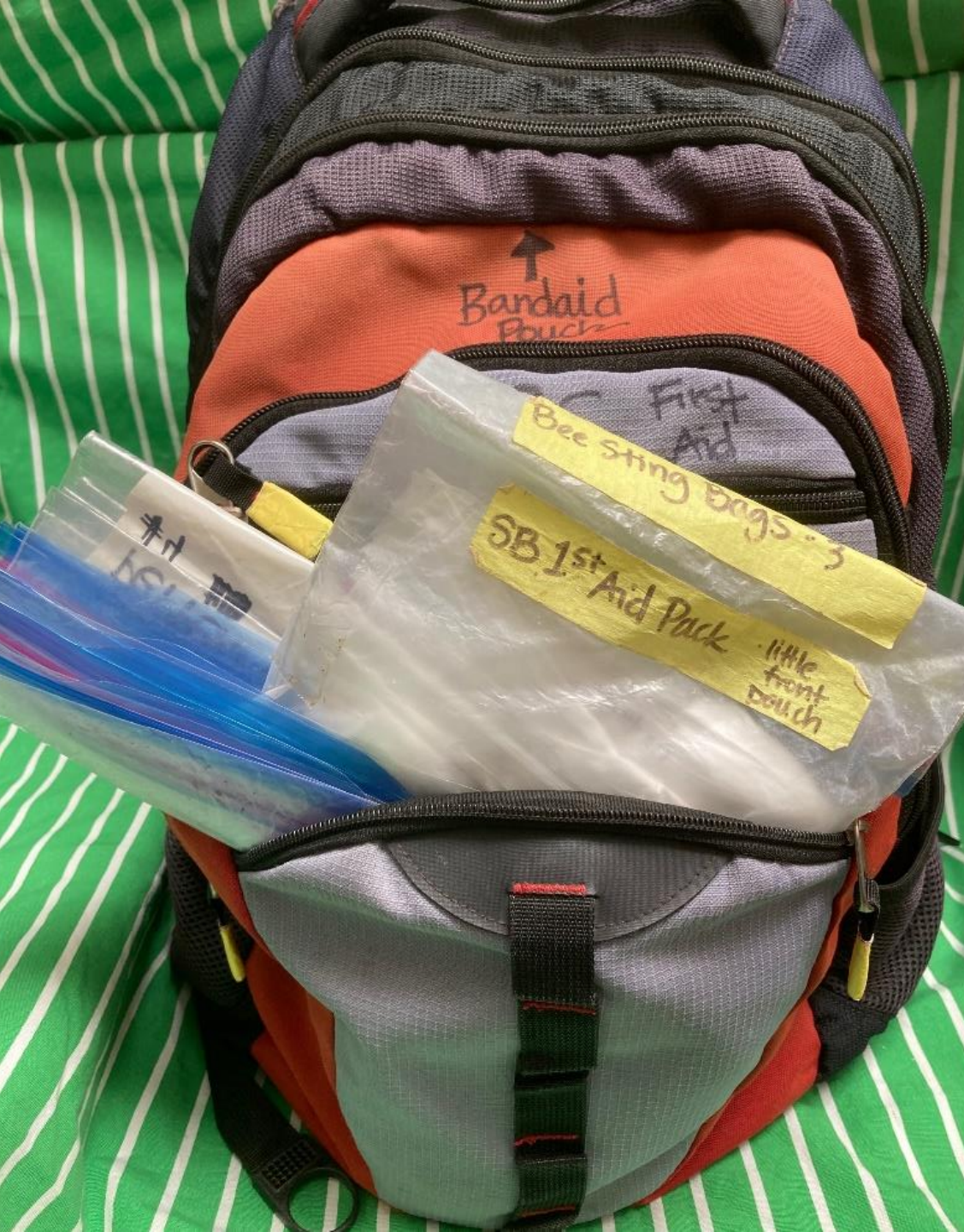
Keep all the bags in the lunchbox, so we know what to refill.



First Aid: Bee Stings & extra Qt. Bags

The flat and most front zipper area has -

- **Bee sting bags** with baking soda and a spoon to mix with water to help soothe (also distract a bit) and the suggestion to use ice and check about Ibuprofen, since bee stings can really hurt!
 - **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 up within minutes or up to an hour, so leadership staff keep an eye on the person for the next hour afterward.
- **Qt. bags for misc. items to send home** (e.g. a camper's broken watch or jewelry, a tooth that falls out naturally.)



First Aid: Sanitizer, Kleenex, & Bars

The smaller front zipper area that has the **Kleenex**, **Wipes**, **Hand sanitizer** and **Tecnu** also has -

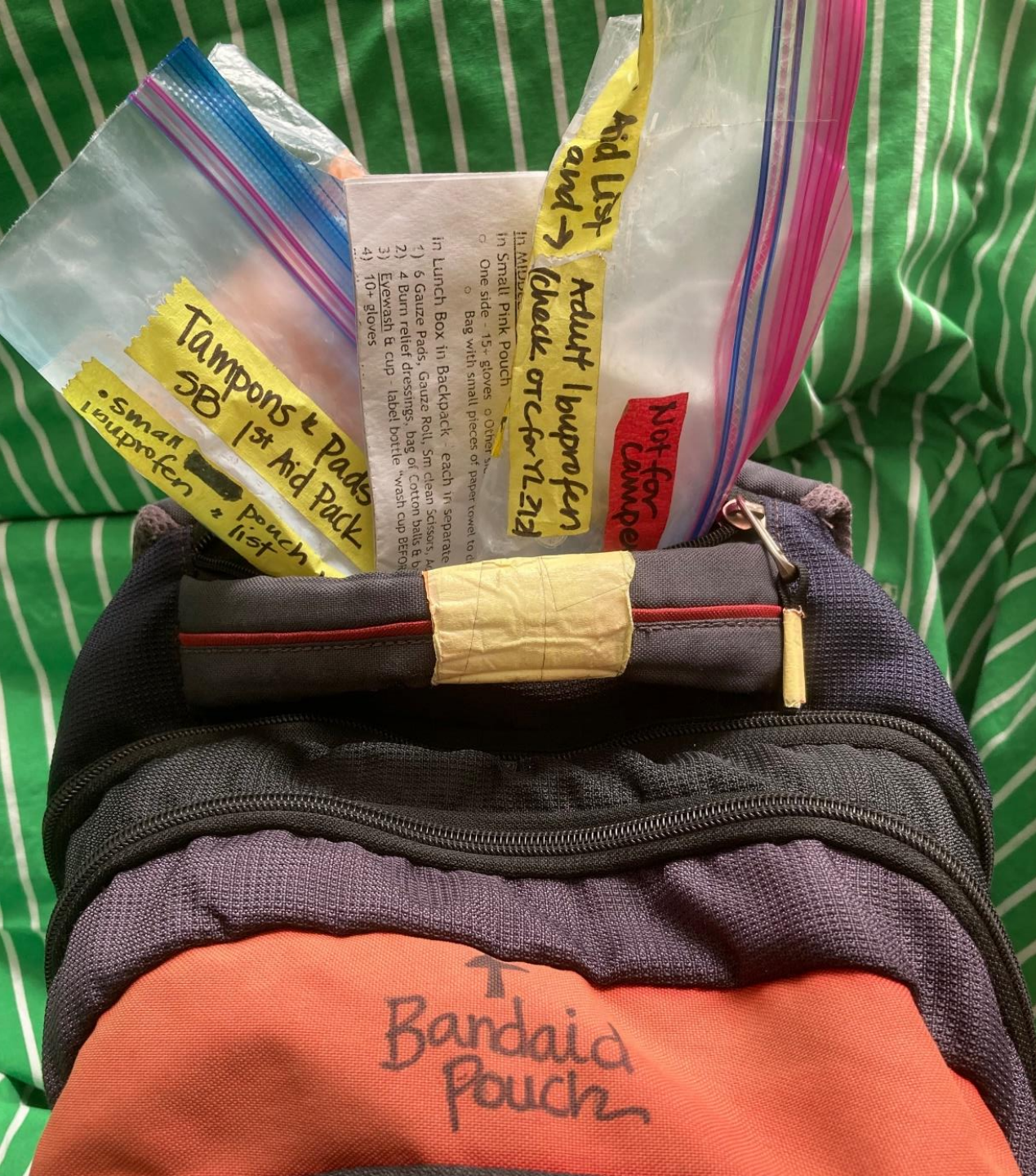
- **Sunblock**-in summer-for staff only, if you forget yours.
- **Nut-Free Bars** for if a camper finds they have no food for the day at AM snack & needs food until someone from their family brings up lunch and snacks. The day is too long for just a bar, so it's important for SDs to ask about "lunch & 2 snacks" at Drop-off each day.
- If someone doesn't have a PM snack encourage them to drink water and remind their parents at Pick-up that they need more food. ***The bars are to be used rarely, not to hand out to campers who don't like their own food.*** SDs, please tell parents in a kind way if their child seems to not be bringing enough food. All staff, let SDs know, if you notice.



First Aid: For Staff

The smallest zipper area either in the top back or middle contains:

- **Pads and tampons**
- **Ibuprofen** for Staff and YL over 12 years old (if OK on OTC)
- **List of 1st Aid Pack** contents
- Break Camps Only – SB pack will have a set of site keys here



COOLER AND ICE PACKS

Each group has small cooler with ice packs for 1st Aid. Ice is good for bumps & bonks, not open wounds.

If ice packs are still very cold, use paper towel from bathroom or camper sweatshirt between ice pack and skin.

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

Summer – One staff per group brings the small cooler home each evening to wipe off & refreeze the ice packs, bringing them back to camp nice & cold each morning. This staff is paid an extra 1.67 hours every 2 weeks for managing the cooler.

- We have instant ice as a backup. It's not earth friendly, so please help each other remember the cooler!
- Keep the cooler in the shade to help the ice stay as cold as possible.



Large ice keeps smaller ones cold.



Ice packs may be a different style. Each labeled in group color. Track your ice.

SB=yellow
SME=blue

MC=green
FS=orange

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 at Tilden Park.
 - Dispose of any sharp items or trash
 - Be aware of wasp ground nests, broken tree branches, toilet/sink not working in the bathroom, or the bathrooms being locked. Call the non-emergency Ranger # in the group phone to report or tell Brad or Samantha.
 - Clean up any animal scat in areas we use.
 - Put cones on any holes in the ground to avoid ankle twists
- At Tilden, we share public bathrooms, so campers may not enter the bathroom until checked first by staff/YL, by knocking on the door or looking in first.
- Model and reinforce safe use of all MBC equipment.
- If it's hot- use drinking reminders, shade, water play, & breaks from active play to keep things cool.
- If it's cold- keep things moving (e.g. active standing circle) and remind parents about layers at drop-off.
- 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 or get lost in the park. If a guest is coming to camp, the office will tell SDs.



HEALTH & SAFETY



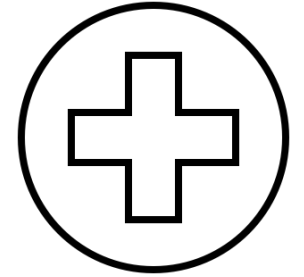
- Health details for every camper are in the Camper Binder in the 1st Aid pack and are reviewed before each session.
- Normally, nuts and nut butters are OK. When there are kids who cannot be around others eating nuts or nut butters, groups are Nut-free.
- All staff receive training on identifying the symptoms of anaphylaxis reaction and how to use an EpiPen. EpiPens brought in by parents/caregivers are kept in the Meds pouch in the 1st Aid backpack, which is with the group at all times during the day.
- Reduce the spread of communicable disease by making sure everyone is washing their hands throughout the day and materials are not going in campers' mouths.
- We do toasts and reminders to drink water at snacks and lunch times, during field game breaks, and during hikes. We encourage campers to refill their water bottles at the fountains. We have extra empty bottles to label with campers' names if they forget their own. All Staff & YL bring their bottles to each meal and drink water, too!



Sunscreen in Summer

- Parents have been asked to apply before camp if they use it, and to pack in backpack if they want their child to reapply mid-day.
- If campers say they cannot find their sunblock, check their pack, since it's usually there. If they did forget their sunblock one day, just remind them to stay in the shade more, and remind their parent at pick-up. If sunburn seems imminent use the staff sunscreen in the 1st Aid pack.
- Site Directors track daily at the 1:45 pm SPF time (at transition) to make sure each child gets support who is listed on the OTC list. This is not only a verbal reminder, but also to be present with them, to see if they have gotten it on all exposed skin.
- Coach kids to do it themselves, even if it takes longer. At a certain point, you might need to step in, saying "*Can I help you?*" and rubbing in an area that is hard to reach. It can be tricky for some campers.
- SB campers, our youngest, will usually need more help, so be aware and assist as needed.

Emergency Plans and First Aid Protocols



- FIRST AID PROTOCOLS for common first aid, such as nose bleeds, to less common, like seizures. When an incident is happening, pull out the camper binder to see how to manage.
- EMERGENCY PLANS include details around incidents we never want to happen at camp, like an earthquake or evacuation, but good to know what to do in the case of them!
- Find hard copies in the front of each camper binder on site (lives in 1st aid backpack).
- Links above, and also e-mailed to the group cell phones, so there for reference.
- These protocols and plans are not something to memorize but rather to skim, and know it exists and to pull out when needed.

In case of urgent scenario, Default is for these staff to manage these aspects, although if a specific person is better with injuries or with the other campers, adjust that piece, but not the parent communication:

- SD: assesses situation, determines with GL best plan or first aid; communicates with parents, emergency personnel
- S2: helps SD assess, if injury, stays with camper
- S3, Floaters, YLs: play with other campers, to keep away from the scene

Parent Communication about Illness, Injury, or Safety Details

RWFB = Rest, drinking **Water**, eating **Food**, or using the **Bathroom**, often help.



- There is a lot going on at camp, and some campers have momentary physical or emotional issues that show up as “not feeling good.” Parents are expecting us to take care of their kids, even when they feel a bit “off.”
- If a camper reports not feeling well, try RWFB & check with your SD. It can work to listen to a camper’s discomfort and ask them to check back in before the next transition. Then see if they get engaged in another way and move on from feeling discomfort or come back to you about it. Your knowledge of the camper will help you decide how to proceed.
- If needed, a SD will text a parent before giving Over the Counter (OTC) meds like ibuprofen, if it’s for a new situation the parent doesn’t already know about, like a sting or injury at camp, and the camper is in a lot of discomfort.
- Site Directors are the only people to contact parents and emergency personnel unless there is absolutely no other choice. Contact Heather or Samantha for any advice, support.
- When communicating with parents, make sure to tell them what you have done (RWFB), and what you are noticing and recommend. Do not diagnose. SDs, sometimes sending a text photo of a rash or bump could be helpful.
- If you text a parent, add your name at the end and “I can call you if you want more info,” since that can help.

Lice & Nits at camp

This has come up maybe once each year, but good to know what to do! Avoid sharing any hats or head bands and keep your hair away from campers' hair to help avoid.

If you discover a case of lice or nits at camp:

- Make sure to help that camper get their hair under a hat, and if it is long, in a braid too.
- Tell the camper to keep space from other kids, until their parent/caregiver comes to pick them up.
- Contact Heather or Samantha to determine next steps, which will include some of the below:
- Text parent to let them know and ask them to come pick up: If possible, take photo if of nit & save-tape to piece of paper or show in photo of hair.
- Office will share [lice policy](#), for what to do before the child can return to camp. This includes info on how to check hair for lice or nits.
- Office will also send out a message to all the families at camp to have them do a lice check at home. Staff please have someone check your hair, too.

