

MTC Camper Medical/Health Form Information – Please Read Carefully!

Please understand the importance of your camper's health and the health of our entire community. **A complete medical form is a mandatory requirement for your child's attendance at camp.** As partial fulfillment of registering for camp, you are agreeing to submit complete medical forms (two parts - physicians reference form and medical health/history) as a part of enrollment requirements. **If you do not send a medical/health history prior to your child's attendance, your child will not be admitted to camp.**

How to Complete the Medical/Health Form

The **Camper Medical Form** is required by the *American Camp Association* and Maine State law. **A new medical form is required each summer.** If you have difficulty with our online version, please contact us for a hardcopy to be mailed to you. There are three sections of the form: one section to be completed by parent/guardian, one section for the child's physician, and one further document called, *Permission to Carry*, to return ONLY IF it applies to your child.

Please have the parent portion of the medical form completed within 6 months prior to your camper's arrival date at camp.

The second portion of the form is to be completed and signed by your child's **physician**. A physical examination **within the last 12 MONTHS** of the date camp begins is acceptable, but your physician still needs to **sign on this final page**.

The entire camper medical form **must be on file in our office PRIOR to your son or daughter's arrival at Maine Teen Camp**. There are NO exceptions for anyone in camp. ALL our staff and campers have a medical form on file in our health center. **Please keep a copy for your records.**

Please be sure to provide your medical insurance policy information/insurance card, should your camper need to see a local physician or hospital.

If you fail to send the physician's reference form, please be aware that we will be charging a **\$400 medical surcharge** to your account that will be used to cover the cost of a doctor's visit and exam, and transportation/administrative fees associated with this service. By refusing to send a camper medical form, you are putting your child at risk for not being seen at a clinic or hospital if medical attention is required. Your child and the entire community could be at unnecessary risk if we do not have a medical history to review, and your child will miss important camp activities to instead visit the local physician for their exam. So that we can all avoid these unnecessary difficulties, please prepare to send the medical form to camp prior to your camper's arrival.

Immunizations

Because our camp program has a potential for communicable diseases, we recommend that program participants are appropriately immunized for, at minimum, the following diseases: tetanus, mumps, measles, rubella, polio, smallpox, pertussis (whooping cough), and diphtheria. This being said, we recognize that some individuals may not be fully immunized for reasons that are biophysical (e.g., the individual is allergic to a serum component) or of personal choice (e.g., faith belief). If your child is not fully vaccinated for **biophysical reasons** or for **reasons of personal choice**, you are required to complete our **EXEMPTION** form. *Please request this form from our office.*

What about Medications?

For all medications, (Americans only), you must register through our online pharmacy (contact us for details). This service provides your camper's medications to us safely and efficiently. Please be sure to do this early. All other camper families living outside of the USA may send the medications with their camper to hand to our health staff upon arrival. **Prescription medications (and all medications) are not permitted in a camper's possession while at camp.** All medications must be turned in to the camp health

center and to be dispensed by the camp health center staff at mealtimes. This includes any **cough/cold medications (ie Sudafed, Robitussin, etc.), supplements, vitamins, etc.**

Permission to Carry Form

If your child is to be permitted to carry an epi-pen, inhaler, diabetic supplies, or other, our Permission-to-Carry form is required. This is in accordance with Maine state law. **This form is found at the end of the online version of our medical form.**

Health Center Staff

MTC has a professional health center staff (RN, LPN, EMT) on site 24 hours a day. MTC has a **fully stocked health center**. Please **DO NOT send your child to camp with aspirin, ibuprofen, or any other “over-the-counter medications”**.

If your child has a medical issue that needs to be discussed, please send a detailed letter addressed to the nurses accompanying the medical form.

Please call our camp health staff with any questions or information that will assist us in caring for your child. For convenience, there will be a direct telephone number to our health center when the summer begins.

Nut and Shellfish Policy

Nuts and nut products

We are not a nut-free camp; we are however, a **nut-aware** camp. What does this mean?

Cooking/Mealtimes: No nuts or nut based oils are used in our main kitchen or cooking studio.

Care Packages from home: We welcome you to send care packages to your child. We ask that if you send home baked goods, please DO NOT use nuts or nut products in your baking. As an exception, if your child has a nut allergy in his/her cabin, we will notify parents and ask that you do not send ANY baked goods from home. Please note that we ask you NOT to send “Nutella” with your camper to camp, or in a package from home.

Camp Store: We do not sell candy bars that specifically contain nuts.

Nutella and Peanut Butter: We do not allow Nutella at camp. Please DO NOT send Nutella in care packages or, with your child to camp. We have found that Nutella is particularly problematic in camp, with regard to controlling access. Peanut butter is permitted ONLY on the separate table in the dining hall and all utensils used in peanut butter must be left on the “Peanut Butter Table”.

Cabins: We post a sign on a cabin door if a staff or camper with an allergy lives in that cabin. While we do not identify the camper or staff by name (in most cases, the camper will let the others know their identity), for safety we feel it best policy to post a ‘no nuts’ poster outside the cabin door.

Shellfish

Lobster may be served at our final banquets. We serve lobster at a distance from the regular food line and we have a dinner table available that is separated from other tables.

Otherwise, there is never shellfish served at camp.

Notification of Illness/Injury

Healthcare staff will contact you by phone in the event that your child:

- becomes ill and the nurses confine the camper to the infirmary
- becomes ill and requires a visit to the physician or requires prescription medication
- requires hospitalization

If you are not home at the time of the injury/illness and a message cannot be left, your designated ‘**emergency contact**’ may be notified. Please be certain that we have an ‘emergency contact’.

The Flu Virus

As we all learned from the H1N1 2009 pandemic, flus can be very dangerous and we need to take special precautions to avoid the spread of pathogens. Please explain to your child that we will be recording

temperatures as a part of our **health screening** at camp within the first 24 hours of arrival. **It is also important that if your child is not feeling well prior to arrival at camp, contact us and consider keeping them at home until they feel better.**

Head Lice

Please check your child's head for lice before leaving for camp. Our healthcare staff will check heads upon arrival, and we reserve the right to send a child home until cleared of head lice. If a child is found to have head lice at camp, and cannot be sent home for treatment, we will treat them at our health center, and bill the family **\$100 per treatment (there are usually at least two treatments required for each case of head lice).**

Medical/Travel/Health Insurance

ALL campers must arrive to camp with medical coverage. Please send a copy of proof of coverage. In the event of injury or illness, medical bills will be submitted to the insurance company directly by the hospital or clinic and any prescriptions will be invoiced to your account.