

# Troop 26 – Summer Camp 2008

## Medical Information



Troop 26, like all scout troops, follows the recommended BSA guidelines for medical exams. Camp Pioneer is also bound by the laws of the state of Arkansas which requires a full physician exam of every camper within the last 12 months. In Summary:

**Everyone needs a Troop 26 class 1 physical (medical history) every year.**

Troop 26 uses its own **CLASS 1** medical history form – renewed yearly - in order to keep updated on the medical status of scouts and scouters in the troop. This form is carried with the troop on all camping trips etc. The Troop 26 class I form is completed by parents or guardians of scouts and does not require a physician visit.

**All scouts and adults under age 40 going to camp pioneer need a **CLASS 2** physical within the last 12 months. Physical forms are available on the troop web-site – Please note: a physician visit is required for completion.**

**Adults over the age of 40 who go to camp and anyone involved in a high adventure program need a **CLASS 3** physical every year.**

**Some programs i.e.: Jamboree, Philmont, Sea Base, and Northern Tier have additional requirements or special forms.**

**Copies of the Troop 26 Class I form as well as BSA Class II & III are available on the Troop 26.org website.**

**We recommend keeping a copy of your physical exam forms.**

In preparation for summer camp parents and scouts as well as adults need to keep us updated regarding any new diagnoses which may impact scouting activities. Some examples of these would include recently diagnosed asthma, diabetes, allergies, or other conditions requiring treatment or special care. We also need to know about any medications, or medication changes, being used for chronic medical conditions. If you have any questions or concerns about scout physicals please contact Dr. Frank Parks or Dr. Ed Yob.

## Medication at Camp

**MEDICATION:** Troop 26 and BSA policy requires that ALL medication used by scouts be secured and administered by an adult scouter who is present at the event (campout, summer camp, etc.). Each medication must be in **AN ORIGINAL PHARMACY CONTAINER** labeled with the name of the scout, name of the medication, dosage and administration directions, and the name of the prescribing physician. Please include a 3x5 index card with the name of each medication and directions. Please also include on this card phone numbers where parents can be reached during the time we are at camp. Please send enough medication for 8 Days Only. Medications must be turned in at the Troop meeting on June 9<sup>th</sup> or June 16<sup>th</sup>.

## THE TOP FIVE MEDICAL PROBLEMS WE SEE AT CAMP

(All are preventable)

- 1. Dehydration** – Drink plenty of liquids
- 2. Sunburn** – Sunscreen, sunscreen sunscreen
- 3. Insect bites** – Insect repellent
- 4. Blisters** - Wear properly fitting shoes – wear socks!! Keep feet dry – bring foot powder
- 5. Chaffing** – shower daily with soap – avoid running around in wet clothes – use powder if needed