

# Mission Blue Camp Safety Precautions

## Contacting Our Managers

Our camp director can be reached at 415-890-6095 or email [bysa94005@gmail.com](mailto:bysa94005@gmail.com). For direct contacts with staff, you will receive the contact numbers of all managers prior to the start of camp.

## Parent Contact Info

- We must have 2 contacts with names and phone numbers. We will reach out to you if you did not provide the info when registering. Parents are ultimately responsible for ensuring our camp has correct and updated contact info. You can ask a camp manager to check what we have on file.

## First Aid

- We will treat wounds not requiring medical attention
- We will not administer medications unless the child has a life threatening issue and the child or parent has made us aware of the medication (e.g., epipens, glucose)
- Please ensure you have communicated any medical conditions, including allergies, to the camp. The information should be visible in our camper profile, which comes from the Active registration system. You can ask us to add info by sending an email to: [bysa94005@gmail.com](mailto:bysa94005@gmail.com)

## Dehydration and Heat Related Problems

- Most kids will be more active than usual in our camp. The camp location, and Brisbane in general, can also be warmer than surrounding areas. As dehydration is a risk, we remind kids to continually drink water and ask that you reiterate to them how important it is to stay hydrated. We make water available on hikes, on the fields and in our kitchen/gym area.
- We ask that kids apply sunblock prior to arriving at camp and we remind campers to put on sunblock throughout the day. Our group leaders carry paraben-free, broad spectrum sunscreen at all times and touch up all kids before entering the pool area. Please provide your child with an alternative sunblock if you wish.

## Poison Oak and Ticks

- Due to the abundance of ticks on San Bruno mountain this year, we will be hiking less than in previous years. We will still be outside each and every day so it's important to remind your kids to check for ticks and alert staff if needed. Based on my personal experience (I spend a lot of time on the mountain with my dog!), I've seen a lot of ticks but not experienced a problem with bites. While Lyme disease is not common in our area, it's still a good idea to familiarize with the information listed at: <https://www.bayarealyme.org>
- Poison Oak is prevalent on San Bruno Mountain. Before we take kids on a hike, we will review how to spot poison oak but kids can still find a way to get exposed. Roughly 15% of the population is not affected by the urushiol oil but for most, a brush with the woody shrubs or leaves can have miserable consequences. The effects include blisters, swelling of the skin and an itchy rash that can last up to three weeks. While there is no remedy for Poison Oak, there are a few things you can do to help mitigate the effects of the oil.
  - o If you know that your child has a strong reaction, please have them wear long pants and covered shoes to camp.
  - o Please send your child to camp with a second set of clothes so they can change after hikes if they're worried they've been exposed.
  - o Barrier creams containing bentoquatam seem to be effective in slowing the absorption of urushiol into the skin. We will assist in reminding kids to apply any topical medications you provide.
  - o We will remind kids to wash their hands thoroughly after every hike. Please reiterate to your children how important this is.

## Concussions

- We follow the Heads Up in Youth Sports concussion program from the Center for Disease Control. Parents of kids suspected of having a concussion will be contacted and asked to pick up their child. These parents will be given a document that outlines

concussion symptoms. Kids must remain out of the camp at least 1 day before returning. Parents must sign a release before the child returns to the camp acknowledging that the child has not displayed concussion symptoms or has obtained a medical release.

## **Camper Behavior & Conditions**

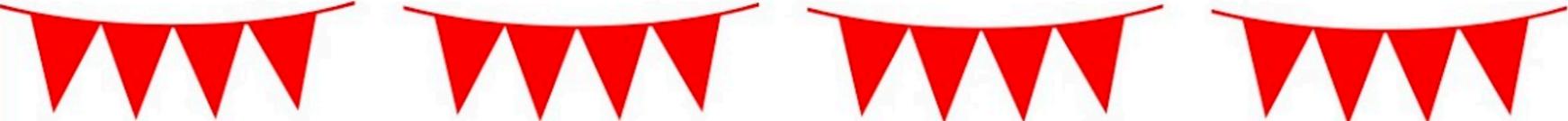
- A camper may be asked to leave the camp for the day or the remainder of the camp session if they engage in behavior that severely disrupts the camp or hinders the ability of our staff to manage other campers. Conflicts will arise and our staff is very experienced in resolving minor disputes. If a camper engages in behavior that our staff considers unsafe, a manager will contact the camper's parents. Examples of behaviors that may result in camp expulsion include:
  - Fighting
  - Persistent or severe verbal abuse
  - Persistent or severe disobedience of camp staff
  - Non-participation in camp activities
  - Social immaturity (just not ready to attend a camp)
  - Inordinate demand of staff time

## **Pool Safety Practices**

Ending the day at the pool is the highlight of the day for most kids. It has risks. In addition to working closely with the Brisbane pool lifeguards, here are precautions we take to ensure the safety of your kids.

- Kids are identified as: 1) deep-end capable swimmers (must pass a test at the pool given by Brisbane lifeguards); 2) non-deep area swimmers (those that can swim, but have not passed a test to go into the deep area and must stay in the shallow area); and 3) non-swimmers (allowed only in shallow area).
- We work with a zone system to watch the kids and be available to parents who may pick up early from the pool.
  - A manager will remain in front of the pool building to watch for any kids leaving (usually early leavers with their parents)
  - A manager will supervise the pool area.
  - Group leaders and youth volunteers will monitor the boys and girls dressing rooms for kids who need to use the restroom and also ensure all kids leave the pool and dressing room at the end of the day.

Please review the following Brisbane Pool Rules with your child prior to the start of camp. Our pool and pick-up time is much more fun when everyone follows the rules! <http://www.ci.brisbane.ca.us/sites/default/files/Pool%20Rules.pdf>



# POOL RULES

1. NO RUNNING will be permitted in or around the pool area.
2. All children 3 and under must wear swimsuit diapers.
3. NO HORSEPLAY, ROUGHHOUSING, OR BOISTEROUS play allowed inside the pool area, showers, or locker rooms.
4. Pulling others out of the water, dunking, splashing or throwing patrons is strictly prohibited.
5. SMOKING is NOT permitted inside the pool area or facility.
6. THE LAP LANES ARE ONLY TO BE USED by those who are 18 or older unless otherwise approved by a lifeguard.
7. PLAYING OR HANGING ON THE LANE LINES is prohibited.
8. NO WATER WINGS, fins, bubbles, OR ANY floatation devices deemed unsafe by the staff are permitted.
9. ALCOHOLIC BEVERAGES AND illegal drugs ARE STRICTLY PROHIBITED AT ALL TIMES.
10. All children 6 and under AND NON-SWIMMERS MUST BE ACCOMPANIED by an adult AT ALL TIMES.
11. All PATRONS MUST SHOWER PRIOR TO ENTERING THE POOL.
12. GLASS CONTAINERS, food inside the pool, AND CHEWING GUM ARE NOT PERMITTED.
13. REGULATION SWIM SUITS ARE REQUIRED AT ALL TIMES.
14. DIVING AND jumping is only allowed in the deep end of the pool.
15. Only adults AND children 6 and under ARE PERMITTED in the baby pool.

**MANAGEMENT RESERVES THE RIGHT TO REFUSE ADMITTANCE OR TO EJECT ANYONE FROM THE POOL PREMISES IF THEY DO NOT COMPLY WITH THE FOLLOWING HEALTH AND SAFETY REGULATIONS.**

