

Mitigwa Scout Reservation

Summer Camp Risk Advisory to Health-Care Providers and Parents

Phone: 515-266-2135 Website: www.midiowacouncilbsa.org

Risk Advisory

Mitigwa Scout Reservation has an excellent health and safety record and strives to minimize risks to participants by emphasizing appropriate safety precautions. Because most participants are prepared, are conscious of risks, and take safety precautions, they do not experience injuries. If you decide to attend Mitigwa Scout Reservation, you should be physically fit, have proper clothing and equipment, be willing to follow instructions, work as a team with your fellow Scouts, and take responsibility for your own health and safety.

Mitigwa Scout Reservation has staff members trained in first aid, CPR, and accident prevention. They can assist adult leaders in recognizing, reacting to, and responding to accidents, injuries, and illnesses. Response times can be affected by location, weather, or other emergencies.

All Mitigwa Scout Reservation participants should understand potential health risks inherent in camping while being exposed to occasional severe weather conditions such as lightning, heat; and other potential problems, including injuries from tripping and falling. Mosquitos, ticks, and poison ivy may be encountered.

Food. If the participant has special dietary needs, contact Mitigwa Scout Reservation prior to arrival. Review the Mitigwa Scout Reservation Leader's Guide for additional information.

Medication. Each participant who needs medication must bring enough medicine for the duration of their experience. Consider bringing two or three supplies of vital medication. Individuals with allergies that have resulted in severe reactions or anaphylaxis must bring an EpiPen that has not expired.

Immunization. Each participant must have received a tetanus immunization within the last 10 years. Recognition will be given to the rights of those Scouts and Scouters who do not have immunizations because of philosophical, political, or religious beliefs. In such a situation, an Immunization Exemption Request is required.

Seizures (Epilepsy). The seizure disorder must be well-controlled by medication. A well-controlled disorder is one in which a year has passed without a seizure. Exceptions to this guideline may be considered on an individual basis, and will be based on the specific type of seizure and likely risks to the individual.

Diabetes Mellitus. Both the person with diabetes and one other person in the group need to be able to recognize signs of excessively high or low blood sugar. An insulin-dependent person who was diagnosed or who has had a change in delivery system (e.g., insulin pump) in the last six months is advised not to participate. A person with diabetes who has had frequent hospitalizations or who has had problems with low blood sugar should not participate until better control of the diabetes has been achieved. If an individual has been hospitalized for diabetes-related illnesses within the, past year, the individual must obtain specific permission to participate from their health care provider.

Asthma. Asthma must be well-controlled before participating at Mitigwa Scout Reservation. This means: 1) the use of a rescue inhaler (e.g., albuterol) less than once daily; 2) no need for a rescue inhaler at night. Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You may not be allowed to participate if: 1) you have asthma not controlled by medication; or 2) you have been hospitalized/gone to the emergency room to treat asthma in the past six months. You should bring an ample supply of your medication and a spare rescue inhaler that are not expired. At least one other member of the unit should know how to use the rescue inhaler. Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler.

Recommendations for Chronic Illnesses. Adults or youth with any of the following conditions should undergo an evaluation by a physician before considering participation at Mitigwa Scout Reservation.

1. Chest pain, myocardial infarction (heart attack) or family history of heart disease in any person before age 50
2. Heart surgery, including angioplasty (balloon dilation), to treat blocked blood vessels or place stents
3. Stroke or transient ischemic attacks (TIA5)
4. High blood pressure
5. Claudication (leg pain with exercise, caused by hardening of the arteries)
6. Diabetes
7. Smoking or excessive weight

The physical exertion at Mitigwa may precipitate either a heart attack or stroke in susceptible people. Participants with a history of any of the seven conditions listed above should have - physician-supervised stress test. If the test results are abnormal, the individual is advised not to participate.

Allergy or Anaphylaxis. People who have had an anaphylactic reaction from any cause must have appropriate treatment with you. You and at least one other member of your unit must know how to give the treatment.

Recent Musculoskeletal Injuries and Orthopedic Surgery. Participants will put a great deal of strain on their joints. Individuals who have significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last six months must have a letter of clearance from their treating physician.

Staff and/or staff physicians reserve the right to deny the participation of any individual on the basis of a physical examination and/or medical history. Each participant is subject to a medical recheck at Mitigwa Scout Reservation.

Website: <http://www.midiowacouncilbsa.org/Outdoor/CampLocations/Mitigwa.aspx>