

CAMP FERN LEGACY

HEALTH GUIDE



www.campfern.org



WE'RE HERE TO SUPPORT A HEALTHY, HAPPY SUMMER.

Dear Camp Fern Legacy Families,

Caring for your child's health while they are at camp is a responsibility we take seriously. Our medical team — including experienced Registered Nurses living on campus and board-certified pediatricians available for consultation — is prepared to manage the common illnesses and injuries that come with an active summer outdoors, while maintaining emergency plans that meet or exceed state and American Camp Association standards.

Complete and honest health information allows us to prepare individualized care so campers can fully enjoy their time at Fern. We look forward to partnering with your family for a safe, healthy, and memorable summer.

Dr. Clark

Dr. Andy Clark

Dr. Brown

Dr.O.W. "Skip" Brown

MEET THE TEAM



Each Camp Fern Legacy session is supported by licensed Registered Nurses who live on-site and are available 24/7. Many of our nurses attended camp themselves or have deep connections to the Camp Fern Legacy community, giving them a personal understanding of the camp experience. Our on-site team is supported by two board-certified pediatricians, each with over 40 years of experience caring for many thousands of children and teens, ensuring expert guidance and oversight.

DR. ANDY CLARK

BOARD CERTIFIED PEDIATRICIAN



29 years practicing general pediatrics at Diagnostic Clinic of Longview. Medical degree from UT Medical Branch in Galveston. Former Medical Director, Chief Medical Information Officer, and Chief Medical Officer at major healthcare companies. Over 45 years of experience in pediatric care and healthcare administration.

DR. O.W. "SKIP" BROWN

BOARD CERTIFIED PEDIATRICIAN



Professor, Department of Pediatrics at UT Medical Branch in Galveston. Former practice partner of Dr. Clark with over 45 years of experience in pediatric medicine and teaching at a leading academic institution.

BEFORE CAMP

SETTING YOUR CAMPER UP FOR SUCCESS



COMPLETE HEALTH FORMS & MEDICATION INFORMATION

All medications, physician-prescribed supplements, and relevant medical history must be fully entered into the camper health forms at least two weeks prior to arrival.

This information feeds directly into our Electronic Medication Administration Record (eMAR), allowing our nurses to safely schedule and administer medications accurately and efficiently.

Failure to list medications in advance delays medication reconciliation on opening day and increases the risk of error. Complete and accurate health information ensures a smooth and safe check-in process.

MEDICATION POLICIES

- All prescription and over-the-counter medications must be in original packaging with clear dosing instructions.
- Inhalers and EpiPens must be in original containers.
- No tablets or capsules may be altered by staff.
- No medications are allowed in cabins.
- All medications must be handed directly to the nurse at check-in.
- Camp Fern Legacy does not allow vitamins or supplements unless accompanied by written physician authorization.

COMMON CAMP HEALTH TOPICS

SKIN ISSUES & IMPETIGO



Camp life includes bug bites, scrapes, and minor cuts — especially in the piney woods around Fern Lake. While these are a normal part of an active outdoor experience, our medical team takes extensive measures to prevent and treat secondary skin infections.

Monitoring & Prevention

- Counselors are trained to refer suspicious skin issues to the infirmary.
- Nurses inspect exposed skin weekly.
- All significant lesions are documented in electronic records.
- Protocols have been updated using current pediatric standards of care.

These preventative steps have significantly reduced the incidence of impetigo and other infections.

Treatment Approach

Impetigo is treated according to current medical guidelines:

- Small, localized infections are treated with prescription topical mupirocin (Bactroban) for 5 days.
- Oral antibiotics are reserved for more serious or widespread infections.
- Over-the-counter antibiotic ointments (Neosporin, Bacitracin, etc.) are not effective against common staph or strep infections.

Additional Preventative Measures

- Campers shower daily.
- Regular hand washing is reinforced.
- Hibiclens (chlorhexidine) soap helps prevent staph and strep skin infections and has been safely used for many years. It's recommended that campers use it at home before arriving. At camp, counselors will have campers shower with it twice a week to reduce bacteria on the skin and lower the risk of infection from common cuts, bites, and scratches.

COMMON CAMP HEALTH TOPICS

HYDRATION & HEAT SAFETY

Camp Fern Legacy is an immersive outdoor experience with no air conditioning in cabins. Adjusting to summer heat is part of the transition to camp life.

Monitoring & Prevention

- Mandatory hydration breaks
- Water bottle refill stations throughout camp
- Electrolyte solutions and popsicles available
- Staff monitoring for fatigue or heat-related symptoms

Families are encouraged to:

- Send a labeled water bottle
- Discuss hydration before camp
- Send electrolyte powder packets if desired (no cases of drinks)
- Campers are reminded that it is always okay to rest, sit out, or take a break.



SWIMMER'S EAR

Swimmer's ear (otitis externa) is common at waterfront camps.

Prevention

Camp Fern Legacy uses a 50/50 vinegar and rubbing alcohol solution (similar to Swim-Ear) after swimming to reduce infection risk.

Treatment Approach

- Nurses are trained to diagnose and treat promptly.
- Prescription ear drops are available on site.
- Prescriptions will be provided if treatment extends beyond camp.

COMMON CAMP HEALTH TOPICS

HEAD LICE

Head lice screenings occur on opening day. If untreated lice are found at check-in, families will need to obtain treatment before campers may join activities.

Current Recommended Treatment

- Sklice (topical ivermectin), now available over-the-counter
- Approximately 95% effective
- Works in 10–15 minutes
- Treats both lice and nits

Parents are strongly encouraged to check their camper's hair at home in the days prior to arrival.



IMMUNIZATIONS

While full immunization is not required to attend Camp Fern Legacy, additional precautions apply to unimmunized campers.

If a camper presents with symptoms of a vaccine-preventable disease (such as measles or chickenpox), they will be isolated and dismissed from camp until cleared by a physician.

Most campers and staff are fully immunized, providing strong community protection.

VITAMINS, SUPPLEMENTS, MELATONIN

We now see more campers arriving with nonprescription supplements such as melatonin, natural mood stabilizers, creatine and other complementary and alternative medicines or CAM, either ordered online or purchased at health food stores. As Board-certified pediatricians we choose to be guided by the American Academy of Pediatrics (AAP) position regarding these products when considering the safety of such at Camp Fern Legacy.

Therefore, as our CFL health forms state, we must have your child's physician's written authorization for our nurses to administer such products.



ARRIVAL & DEPARTURE

OPENING DAY SUNDAYS GATES OPEN AT 2 PM

CLOSING DAY SATURDAYS GATES OPEN AT 9:30 AM

OPENING DAY

A SMOOTH & SAFE START

Opening Day includes required temperature and head checks before campers fully enter activities. All medications must be handed directly to the nurse, where they are reconciled with each camper's Electronic Medication Administration Record (eMAR) to ensure accurate dosing and safe storage in the infirmary.

Families are welcome to briefly update the medical team on any recent illnesses or changes not already reflected in health forms, and to provide backup glasses or contact lenses if needed. Once check-in is complete, campers are cleared to settle into their cabins and begin their Fern experience with confidence.

CLOSING DAY

WRAPPING UP WITH CARE

On Closing Day, medications are returned at the infirmary check-out table, and nurses are available to answer questions about any care provided during the session. If treatment began close to departure — such as antibiotics — clear instructions will be provided for completion at home. Any additional medical expenses incurred during camp will be reflected in the camper's store balance. Our goal is for each camper to leave healthy, cared for, and ready to share stories from their time at Fern.

SUMMER COMMUNICATIONS

When you'll hear from the medical team:

If a situation could affect your camper's safety, comfort, or overall camp experience, you can expect to hear from a member of the medical team. Our goal is to provide attentive, professional care for campers while keeping parents informed, reassured, and involved when it matters most.

Parents or guardians will be notified promptly when a camper experiences:

- An illness or injury requiring off-camp medical care, including a physician, urgent care, or hospital visit
- Head injuries, allergic reactions, breathing concerns, or other potentially serious conditions
- An illness or injury that limits participation in regular camp activities or requires extended rest in the infirmary
- Any change to prescription medications, or when a new prescription is started

For minor, routine camp concerns such as small cuts, scrapes, mild headaches, etc. our medical staff will assess, treat, and continue to monitor the camper without immediate parent contact and in accordance with your health form instructions. All parent and guardian communications related to a camper's health—including phone calls, messages, and care updates—are documented in the camper's electronic medical record (EMR) to ensure continuity of care, clear communication, and accurate recordkeeping.



WORKING TOGETHER

A successful and healthy camp experience begins long before Opening Day. Honest and complete communication between families and the Camp Fern Legacy team allows individualized plans to be created so campers can thrive physically, emotionally, and socially while at camp. Information such as bedwetting, sleepwalking, recent family transitions, behavioral health care, routine medications, allergies, or previous challenges at school or camp is treated with confidentiality and shared only with staff who need to know in order to best support a camper. Early disclosure allows the medical team and directors to proactively prepare — whether that means medication timing adjustments, hydration monitoring, skin protocols, or counselor guidance. Families are encouraged to discuss independence, hygiene, hydration, and emotional resilience with their camper prior to arrival. When expectations are aligned at home and at camp, campers feel more secure and confident navigating new experiences. Camp Fern Legacy views families as partners in creating an environment where growth and safety go hand in hand.



OUR COMMITMENT

Camp Fern Legacy's goal is simple: to provide a safe, healthy environment where children can grow, explore, and build confidence.

By combining experienced medical professionals, updated health protocols, and thoughtful prevention measures, campers are able to enjoy a full and active camp experience with minimal interruption.

Questions are always welcome before, during, or after the camp session.

We look forward to a healthy and memorable summer at Fern.

