



A Note from the Medical Staff

We are excited about another summer at Doe River Gorge! The safety and care of your student while they are here is very important to us! Below is a list of common questions you might have and answers to them. It is extremely important that parents/guardians read ALL of the following information for your student's health and safety during their stay at Doe River Gorge. Even though your student may not be on any kind of medication or have any health issues, there is information below that you will need to know. We are working hard to ensure the safest environment in each specific activity. If you have any other questions, please feel free to contact us at any time through the Guest Services Office at guestservices@doerivergorge.com. Thank you!

Q: Do you really need a picture of my student?

A: Yes, each year your student's picture will be taken during the check-in process as they arrive at camp so that a current picture is on file. This is an easy way for the staff and Medical Staff to become familiar with the students. We may not always remember a name, but a photo is a great tool. More importantly, a photo may be used as a reference in the event a student goes missing.

Q: Why do you need emergency contact information and insurance information?

A: It is a rare occasion that we have to seek emergency medical care. However, if a need arises we will take a copy of the health form you filled out prior to your student's arrival to camp to the medical facility with us. So, it is vitally important that it is complete with emergency contact and insurance information.

In the event that your student becomes ill or is injured during the week, it may necessary to contact you to discuss the treatment plan. If this situation arises your student will be transported to the closest medical facility for the level of care needed via Doe River Gorge personnel vehicle if non-emergent or via EMS if emergent. Sycamore Shoals Hospital, a 24 hour ER physician staffed facility provides for minor emergencies, is 15 minutes away. Johnson City Medical Center, a level one trauma center, is 20 –25 minutes by ground or 5 – 10 minutes away by air via Wings Air Rescue. Doe River Gorge maintains a close relationship with both the local Carter County EMS and Wings Air Rescue in Johnson City. As well there are several walk-in clinics in the local area as well as an orthopedic clinic nearby should a minor need arise that can be handled at one of these facilities.

Q: My student is currently taking a prescription medication and/or an over the counter medication. Will they be able to take it to camp?

A: Yes. On check-in day, the Medical Staff will check-in all medications - please make sure that you have them in hand when you speak to the Medical Staff. We cannot complete check-in without signing in all medications. All prescription medications must be in the original container from the pharmacy with the student's name clearly marked. All medications will remain with the Medical Staff during the week and will be returned to the students on Friday morning after breakfast to pack in their luggage. The only exceptions are: epi-pens, asthma inhalers, and topical creams for acne, athlete's foot and skin rashes. The Medical Staff will still need to check in these medications at check-in upon arrival on Sunday, so please have them available. We stock basic over the counter medications such as, Ibuprofen, Tylenol, Benadryl, Claritin, Sudafed, Robitussin, Imodium, Emetrol, Mylanta, and basic first aid supplies for cuts and scrapes, bee stings, bug bites and the like. Please do not send any over the counter medications unless it is not a typical over the counter medication that we may not stock. Also stocked are over the counter medications in children's formula's including chewable.

We request that you only send those medications whether prescription, over the counter, and especially daily vitamin supplements that your student absolutely needs. It is very helpful for you to explain to your student what medications they will need to take during their stay at camp so they will know what is necessary and that you do expect them to take these medications as prescribed.

Q: Where will my student go to receive their scheduled doses?

A: The Medical Staff are available at all meal times and after the evening meeting at the Medical Staff Station at the Depot where meals are served. Counselors are responsible to remind students to see the Medical Staff for their scheduled medications. If your student needs to be treated for a headache, stomachache, minor wound, etc. the staff can notify the Medical Staff by radio at any time.

Q: What if my student has food allergies or special dietary needs?

A: We certainly want to make sure that your student eats and drinks enough while they are with us! If your student has a situation such as allergies to peanut butter, lactose intolerance, poor appetite, gluten, corn, or soy allergies, etc. please contact the Guest Services Office as soon as possible. We will make every effort to make sure that we have alternatives available or supply their week's menu to you by request. You may bring already prepped supplemental foods that our kitchen staff can have available for your student at designated meals by request. If extra snacks are needed during the day due to hypoglycemia, diabetes, or other conditions please make us aware of this as well. Please contact the Guest Services Office as soon as possible, but no later than 2 weeks prior to your student's arrival to camp to make these arrangements and to alert them of your student's need. The Guest Services Office will see that Medical Staff, Kitchen Staff, and their counselors work together to provide for your student during their stay.

Q: My student has asthma and requires an Inhaler can they keep it with them?

A: This is a common situation among students, especially during the spring and summer months. Please bring two inhalers in the original prescription box and label the inhaler with the student's name with a Sharpie pen – their counselor will keep one with them at all times and the Medical Staff will keep the other in case of emergency. The Medical Staff will still need to check in the inhalers at check-in upon arrival on Sunday, so please have them available. Since the environment itself has many triggers for asthma attacks, we do notify the staff if a student or adult has asthma. It is also a part of their staff-training prior to camp. As always, staff has access to the Medical Staff via radio at any time if they need assistance.

Q: My student has had severe allergies in the past that have resulted in an anaphylactic reaction. (Ex: Bee stings and food allergies) He/she now carries an epinephrine pen in case this occurs again. Will they be able to keep it with them?

A: If your student has a prescription for an "epi-pen" PLEASE send the **labeled** epi-pen to camp with them. The epi-pen will stay with your student's counselor during the day while they are doing activities. The Medical Staff will still need to check in the epi-pen at check-in upon arrival on Sunday, so please have them available. If a situation arises and a new onset of a severe allergic reaction occurs, we have "epi-pens" located at specific locations on our grounds. The staff have direct radio contact with the Medical Staff at all times and have been trained in the use of epi-pens. Hopefully we will not need to use the epi-pen but if the situation arises, your student will be transported to the nearest medical facility for further evaluation via ambulance. Of course you will always be contacted immediately if this occurs.

Q: My student has special physical or mental limitations; will they still be able to participate with others in activities?

A: If you feel that your student may have a condition that will limit their ability to safely take part in activities such as, climbing, rappelling, horseback riding, mountain biking, or whitewater tubing or other activities that we offer and will require a moderate amount of physical endurance, please contact us to discuss your student's situation. We may be able to modify the activity if possible for that student for their safety, but we certainly want to do everything possible to enable them to participate with the group. At times we do request that your student's physician send a form letter that will clear them for high adventure activities. While we will do whatever we can to make it possible for everyone to participate, our ultimate goal is your student's safety! There are a few situations that may not be appropriate for the student. If this is the situation, we will work with you on an individual basis. Please do not hesitate to contact us well in advance prior to the week that your student will be at camp through the Guest Services Office at guestservices@doerivergorge.com.

Q: What do you mean by "serious mental/physical problems that require medical attention" on the health form?

A: If your student is currently being treated by a physician for a condition that may be a concern while away from home, the Medical Staff and in some instances the staff may need to monitor them during the week. **For example:** We have several young people that have diabetes, asthma, and ADHD and are currently taking medications on a routine basis. There have also been students who have broken bones prior to coming to camp and are wearing a cast. These are the students that we want to monitor to make sure that they are tolerating the activities. There are a few simple steps that we can take to make sure that they are able to enjoy their week without making them feel like they are being treated different from the others. This is their week to enjoy themselves and their time with God; we just want to make sure that they are able to do this safely.

Please note: If the Health Form is incomplete, we will not be able to allow your child to participate in activities until it is complete with the parent or legal guardian's signed consent.