

YMCA Camp Thunderbird

Health Center Parent Guide – 2025

Welcome to the YMCA Camp Thunderbird Health Center Parent Guide! This packet includes all necessary information for your child's health care at camp.

UltraCamp

UltraCamp is the platform we use to collect all camper details, including health and medical information. All campers are required to have a 100% complete UltraCamp profile by June 1, 2026.

What does health care look like at camp?

We staff nurses licensed in the state of South Carolina, operating under a licensed physician and their designated, camp-specific, protocols. Campers have access to our nurses, as well as virtual access to physicians, 15 hours a day, 7 days a week in our Health Center.

This allows us to treat most non-emergent concerns onsite and ensure each situation is assessed by a medical professional. In addition to the nursing team, camp has Health Center Assistants who live in our Health Center during the summer. They are trained in Basic Life Support (CPR), First Aid, and basic emergency response. We also have a Health Center Coordinator who is the parent's primary contact for anything Health Center related.

What if my camper feels sick at camp?

Our campers are encouraged to visit the Health Center any time they are not feeling well at camp. Our nursing team will assess your camper and provide the appropriate care. They will determine if the camper should remain at the Health Center for rest/observation, if they may need to be seen by a physician, or if they are well enough to return to camp activities.

How will I know if my camper is ill or injured?

We will contact the primary guardian listed in the Camper's UltraCamp profile, which is another reason we stress the importance of completely and accurately filling that out. In the event the primary guardian cannot be reached, the secondary guardian will be notified. If you will be out of the country or unreachable during your camper's session, please list a contact that will be available at all times during the camp session.

- You will receive a call from our Health Center for the following: the doctor recommends a prescription medication, the doctor recommends offsite treatment, deep wounds/lacerations, medical emergency, severe allergic reaction/anaphylaxis, high fevers, camper staying overnight in the Health Center, and mental health crisis.
- Other minor Health Center visits that include administering non-scheduled medication will be communicated to you via a brief email, phone call, or text.
- All of our camp counselors and camp staff are First Aid certified and for minor injuries that they handle, you will not be notified (small scrapes, minor bug bites, etc.).
- If your camper has been staying in the Health Center with a fever for over 48 hours or tests positive for a contagious illness, we may request that you come pick your camper up.

My camper takes medication. How is that handled at camp?

Medication information needs to be documented in the camper's UltraCamp health profile prior to June 1. All camper medication – prescription, over the counter, supplements, and vitamins – must be packed by PackMyRx. Please see the supplemental documentation on that process in the Parent Resource section in UltraCamp's Document Center.

- **Camp stocks and dispenses many over the counter, *as-needed* medications**, ointments, etc. You can find the full list at the bottom of this page. If your camper takes one of these medications regularly, you will need to provide them by having them packed by PackMyRx.
- **We have two primary med pass times per day:** Breakfast (7:30-8:30am) and Bedtime (8:30-9:00pm). If your child takes medications that needs to be taken at a different time of the day, we can accommodate that and plans will be organized through our Health Center Coordinator, who can be reached at camptbirdhealthcenter@ymcacharlotte.org.
- **If your camper requires a snack with their medication** other than what is being served by camp at that time, please send that snack individually packaged and labeled along with their medication. We provide hearty meals at breakfast, lunch, and dinner as well as a bedtime snack each night. This option should only be utilized if the medication requires a need for food while taking medication, not a preference for a snack. If your child requires a spoon (i.e. to eat applesauce) please include enough spoons for one-time use.
- **All 'As Needed' emergency or prescription medications must be clearly documented** by the provider and include the parameters for providing the medication.
- **Medications packed by PackMyRx will be delivered to camp the week prior to your camper's arrival.** Anyone who meets an exception to using PackMyRx will need to deliver their camper's medication to our Health Center team on opening day. ***We will not accept medication that isn't packed according to our requirements.***

Questions about medication, specific health related concerns, or general questions for the Health Center should be directed to camptbirdhealthcenter@ymcacharlotte.org. We look forward to having your camper this summer!

What over the counter medications does the Health Center have?

We stock many common OTC meds, including but not limited to:

Tums, Pepto-Bismol, Miralax, Pedialyte, Cough Syrup, Cepacol Cough Drops, Non-Medicated Cough Drops, Eye Drops, Bacitracin Topical Antibiotic, Calamine Lotion, Hydrocortisone 1% Cream, Ibuprofen (liquid & tablets), Tylenol (liquid & tablets), Certrezine/Zyrtec (liquid & tablets)