

# 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.

### **CampDoc**

CampDoc is the medical database we use for camper health information, medication tracking, medical form submission, and onsite Health Center visit tracking/parent notifications. All campers are required to have a 100% complete CampDoc profile a minimum of SEVEN days prior to the start of their session.

### **What does health care look like at camp?**

We have a partnership with Atrium Health who oversees all of our onsite Atrium Health nurses and provides virtual access to doctors for our Health Center for 15 hours a day, 7 days a week.

This partnership allows us to provide the following features for our campers:

- In-person access to a nurse and virtual access to a medical provider
- Access to medical supplies and on-site testing for COVID-19 & strep
- Ability to treat most non-emergent concerns on-site
- Consistency of staff and continuity of care

For Atrium to quickly assist your camper upon their potential arrival at our Health Center, you must fill out the Atrium Health Virtual Care Consent form found in CampDoc.

In addition to Atrium Health, camp has two 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.

### **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 Health Center and Atrium 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 medical provider, 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 CampDoc 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 off site 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 medication will be communicated to you via a brief email update from CampDoc.
- 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 will ask 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 CampDoc health profile prior to check-in. Additional forms are required for Food Allergy/Anaphylaxis, Asthma, Diabetes, Seizures, and over the counter medication taken daily. (If any of these apply to your camper, selecting 'Yes' while filling out their profile will generate the form for you to complete and upload.)

If your camper is returning from a previous year and has had medication in the past, please be sure to review and delete medications that will not be taken in Summer 2025. Also, be sure to add any new medications. This will ensure CampDoc matches the medications your camper will bring with them to camp.

- **Camp stocks and dispenses many over the counter, *as-needed* medications,** ointments, etc. You can find the full list on page 3.
- **Please only bring prescription medications (as prescribed by your camper's physician) and over the counter medications that are taken on a regular schedule.** Over the counter medications will require an accompanying form signed by your camper's physician. That form will be found in your camper's CampDoc profile. This includes daily allergy medication, nightly melatonin, daily vitamins, etc.
- **We administer meds four times daily.** Breakfast (8:30am), lunch (1:00pm), dinner (6:30pm), and bedtime (9:00pm). If your child takes medications that cannot be adjusted to our administration times, please contact [camptbirdhealthcenter@ymcacharlotte.org](mailto:camptbirdhealthcenter@ymcacharlotte.org) to discuss possible options. (Please note: Lunch is the smallest distribution which means almost no waiting in line. If your camper takes medicine only once per day, please consider Lunch as an option.)
- **If your camper requires a snack with their medication** other than what is provided in the corresponding meal in the dining hall, please send that snack individually packaged and labeled along with their medication. 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 pill/capsule/tablet/chewable medications must be blister packed** according to the instructions on page 3.
- **All inhalers, liquids, injectables, or "non-pill" medications should be sent to camp in the original container** with the same information required on blister packs. These will be turned into the health center along with all other medications. This includes epi-pens and rescue inhalers. Any exceptions to this standard for emergency treatment medications must be approved by the Camp Director prior to arriving at camp.
- **All 'As Needed' emergency or prescription medications must be clearly documented** by the provider and include the parameters for providing the medication. As Needed medications do not go into blister packs and should be sent to camp in the original containers.
- **Medications must be turned in to Thunderbird's medical providers** at one of our three Health Center tents around camp upon check-in on opening day. These medications must be handed in and initialed by the parent at one of these tents and cannot be left in a camper's bag. Medication will be returned to guardians on closing day at the gate. Please be sure to check in to pick up medications. Any medication found in a camper's possession without proper labeling cannot be distributed.

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

### **How should I blister pack my child's medication?**

All daily camper medications in "pill-form" must be turned into Camp Thunderbird in a blister pack. Please pack one additional dose.

**We highly recommend that you have your child's medications blister packed by a local pharmacy** (both prescription and regularly scheduled over-the-counter).

- Local pharmacies tend to be easier to work with for blister packing than a national chain.
- The pharmacy will require a prescription for each medication you need packed from your camper's physician. This includes a prescription/note from your camper's physician for regularly scheduled over-the-counter medications, so that they can be packed as if they are a prescription.
- If you would like to have your camper's medications packed by our local pharmacy, they would love to work with you! Please reach out to Lake Wylie Pharmacy at (803) 831-2044. Please note: Lake Wylie Pharmacy is *not* open on Sundays, but you can request for them to deliver medications to camp prior to your camper's start-date.
- In future years, having a pharmacy blister pack your camper's meds will be a *requirement*.

**If you choose to blister pack your camper's medications yourself**, please follow these instructions:

- Purchase blister packs online or from a pharmacy. We recommend [this product](#) from amazon.
- On the FRONT of the blister pack, please write:
  - Camper Name (First and Last)
  - Date of Birth (MM/DD/YYYY)
  - Time of Administration (B=Breakfast, L=Lunch, D=Dinner, HS=Bedtime)
  - Cabin Number (this will be provided in an email the Wednesday before your session)
- On the BACK of the blister pack, please write:
  - Medication Name(s)
  - Dosage/Strength of Medication
  - Date to be taken noted on the back of each blister
- This information must align with what you have in your camper's CampDoc Health Profile. All forms required in CampDoc must be completed.

### **Can I send my child's medications to camp ahead of time?**

Yes! While we prefer that all medications are turned in on opening day to one of our Health Center tents, you are welcome to mail your child's filled blister packs to camp prior to their session if necessary. We ask that they are sent with enough time to allow seven days between the medication's arrival at camp and your child's check-in. This allows our team to check in the meds and ensure the information in CampDoc matches what we have received. We recommend using a tracking number on all shipments of medication.

Please address medications to:

YMCA Camp Thunderbird  
Health Center – Session #\_\_\_\_  
1 Thunderbird Lane  
Lake Wylie, SC 29710

### **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), Certreline/Zyrtec (liquid & tablets)