

Orleans Yacht Club ~ Junior Sailing Program
39 Cove Road – P.O. Box 145 – Orleans, MA 02653
508-255-9091

Illness, Medication Management, and Emergency Health Care Policy

Every sailing program participant's safety and well-being is our chief concern. Our Program Director is also the Health Care Supervisor as designated by our Health Care Consultant, Dr. David Penfield. All sailing program participants are required to have a physical examination within twelve (12) months prior to arriving for sailing lessons. All health forms, including immunization forms, must be completed and signed by a physician each year. No child may attend our program without submitting these health forms.

The JSP staff will make every effort to contact the parent/guardian by telephone should the student need off-site health care. The need of emergency transportation and/or treatment as determined by the Health Care Supervisor/Program Director will be provided by the local 911 service to Cape Cod Hospital. In the event efforts to contact the parent/guardian are unsuccessful, the staff will keep trying and all efforts to notify parent/guardian will be documented.

All injuries, medical conditions, treatments, etc. will be recorded in the designated JSP Medical Log.

Emergency/Police/Fire/Recue: 911
Orleans Medical Center: 508-255-9577
Fontaine Medical Center (Harwich): 508-432-4100
Cape Cod Hospital (Hyannis): 508-775-1800

Care of Campers Who Appear Mildly Ill

Staff members are responsible for reporting any signs of illness to the Program Director/Health Care Supervisor who assesses each situation. The Health Care Supervisor may administer over-the-counter medications if they are authorized by the parent/guardian. If the Health Care Supervisor determines the child should be transported home or should be seen by a physician, the parent/guardians will be contacted.

Health care for the Junior Sailing Program is administered under regulations established by the MA Department of Public Health (105 CMR 430) by the following health care personnel: **(1) Health Care Consultant:** Dr. David Penfield, MD of 27 Park Street, Hyannis, MA (508) 776-5699. The Health Care Consultant assists in the development of the Junior Sailing Program's health care policy; develops and signs written orders for the Health Care Supervisor; and is available for consultation at all times. The Health Care Consultant is not present on-site. **(2) Health Care Supervisor:** This person is also the Program Director and is present at all times during the program's duration and has American Red Cross Lifeguard/First Aid/CPR/AED certifications. The Health Care Consultant authorizes the Health Care Supervisor to be in charge of health matters on a day-to-day basis and to dispense authorized medications.

Care of Minor Injuries

Necessary First Aid is always given by qualified persons (all Senior Instructors are American Red Cross First Aid/CPR/AED certified). Staff members will report all injuries to the Health Care Supervisor as soon as possible. The Supervisor assesses the severity of the wound and determines if the child may be treated safely on-site or if they should be seen by a physician or emergency personnel at the local hospital. If a camper requires transportation to the local hospital, a staff member will be sent with the sailing program participant along with their health forms and signed permission to treat form. The parent/guardian is contacted immediately.

Medications

State regulations cover the storage and dispensing of medications.

1. The Junior Sailing Program's Health Care Consultant has designated the Program Director as the Health Care Supervisor and as such, the Program Director may administer authorized medications Tylenol 325mg (2 tab) or Benedryl 25mg (1 tab) IF the child weighs over 80 pounds. EPI-PEN for severe allergic reactions
2. Medication must be supplied to the Health Care Supervisor/Program Director in the original pharmacy container. The container must have a pharmacy label showing the prescription number, patient's name, date filled, physician's name, name of medication and directions for use. No more than a 3-day supply may be kept at the OYC.

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3. Medication is stored in a locked container in the OYC's Office or in the Junior Sailing Program's office. Exceptions to storage by the Health Care Supervisor are authorized for medications for treatment of allergies and asthma.
4. A written "Order" from the student's licensed health care provider and an OYC JSP Medication Storage-Administration Authorization "Consent" form signed by the student's parent/guardian must be submitted to the OYC prior to the start of enrollment. This applies to all daily medications and any medications taken on an as needed or self-administered basis such as allergy medications, inhalers and EpiPens.
5. If a parent/guardian has signed an OYC JSP Medication Storage-Administration Authorization, the Health Care Supervisor/Program Director may administer approved medications to an individual student once during the day.
6. If short-term (10 day or less) prescription medication is to be administered during the day, the original pharmacy container will serve as the written "Order" from the health care provider. An OYC JSP Medication Storage-Administration Authorization form signed by parent/guardian is still required.
7. Herbal and/or homeopathic medication will not be administered in school.
8. For their own safety, students should never transport medication to and from sailing or keep medicine in their possession during sailing lessons. The exception to this policy is for their personal inhaler and/or EpiPen.
9. If a camper refuses to take prescribed medications, this refusal is documented in the JSP's Medical log and the parent/guardian is notified immediately.

First Aid Equipment

The primary commercial First Aid supply station for the OYC is located in the kitchen; this is maintained regularly by Cintas First Aid & Safety, Inc. (781-497-1914) and includes the following (but is not limited to): non-perfumed soap, sterile gauze squares, compresses, adhesive tape, bandage scissors, triangular and rolled bandages, masks with one way valves, tweezers, cold packs, and barrier protection gloves of non-latex composition.

Additionally, portable First Aid kits containing the required items noted above are kept on every OYC owned motor boat; these are restocked regularly.

The primary commercial First Aid Supply station also contains an OSHA compliant Bodily Fluid Clean Up kits.

Other

The OYC will report any cases of communicable or infectious disease immediately to the Orleans Board of Health and any outbreaks to the MA Department of Public Health.

The OYC Sailing Program will maintain a bound medical log securely located in the OYC's Main Office which shall contain a record of all sailing program participants' and staff's health complaints and treatments.

All medical records and logs shall be readily available to the health care staff, emergency health care professionals or other health personnel as necessary and will also be made available upon request to authorized representatives of the MA Department of Public Health and/or of the Orleans Board of Health.