

Camp Footloose – Medical Information

To help us provide a safe and supportive camp environment for all participants, please carefully read the following medical and medication requirements before camp.

Medical Fitness to Attend Camp

The Arthritis Movement is not a medical provider and may be unable to cater for campers with medical or other conditions that require certain support.

All children attending camp must:

- Have their arthritis well-managed with appropriate supports in place where necessary
- Be able to safely participate in a camp environment
- Not require any medical or behavioural care beyond what Camp Nurses can provide (Note camp nurses can only support medication administration and provide first aid where required).

If your child has a medical condition, it must:

- Be stable with current medication/treatment, and
- Be manageable either independently by the child or safely with support from Camp Nurses for medication administration.
- **A GP medical clearance must also be obtained and submitted 3 weeks prior to camp.**

Camp staff will review Medical Clearance forms prior to camp. Should camp staff be unable to provide the support outlined in the Medical Clearance form, The Arthritis Movement will contact you to discuss camp suitability.

Medication Requirements

To ensure medication safety, **all medications must be provided in a pharmacy-packed Webster Pack. Those who arrive with medications that do not meet these requirements will not be accepted to attend camp** until medications are provided in the form that meet these requirements.

This includes:

- Prescription medications
- Daily tablets/capsules
- PRN ("as needed") medications where appropriate.

Medications that **WILL NOT** be accepted

- Loose tablets in plastic bags or containers
- Unlabeled medications
- Medications stored in weekly pill organisers/pill boxes packed at home
- Medications without pharmacy labels or clear instructions
- Mixed medications stored together.

These items cannot be accepted because they:

- Cannot be independently verified by Camp Nurses
- Do not meet safe medication handling practices.

Children who normally self-manage medications at home will still be required to supply medications to the Camp Nurses as per the requirements above. Campers are not permitted to keep medications in their possession while at camp.

Exceptions

The following may be accepted outside a Webster Pack where appropriately labelled:

- Liquid medications
- Creams/ointments
- Inhalers
- Emergency medications (e.g. EpiPens)
- Other medications approved by Camp Nurses prior to camp.

These medications must:

- Be clearly labelled with the child's name
- Include dosage instructions
- Be supplied in original pharmacy packaging where applicable
- Be declared on the Medication Form before camp.
- Be accompanied by a current action plan (for emergency medications).

Injectable Medications

Please note that Camp Footloose is unable to support routine injectable medications during camp.

Due to the higher clinical risks associated with injectable medications and the absence of onsite sharps disposal facilities, we cannot store, administer, or supervise injections during camp.

Where possible, all injections must be scheduled before or after camp attendance.

If your child usually requires injectable medication during the camp period, please discuss alternative timing arrangements with your child's treating specialist or rheumatologist prior to camp.

Emergency medications such as EpiPens are permitted and must be disclosed prior to camp attendance. Emergency medications must be accompanied by a current action plan.

Additional Medical Information

Medical Clearances and Action Plans

If your child has a diagnosed medical condition(s) that require routine management or that could require medical care during camp, a medical clearance must be obtained by the treating doctor confirming the condition is stable and can be managed by the child.

This may include, but is not limited to:

- Asthma
- Allergies or Anaphylaxis
- Seizures/epilepsy
- Diabetes
- Cardiac conditions
- Mental health conditions
- Any other medical conditions that require management or treatment.

All parents/carers must complete the Medical Clearance form with the additional doctor's clearance included where required.

Medical clearances must:

- Be current and completed by the child's treating doctor
- Provide clear and sufficient information to guide camp staff in supporting the child's self-management, and any escalation responses at camp
- Match the medications supplied in the Webster Pack provided to Camp Nurses
- Include the doctor's contact details.

Children requiring emergency medications (such as asthma relievers or EpiPens) must bring these with them to camp and ensure they are in date and accompanied by a current Action Plan.

Failure to provide required Medical Clearances, Action Plans or emergency medications may result in the child being unable to attend camp for safety reasons.



Please note that providing a Medical Clearance from a treating doctor does not guarantee attendance at camp. The Arthritis Movement reserves the right to determine whether a child's health and medical needs can be safely supported at camp. Where it is determined that appropriate care cannot be provided, we will contact you to discuss camp suitability.

Changes in Medication or Health Before Camp

If there are any changes to your child's medication, dosage, medical condition, or health status in the lead up to camp, you must notify the camp team as soon as possible prior to arrival and provide updated copies of the Medication Form, Medical Clearance and/or Action Plan forms.

Illness Before and During Camp

Children who are unwell, experiencing infectious symptoms, or medically unstable prior to camp should not attend camp. Please contact the camp team if you are unsure whether your child is fit to attend.

If a child becomes unwell during camp, develops symptoms of an infectious illness, or is assessed as medically unstable and requires care beyond what can be provided at camp, parents or emergency contacts will be contacted. In these circumstances, families may be required to arrange collection of their child from camp as soon as possible to support the wellbeing and safety of the child, other campers, and staff.

Medication Storage & Administration

All medications will be securely stored and administered by Camp Nurses in accordance with appropriate medication management procedures. Designated refrigerated storage areas are available for medications requiring temperature control.

Camp Nurses will maintain medical records and medication administration notes relating to the care provided during camp. These records are retained by the nursing provider as part of their professional, clinical, and legal obligations. Medical information collected and managed by the nursing team will be handled in accordance with the appointed nursing provider's privacy policy and applicable privacy legislation.

Medical consent, emergency response and camper collection due to illness or injury.

In the event of illness or injury requiring first aid or emergency care, you authorize for Camp Nurses, staff or volunteers to:

- Provide first aid,
- Seek emergency treatment for your child, and
- Transport your child to emergency care via ambulance if required.

Parents/carers will be responsible for all financial costs associated with any such emergency care.

Parents/carers will be contacted as soon as practicable in an emergency situation. Parents/carers must provide accurate and current emergency contact details, and update us as soon as possible should these change prior to camp.

If at any time during camp your child has an illness or injury that cannot be appropriately managed, parents/carers may be contacted to collect their child early. All parents/carers sending their child to camp must be able to make arrangements for early collection where required.

Help us provide a safe experience for all

Please ensure that all medical information provided to camp staff is accurate and up to date prior to camp attendance.

Failure to meet medication or medical safety requirements may result in your child being unable to attend camp until requirements are met.

Our goal is to provide a safe, inclusive, and enjoyable experience for every child attending Camp Footloose. Thank you for helping us support the health and wellbeing of all campers.

If you have any questions, please contact our camps team as soon as possible to discuss.