

Dear Scouter,

Welcome to the Haliburton Scout Reserve! In order to make your week a happy and healthy experience for you and your campers, please take the time to read the following information.



The Haliburton Scout Reserve has an emergency first aid clinic staffed throughout the summer by a full-time nurse and volunteer physicians. Usually, leaders are expected to handle simple first aid procedures, such as cuts requiring bandages, slivers, blisters and bruises. Services the clinic offers include; more complex first aid, diagnosis and treatment of minor illnesses, injury assessment and treatment, sutures and dressing changes, allergy injections, and health monitoring. The clinic and its staff are well equipped to handle most illnesses and injuries at camp. On occasion, more serious cases have to be transferred to the local hospital or walk-in clinic. Clinic staff are available twenty-four hours a day for emergencies and at set times during the day for routine occurrences.

Although the clinic does have a small stock of medications, it is best to bring your own supply of common medications (i.e.: Tylenol, Advil, Gravol, Cough Drops and Syrup) and have permission from the parents/guardians to administer these as necessary. Please ensure that medications are clearly labeled and in their original containers. Leaders retain control of all medication (even over-the-counter) for the duration of camp. Leaders should also obtain permission to act on the parents'/guardians' behalf in the case of an emergency.

When getting ready for your trip, please make sure you have the following:

- health forms (completely filled out)
- \*health cards (if Canadian)
- prescription medications (if necessary)
- money (for prescription medications or hospital services if not Canadian)
- first aid kit (adequately stocked including vinyl/latex gloves)

While at camp, please do not hesitate to contact the clinic staff if you have any health concerns regarding your campers or leaders. We would be happy to answer any questions you have and assist in any way possible.

Yours truly,

The HSR Clinic Staff