

ASTHMA MANAGEMENT AT SOMERSET

Introduction

Our Group Leading Staff and key programme staff have current training in asthma first aid, including routine and extended management, as part of their remote area qualification.

Our Group Leading staff carry in-date ventolin relievers and spacers at all times.

At Base Camp we hold ventolin, spacers and a nebuliser.

The camp environment may exacerbate asthma; please consider your child / ward's asthma condition in context with the general camp information and the programmed activities.

Completing Medical Details

Please use the following information from Asthma Australia to assist when selecting the category/severity in the medical information in regards to your child / ward's asthma:

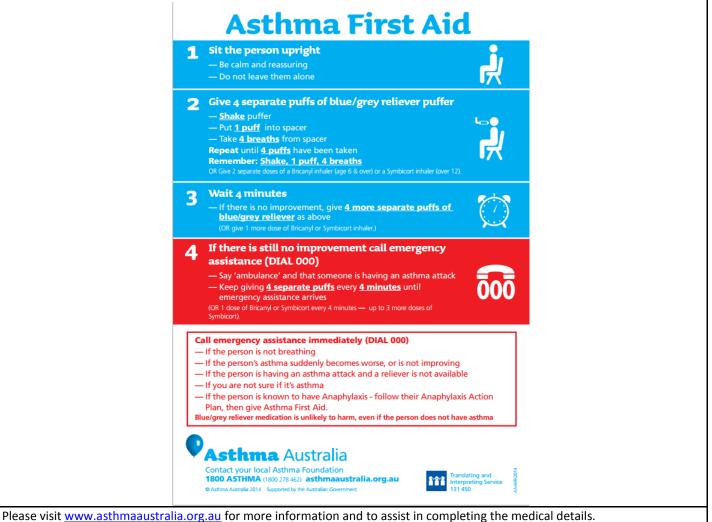
- Infrequent Intermittent short, isolated episodes, usually in response to a respiratory infection or environmental allergen.
- Frequent Intermittent episodes happen every 6-8 weeks or less, with minimal symptoms in between.
- Persistent more frequent symtoms and attacks. Please provide detail as to mild, moderate or severe.

Please note down signs, frequency and severity, triggers, medications plan and daily management details, etc. You may also like to email your child's / ward's management plan schools@campsomerset.com.au.

Please also note anything different (to the below Asthma First Aid) your child / ward may need in they have an asthma attack.

Asthma First Aid

Somerset will follow the below Asthma First Aid in the event of an attack.



ALLERGY AND ANAPHYLAXIS MANAGEMENT AT SOMERSET

Introduction

Our Group Leading Staff and key programme staff have current training in anaphylaxis first aid, including the use of an epipen and routine and extended management, as part of their remote area qualification.

Our Group Leading Staff carry antihistamines at all times. Leaders may administer antihistamines and / or ventolin where deemed appropriate to alleviate mild to moderate allergic reactions. Leaders may also administer antihistamines and / or ventolin as part of anaphylaxis first aid.

You must send at least 2 epipens to camp with your child / ward. We will ask at least one epipen to be carried by your child / ward and at least one to be carried by the Teacher. The Group Leader does not routinely carry an epipen. However, an epipen will also be carried by the Leader when there is a indicated anaphylactic student in the group.

At Base Camp we hold spare epipens.

The camp environment may exacerbate allergies; please consider your child / ward's allergy in context with the general camp information and the programmed activities.

You may also like to consult with your Doctor / Specialist about your child's / ward's time at camp.

Completing Medical Details

Please use the following information to assist when selecting the severity in the medical information in regards to your child / ward's allergy:

- Mild a reaction that is present at the site of contact only rash, itchiness, redness, etc
- Moderate a reaction with symptoms away from the contact site rash, itchiness, swelling, general body illness, etc
- *Anaphylactic* breathing problems, swelling of tongue/throat, etc, emergency. Requires adrenaline.

Please note down signs, frequency and severity, triggers, medications plan and daily management details, etc.

You may also like to email your child's / ward's management plan to schools@campsomerset.com.au

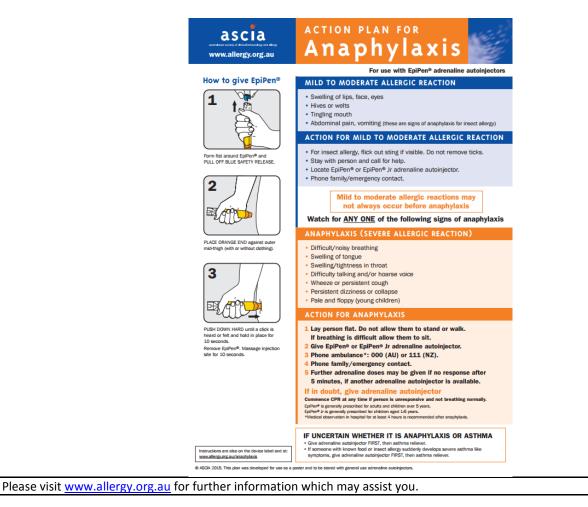
Please note if you do not wish antihistamines to be administered to your child / ward. Please also note if you child / ward will be bringing their own antihistamines, or other medications.

Please also note anything different (to the below Anaphylaxis First Aid) your child / ward may need in they have an anaphylactic reaction.

Anaphylaxis First Aid

Somerset will follow the below Anaphylaxis First Aid in the event of a reaction.

Leaders may also administer antihistamines and / or ventolin where deemed appropriate to alleviate mild to moderate allergic reactions. Leaders may also administer antihistamines and / or ventolin as part of anaphylaxis first aid.



'OTHER' CONDITIONS AT SOMERSET

Introduction

We endeavour to make arrangements so that your child / ward can participate as much as possible at camp.

Our Group Leading Staff and key programme staff have current training in remote area first aid.

The camp environment may exacerbate conditions, injuries, etc; please consider your child / ward's condition / injury / etc in context with the general camp information and the programmed activities.

You may also like to consult with your Doctor / Specialist about your child's / ward's time at camp.

Completing Medical Details

Please provide details on;

- prescription medications being taken (other than those listed above for asthma or allergies)
- non-prescription medications that will be brought to amp (ibruprofen, antihistamines, etc)
- conditions such as diabetes, epilepsy, heart / blood disorders, diseases, syndromes, behavioural issues, anxiety issues, bedwetting, sleepwalking, etc
- existing or recent injuries
- recent surgeries
- etc

Please provide detail about your child's / ward's condition / injury/ etc in respect to;

- symptoms
- treatment
- medications
- possible issues with certain activities
- arrangements we may be able to make for your child / ward to participate as fully as possible on the programme
- etc

A Somerset staff member may contact you for further information, to make arrangements, etc You may like to Contact Us for more details on your School's camp, activities, etc.

DIETARY REQUIREMENTS AT SOMERSET

Introduction

During a camp our meals are served in a variety of ways, dependant on the type of programme. During each camp there will be a sequence of meals, including one or more of the meal types listed below:

- Food is delivered to a campsite in group quantities and is prepared by the Group Leader with the help of the teacher and group
- Food is provided to and prepared by students in a Teams with the assiastance of the Group Leader and Teacher
- Students are provided and carry expedition-style food and stoves to cook and eat their meals at expedition campsites
- Students are served fully prepared meals in our dining room
- Duke of Ed Students completing their Bronze Prelim day will be provided with certain meals and snacks.

In general, our policy is to provide *standard alternatives* for those with common dietary needs, and other basic alternatives will be available such as fruit and plain vegetables etc, please find details in this document.

We invite parents to decide if these alternatives are suitable for their child and, if not, ask that they send along alternative meals / food items as per the instructions outlined below in 'Menu Planning and Packaging of Substitutes for Camp'

Please click below to view;

Standard Substitutions for Lactose Intolerance and Vegetarians

Standard Substitutions for Gluten Intolerance

Notes on 'Other' requirements

Details on Menu Planning and Packaging of Substitutes for Camp