

Zion's Camp Medical Plan

1. Emergency Contact Information

- **Local Emergency Services:** Using Wifi dial 911- We are at:
 - Zion's Peak Recreation Camp
 - 1411 E. Weber Canyon Road
 - Oakley, Utah 74055 and your site #
 - Heli pad at Sage Brush Meadows Gate 5. Ask for Forest Service Code.
- **Nearest Hospital:** Heber Valley Hospital 435-220-7270
 - 1485 South Highway 40, Heber City, Utah
- **Poison Control:** 1-800-222-1222
- **Camp Director:** Chris Huntington
- **Medical Lead:** Greg Anderson, MD

2. Medical Staff & First Aid Stations

- **Medical Lead:** Greg Anderson, MD
- **Support Staff:** Chad Duford, PA
- **First Aid Station:** Next to Pavillion and amphitheater
- **Roving First Aid Team:** Equipped with radios, AED, and trauma kits

3. First Aid Supplies & Medications

- **Basic Supplies:** Bandages, gauze, antiseptic wipes, gloves, tweezers, scissors
- **Medications:** Acetaminophen, ibuprofen, antihistamines, antacids, hydrocortisone cream
- **Allergic Reactions:** EpiPens (2+), Benadryl, cold packs
- **Trauma Kit:** Tourniquets, splints, burn dressings, CPR mask
- **AEDs:** At least one on-site
- **Cold/Flu Care:** Electrolytes, thermometers, hand sanitizer, masks

4. Health Screening & Medical Forms

- **Pre-Camp Medical Forms:** Require health history, allergies, medications, and emergency contacts
- **Daily Health Checks(done by leaders):** Monitor for dehydration, heat exhaustion, injuries
- **Medication Administration:** Medications should be administered daily according to personal needs
- **Allergy Awareness:** Special meal plans for food allergies, medical alerts on wristbands if necessary

5. Emergency Procedures

Minor Injuries (Cuts, Bruises, Mild Burns)

1. Treat at the First Aid Station
2. Monitor for infection or worsening symptoms

Serious Injuries (Broken Bones, Severe Burns, Major Bleeding)

1. **Stabilize the patient** (stop bleeding, immobilize fractures)
2. **Contact Emergency Services** (Call 911)
3. **Notify Camp Director & Guardians**
4. **Transport if Needed** (Ambulance or designated vehicle)

Allergic Reactions & Anaphylaxis

1. **Administer EpiPen (if prescribed)**
2. **Call 911 Immediately**
3. **Monitor Breathing, Perform CPR if Needed**
4. **Transport to Hospital**

Dehydration / Heat Exhaustion / Heat Stroke

1. Move to shaded, cool area
2. Give electrolyte-rich fluids
3. Apply cool, wet cloths
4. Call 911 if signs of heat stroke (confusion, vomiting, loss of consciousness)

6. Campwide Safety Measures

- **Hydration Stations:** Water spigot at each campsite. Each ward should verify that each young man has a reusable water bottle. Refill water bottles at each meal.
- **Sun Protection:** Encourage hats, sunscreen, rest in shade
- **Food Safety:** Proper food storage and allergen handling
- **Wildlife & Environmental Safety:** Education on plants, animals, and weather hazards

7. Incident Documentation & Reporting

- **Every injury or illness documented** in a medical log
- **Parents/Guardians notified** if an injury requires off-site care
- **Follow-up reports filed** with the Camp Director and Health Officer