

WYOMING MTB CAMP GUIDELINES FOR MEDICATION ADMINISTRATION

PURPOSE

To provide a guideline to camp participants and their guardians regarding the administration of prescription or over the counter (OTC) medications.

GENERAL PRINCIPALS

The Wyoming Mountain Bike Camp Officials, Coaches, or Volunteers will **not** administer any prescribed or over the counter medicines (OTC) to camp participants. Camp Officials are trained in First Aid, CPR and will render medical care if necessary, but are unable to administer any medications (prescribed or OTC) to camp participants.

Parents or guardians of camp participants will notify Camp Officials of any medications (prescribed or OTC) that camp participants have in their possession in the camp participant medical history portion of the registration form.

It is the responsibility of the camp participants to store and administer required medications. If needed, Camp Officials may remind camp participants to take prescribed medications, but this needs to be clearly stated on their medical history form.

Camp participants will advise the Camp Coordinator(s) if any OTC medications are needed prior to administration. For Example: If a camp participant has muscle soreness, the camp participant shall notify one of the Camp Coordinators the intention to administer OTC pain medication.

At no time will a camp participant administer or give another camp participant medication. If this occurs, the camp participant's parent or guardian will be notified, and camp participant will be removed from camp. This includes any over the counter or prescribed medication.

Seasonal allergies may occur at Curt Gowdy State Park. If camp participants have seasonal allergies, it is recommended the camp participant carry OTC medication such as Allegra or other allergy medication recommended by the participant's physician.

Camp participants may experience muscle aches or headaches. OTC medication recommended by their family physician shall be appropriate.

Below is Wyoming Mountain Bike Camps, Inc. Board recommendations for camp participants who require daily prescription medications, seasonal allergy, or other OTC medication needs during camp participation.

Medication recommendations:

- Medication should be approved by camp participant's physician, parent, or guardian.
- Medication amounts shall be limited to the number of camp days.
- Seasonal allergies: OTC allergy medication (e.g., Allegra, Benadryl or a physician recommended medication).
- Prescription Medications: Daily medications should be separated and labeled for each camp day.
- Minor pain such as sore muscles or headache: As recommended by physician, parent, or guardian.

Camp Board members and volunteers are dedicated to providing an enjoyable and safe event that helps create a lifelong love of the outdoors and mountain biking. Your assistance and compliance with the medication policy stated above will allow us to focus on making the camp experience safe and enjoyable for all involved.