

WYOMING MOUNTAIN BIKE CAMPS **MEDICATION GUIDELINES AND POLICIES**

To provide a fun, inclusive, and safe environment, Wyoming Mountain Bike Camps (WYMTB Camps) requires participants and their parents/guardians to understand our medication guidelines and policies. Please read through this document carefully and in its entirety.

PURPOSE

To provide guidelines and policies to camp participants and their parents/guardians regarding the handling and administration of prescription or over the counter (OTC) medications.

GENERAL PRINCIPALS

The Wyoming Mountain Bike Camp directors, coaches, and volunteers will not administer any prescribed or over the counter medicines (OTC) to camp participants. Exceptions to this policy may apply if a participant requires medication but is incapacitated and unable to administer it themselves. Or if a participant sustains an injury, such as a fracture, and needs for example, Acetaminophen, for pain relief.

The Camp Directors, along with most of our coaches, are Wilderness First Aid and CPR certified. However, the camps do not have a trained medical provider on-site to administer or manage medication, or to provide medical care beyond basic first aid.

SPECIAL CONSIDERATIONS

A form will be sent out to all parents/guardians who indicate on the registration form their child takes prescription medication and/or has a medical condition(s). In the case of camp participants with a known condition requiring rescue medication such as an inhaler or EpiPen, the following is required for our staff to assist if the medication is needed:

- The participant must always carry the rescue medication with them.
- The participant must inform coaches of the location of rescue medication in case of emergency.
- Parents/guardians will be asked to agree to rescue medication administration, if needed, by a camp director/coach/volunteer.

MEDICATION REPORTING, STORAGE, AND ADMINISTRATION REQUIREMENTS

- All medication must be approved by the camp participant's physician, parent, or guardian.
- Using the provided form, parents/guardians must give a detailed list of all medications (prescribed or OTC) their child will have during camp. This list should include the name of the medication, dose, route, frequency, and, if applicable, clear instructions for the use of any rescue medication.
- All medications brought to camp must be clearly labeled with a printout copy of each prescription or a detailed typed list that includes the required information mentioned above. These should be stored in a ziplock bag with the participant's name. Additionally, any rescue medication must be clearly labeled as such.
- **It is the responsibility of the camp participants to carry, store, and self-administer any medications they bring.**
- **At no time will a camp participant administer or give another camp participant medication.** If this occurs, the camp participant's parent/guardian will be notified, and the camp participant will be removed from camp. This includes any OTC or prescribed medication.

ADDITIONAL ITEMS:

- To help your participant remain compliant with daily prescription medications, we recommend separating and labelling these medications for each camp day. We also recommend limiting daily medication quantities being brought to the number of camp days.
- If needed, camp officials may offer reminders to camp participants to take prescribed medications, but this must be clearly stated in the provided form.
- Seasonal allergy symptoms, sore muscles, and headaches can be a common complaint given the location and level of activity at our camp. As such, we recommend the participant bring OTC medications for these indications as advised by their primary care provider. Examples of such medications may include Allegra, Benadryl, Acetaminophen, etc. Ensure your medical provider has recommended which OTC to bring as well as individualized dose and frequency for your participant.
- If medication refrigeration is required, we recommend arranging a storage system in advance. Upon request, we can offer limited refrigerator and/or freezer space to keep medication or ice-packs cold.

The Board members and volunteers of Wyoming Mountain Bike Camps are committed to delivering a safe, enjoyable event that fosters a lifelong passion for the outdoors and mountain biking. Your support and adherence to the medication guidelines and policies outlined above will help us maintain a focus on ensuring a safe and enjoyable experience for everyone involved.