

# Enriching Your Camp's Health Care in 2021 - Part 1

## Monday, April 26, 2021



A well prepared health team will ensure the overall efficiency of your health centre. This stream will help ALL camp staff prepare for the summer by giving insight into some of the prevalent health concerns camps may face in 2021.

Time	About the Presenter	Topic
<p>6:00 - 7:15 p.m.</p> <p><b>Opening Remarks and Keynote</b></p>	<p><b>Dr. Sarah Lawrence,</b> Taylor Statten Camps</p> <p>Dr. Lawrence is a Pediatrician, Neonatologist, Coroner, and she is the Medical Director for the Taylor Statten Camps. She has been a camp doctor for 16 years and a camper, counsellor and program director for 12 years prior to that. Sarah works at the Children's Hospital of Eastern Ontario in Ottawa. She has been a member of the OCA Health Care Committee for many years and has brought her expertise as a key note to past health conferences and her passion and work ethic to many health committee projects. Sarah is fortunate to have 4 children who all love camp as much as she does - even very long canoe trips!</p>	<p><b>Common Childhood Conditions in the Camp Setting</b></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>● Review the most common reasons for visits to the Camp Health Center</li> <li>● Review any recent guidelines for management of common conditions, clinical pearls, when to worry, one thing you don't want to miss</li> <li>● Review most common emergency situations seen at camp</li> <li>● Suggestions for some good resources to review/bring to camp</li> </ul>
<p>7:15 - 7:45 p.m.</p>	<p><b>Amanda Grassick,</b> Pride Camping Association</p> <p>The Manager, Member Risk at Girl Guides of Canada, Amanda holds an MA in Interdisciplinary Studies (Applied Psychology in Education, Women's Studies, and Sociology). They have over 25 years of experience in the camping and youth development field and have held leadership positions in camping programs across Canada. Amanda has focused on working with campers, staff and organizations representing marginalized and diverse communities, with particular focus on using anti-oppressive theory and practice to help develop policies and guidelines that foster belonging and inclusion. Amanda identifies as queer and genderqueer, and draws on their personal experiences in the camping community to advocate for more inclusive programs and spaces.</p>	<p><b>2SLGBTQ+ Inclusion and your Wellness Centre</b></p> <p>2SLGBTQ+ individuals report higher rates of violence, harassment, discrimination, depression, anxiety, self-harm and suicidality than their peers and often have difficulty accessing appropriate identity affirming health care. Camps can play an integral role in supporting 2SLGBTQI+ individuals but often camps do not have the knowledge to take a proactive approach. This session will provide information that will help camp wellness staff to appropriately interact with, and provide affirming care to, 2SLGBTQI+ campers and staff.</p>

<p>7:45 - 8:45 p.m.</p> <p>We will be in one group and then branch into breakout rooms for Overnight and Day Camps.</p>	<p><b>Cheryl Bernknopf RN, BScN</b></p> <p>Cheryl has been lucky enough to have been a camp nurse at multiple camps over the past 40+ years (day, residential and special needs programs) and a member of the OCA Healthcare Committee for many years. Currently, she sits on the ACN's Board of Directors for her fifth three-year term. Cheryl has been a pediatric nurse for the majority of her career, a professor of nursing in a BScN program and is currently teaching a community support worker program for the much needed assistance in patient care during this pandemic, for care in the home and in long term care facilities. As the head nurse currently working for Camp Ramah, a residential camp, she is a member of the medical task force to prepare for camp 2021.</p> <p><b>Cathy Romano, RN, Camp Kawartha</b></p> <p>Cathy has been a camp nurse and Health Care Coordinator at Camp Kawartha for 23 years. Her nursing career has spanned 4 decades. She has worked in many clinical settings including the neonatal ICU at Sick Kids, First Nation communities in Northern Ontario, the emergency department for 17 years and in the community. She has been an in class and clinical instructor for PSW's and is owner/operator of LOL First Aid and CPR, teaching CPR, Paediatric Advanced Lifesaving (PALS) and First Aid. She is the proud mom of 4 adult children and is grateful for her supportive, life long partner.</p> <p><b>Bev Unger, RN - Camp Robin Hood</b></p> <p>Bev has been involved in camps for over 40 years, as a camp counsellor, special needs coordinator, camp nurse, health coordinator and camp director; she has experience in both day and overnight camp. Bev has worked as a senior manager in the non-profit sector; a Registered Nurse at Sick Kids in Toronto and Australia, a community nurse working with children who are medically fragile and in the campus health and wellness centre at Durham College. Being an active OCA volunteer for more than 30 years she has been on the Board of Directors and involved with many</p>	<p><b>How to run an effective Health Center during COVID-19</b></p> <p>Are your plans for the health centre coming together for summer 2021?</p> <p>Is your camp health facility and team ready and able to manage participants who may have Covid-19?</p> <p>What changes should you consider for a smooth health operation during Covid?</p> <p>Join either the day camp or overnight breakout room where ideas will be shared and explored.</p>
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different committees. Her main focus has been with the Health Care and Health Conference Planning Committees and she was the co-chair of the first OCA COVID-19 task force. Bev is the Director of Health and Wellness at Camp Robin Hood where she and 3/4 of her quadruplets are looking forward to their 22<sup>nd</sup> summer!

**Michelle Colomvakos, RN  
Camp Robin Hood**

Michelle's camp career started in 2004 as a student nurse at Camp Robin Hood. She worked as a Registered Nurse in the Transplant Unit at the Hospital for Sick Children for 12 years. Loving camp, Michelle returned to Camp Robin Hood as a Camp Nurse in 2016 and she continues this work each summer. In 2017 Michelle started working as a School Nurse at Trafalgar Castle School. She joined the OCA Health Care Committee and OCA Health Conference Committee in 2017 and now is the Chair of the Health Care Committee. Michelle was a member of the first OCA COVID-19 Task Force. Outside of work Michelle is mom to 2 children, Leah, who is 8 Gabe who is 6 - they both have come to share her love of camp.

# Enriching Your Camp's Health Care in 2021 - Part 2

## Wednesday April 28, 2021



A well prepared health team will ensure the overall efficiency of your health centre. This stream will help ALL camp staff prepare for the summer by giving insight into some of the prevalent health concerns camps may face in 2021.

Time	About the Presenter	Topic
6:00 - 7:30 pm	<p><b>Cheryl Bernknopf RN, BScN</b></p> <p>Cheryl has been a camp nurse at multiple camps over the past 40+ years (day, residential and special needs programs) and a member of the OCA Health Care Committee for many years. Currently she sits on the ACN's Board of Directors for her fifth 3 year term. Cheryl has been a pediatric nurse for the majority of her career, a professor of nursing in a BScN program and is currently teaching a community support worker program. As the head nurse at Camp Ramah, she is a member of the camps' medical task force to prepare for camp 2021.</p> <p><b>Shelley Clarke, RN, MScN, CCSNE</b></p> <p>Shelley has 30+ years' experience of professional nursing. Her experience includes Critical Care and Trauma nursing and Clinical Hospital Educator in a variety of healthcare settings across Canada and Europe and now is a full-time Professor at Algonquin College. She earned her Masters of Nursing and Bachelor of Nursing from the University of Ottawa and her Nursing Diploma from St. Lawrence College. Shelley has been a nurse at Camp Tawingo for the past 19 summers and is a current member of the OCA Health Care Committee and Health Conference Committee.</p>	<p><b>Creating your Camp Communicable and Infectious Disease Plan (CIDP)</b></p> <p>This session will guide participants to consider their camp's physical CIDP plan when putting into practice protocols to prevent and manage infectious illnesses.</p> <p>It will be very helpful to review the <a href="#">OCA Communicable and Infectious Disease Best Practises</a> document before attending this session.</p>

<p>7:45 - 8:15 pm</p>	<p><b>Bev Unger, RN - Camp Robin Hood</b></p> <p>Bev has been involved in camps for over 40 years, as a camp counsellor, special needs coordinator, camp nurse, health coordinator and camp director; she has experience in both day and overnight camp. Bev has worked as a senior manager in the non-profit sector; a Registered Nurse at Sick Kids in Toronto and Australia, a community nurse working with children who are medically fragile and in the campus health and wellness centre at Durham College. Being an active OCA volunteer for more than 30 years she has been on the Board of Directors and involved with many different committees. Her main focus has been with the Health Care and Health Conference Planning Committees and she was the co-chair of the first OCA COVID-19 task force. Bev is the Director of Health and Wellness at Camp Robin Hood where she and 3/4 of her quadruplets are looking forward to their 22<sup>nd</sup> summer!</p>	<p><b>Anaphylaxis - Creating an Allergy-Safe Camp Environment</b></p> <p>During this session we will look at how your camp can prepare to protect those with anaphylactic allergies, what should be in your camp Anaphylaxis Protocol and discuss the different types of Epinephrine Auto Injectors.</p> <p>It will be very helpful if you come to this session with some knowledge of anaphylaxis and how to recognise the signs and symptoms of an anaphylactic reaction. The following may worth watching:</p> <p>This 2 minute youtube video: <a href="#">Anaphylaxis 101 - Understand the basics</a> is a good start</p> <p><a href="#">Anaphylaxis Education</a> - 30 minute course with a certificate</p> <p><a href="#">How to use epinephrine auto-injectors for treating anaphylaxis with Dr. Julia Upton</a> - 57 minutes</p>
<p>8:15 - 8:45 pm</p>	<p><b>Logan Pinney, The Hollows Camp</b></p> <p>Logan Pinney is the Director of Imagination at The Hollows Camp and a retired Respiratory Therapist (RT). He spent the better part of 10 years working as an RT in Calgary Alberta at the Foothills Medical Center. He left the healthcare industry in 2018 to join the Hollows team and pursue his passion for camp and the outdoors. Despite no longer working in health care he still knows a thing or two about breathing! He is happy to pass along his respiratory knowledge and help educate camp staff on the signs, symptoms and management of campers with asthma.</p>	<p><b>Asthma Friendly Camps</b></p> <p>This presentation will teach camp health care staff the basics about asthma. An overview of the disease is discussed followed by a more detailed look at the signs, symptoms and various camp triggers which could induce an asthma attack. Medications, treatments and the management of asthma in the camp setting is highlighted. Resources and links to additional asthma education are provided.</p>

# Enriching Your Camp's Health Care in 2021 - Part 3

## Sunday May 2, 2021



A well prepared health team will ensure the overall efficiency of your health centre. This stream will help ALL camp staff prepare for the summer by giving insight into some of the prevalent health concerns camps may face in 2021.

Time	About the Presenter	Topic
9:00 a.m.	Bev Unger, RN Camp Robin Hood	<b>Opening Remarks</b>
<p>The first set of breakout rooms is separated according to experience at camp. Please join the room which best suits your camp experience related to the health centre:</p> <p>Room 1 - <b>Non-Regulated care providers</b> who have NEVER worked in a camps setting            Room 2 - <b>Regulated Care providers</b> who have NEVER worked at camp before            Room 3 - <b>All Health Staff who have worked in a camp health center</b> in the past</p> <p><i>* If you are not a healthcare provider please join one of the rooms where you feel you will be able to support your health staff the most</i></p>		
9:15 - 10:15 a.m.  <b>Breakout Room 1</b>	<p><b>Michelle Colomvakos, RN - Camp Robin Hood</b></p> <p>Michelle's camp career started in 2004 as a student nurse at Camp Robin Hood. She worked as a Registered Nurse in the Transplant Unit at the Hospital for Sick Children for 12 years. Loving camp, Michelle returned to Camp Robin Hood as a Camp Nurse in 2016 and she continues this work each summer. In 2017 Michelle started working as a School Nurse at Trafalgar Castle School. She joined the OCA Health Care Committee and OCA Health Conference Committee in 2017 and now is the Chair of the Health Care Committee. Michelle was a member of the first OCA COVID-19 Task Force. Outside of work Michelle is mom to 2 children, Leah, who is 8 Gabe who is 6 - they both have come to share her love of camp.</p>	<p><b>Tips For Working In A Camp Health Centre - Nursing Students and First Aiders</b></p> <p>An interactive session to guide <b>unregulated health care providers</b>, (Nursing Students, and First Aiders) who are NEW to the camp world. This session will review the best way to set up and run your camp health centre and offer tips to help you care safely and effectively for all of your campers and staff this summer. This session is a must for all unregulated health care providers who are new to the camp health team and for directors and senior staff who will be working closing with the new health staff this summer.</p>

<p>9:15 - 10:15 a.m.</p> <p><b>Breakout Room 2</b></p>	<p><b>Cheryl Bernkopf, RN Camp Ramah</b></p> <p>Cheryl has been a camp nurse at multiple camps over the past 40+ years (day, residential and special needs programs) and a member of the OCA Health Care Committee for many years. Currently she sits on the ACN's Board of Directors for her fifth 3 year term. Cheryl has been a pediatric nurse for the majority of her career, a professor of nursing in a BScN program and is currently teaching a community support worker program. As the head nurse at Camp Ramah, she is a member of the camps' medical task force to prepare for camp 2021.</p>	<p><b>Tips For Working In A Camp Health Centre - NP, RN, RP- and Camp Doctors</b></p> <p>An interactive session to guide <b>regulated care providers, (Registered Nurses - NP, RN, RP- and Camp Doctors)</b> who are NEW to the camp world. This session will review the best way to set up and run your camp health centre and offer tips to help you care safely and effectively for all of your campers and staff this summer. This session is a must for all regulated care providers who are new to the camp health team and for directors and senior staff who will be working closing with the new health staff this summer.</p>
<p>9:15 - 10:15 a.m.</p> <p><b>Breakout Room 3</b></p>	<p><b>Thomas Appleyard</b></p> <p>Thomas Appleyard is an independent Management Consultant and Facilitator and an Ontario Camps Association Preferred Vendor. His clients are primarily health care organizations, camps and other non-profits. Thomas has worked with the OCA's COVID-19 Task Force since it started in March of 2020. Much of Thomas' work focuses on facilitating and fostering effective workplace participation and leadership. Thomas also has over 15 years of public health emergency management experience, including as an independent consultant for over fifty organizations, networks and associations. His public health emergency management experience includes his work as Manager of Emergency Response and Recovery with the Ministry of Health and Long-Term Care.</p> <p><a href="#">Twitter LinkedIn Website</a></p>	<p><b>In conversation with Tom Appleyard and members of the Health Care Committee</b></p> <p><b>Advancing your Health Care in 2021 - let's learn together!</b></p> <p>This session is for <b>experienced</b> camp health team members - you <b>have</b> worked in a camp health centre in the past.</p> <p>Come with questions related to your health centre experience - tricky or sticky situations, what would I do differently, failures are lessons learned.</p> <p>We will open this session with some information regarding Public Health Directives from Tom Appleyard.</p>

<p>10:30 - 11:00 a.m.</p>	<p><b>Lianne Dulsrud, RN</b></p> <p>Lianne has been a nurse for over 20 years, with the last 11 years as a Nurse Practitioner (NP) committed to working with children across the lifespan. Currently an NP in Complex Care at SickKids Hospital. A lifelong love of the outdoors and camp. In her teens, a camp counselor with YMCA day camps; later a medical team member at camp for children with congenital heart disease, and now medical staff at Camp Wenonah in Bracebridge, ON. Lianne has been on the OCA Health Committee since 2019 and she is an active participant in volunteer missions working with children (before COVID-19). She is a playful spirit who loves dogs, camp crafts, swimming and laughing in general (and that is usually at herself).</p>	<p><b>Lyme Disease: It Should Tick You Off!</b></p> <p>This session will identify what Lyme disease is and how it is contracted. How to identify high risk areas; types of ticks; signs and symptoms of a tick bite and what to do. An explanation of what this means for your camp, the staff and campers and the health care team. With an interactive discussion at the end to review knowledge and time to ask questions for further clarification and/or resources.</p>
<p>11:15 a.m. - 12:15 p.m.</p>	<p><b>Daniel Herman, RN,</b> Hospital for Sick Children</p> <p>Camp has been a part of Daniel's life since the year 2000. While transitioning from camper to counsellor, he developed an affinity for working with children and sought a career where he would be able to merge passion with profession. After graduating from Western University with a Bachelor of Kinesiology, he attended University of Toronto where he would complete his Bachelor of Science in Nursing, with a focus on Paediatrics. He started his career at the Hospital for Sick Children where he has been practicing for the past 6 years, taking on roles on the inpatient Haematology/Oncology unit as a bedside nurse, clinical support nurse/charge nurse and with the Connected Care team as a resource nurse. Outside of work Daniel loves hiking, travelling, photography, all sports, cooking, all with his wife and son.</p>	<p><b>Musculoskeletal Injuries at Camp</b></p> <p>This presentation, for both medical and non-medical professionals, will be taking a look at common injuries and issues seen in the camp setting related to muscles, ligaments, bones and joints. There will be a brief description of the types of injuries, how they happen, how to identify them and how to manage them both in camp, and if the situation warrants it, out of camp. There will be a focus on the most common injuries in the camp setting including ankle, wrist, knee and shoulder injuries. At the end of the presentation participants should gain a better understanding of the various musculoskeletal injuries in the camp setting, as well as have more confidence in managing them if/when they arise.</p>
<p>12:15 - 12: 45 p.m.</p> <p><b>Break</b></p>	<p>n/a</p>	<p><b>Break</b></p>



<p>12:45 -1:15 p.m.</p>	<p><b>Dr. Sarah Lawrence</b></p> <p>Dr. Lawrence is a Pediatrician, Neonatologist, Coroner, and she is the Medical Director for the Taylor Statten Camps. She has been a camp doctor for 16 years and a camper, counsellor and program director for 12 years prior to that. Sarah works at the Children’s Hospital of Eastern Ontario in Ottawa. She has been a member of the OCA Health Care Committee for many years and has brought her expertise as a key note to past health conferences and her passion and work ethic to many health committee projects. Sarah is fortunate to have 4 children who all love camp as much as she does - even very long canoe trips!</p>	<p><b>Immunizations - Best Practises And What Your Camp Needs To Know</b></p> <p>In conversation with Dr. Sarah Lawrence, we will get answers to common camp questions around immunizations, including:</p> <ul style="list-style-type: none"> <li>• How to manage campers who are under immunized or not immunized?</li> <li>• What if we have a measles outbreak and one or more of our campers are not immunized?</li> <li>• What do we do if a staff member did not get their 10 year tetanus booster?</li> <li>• What does the OCA recommend as best practices for immunizations?</li> </ul> <p>Answers to these and many other common questions will be addressed.</p>
<p>1:30 - 2:30 p.m.</p>	<p><b>Jenni Diamond</b></p> <p>Jenni is an Occupational Therapist and Certified Personal Trainer. She is the Director of Occupational Therapy Services at the Neurology Centre of Toronto. At the Neurology Centre, Jenni manages a team of therapists and provides treatment to patients who have sustained one or more concussions. Jenni is passionate about concussion prevention, education, and management.</p> <p>For more information, you can visit <a href="http://www.jennidiamondhealth.com">www.jennidiamondhealth.com</a> <a href="http://www.neurologycentretoronto.com">www.neurologycentretoronto.com</a>,</p> <p>check out Jenni's instagram accounts: <a href="https://www.instagram.com/jennidiamondhealth">@jennidiamondhealth</a> <a href="https://www.instagram.com/the.concussion.ots">@the.concussion.ots</a>.</p>	<p><b>Concussions at Camp: Prevention and Management</b></p> <p>This session will cover prevention, assessment, and treatment of concussion in a summer camp setting. Jenni will advise on what you should do if a camper or staff has a suspected concussion, whether or not they need to leave camp, and ways to ensure the best possible recovery from concussion in a summer camp setting.</p>
<p>2:45 - 3:45 pm</p>	<p>Bev Unger, RN Cheryl Berknopf, RN Pearl Bell, RN Shelley Clarke, RN Michelle Colomvakos, RN Barb Grey, RN</p>	<p><b>In conversation with... What’s next?</b></p> <p>As we end the health stream, join the health planning committee to touch base on those unanswered questions you may have leading into the summer of 2021.</p> <p>Bring your hope and your questions as we continue to plan for a successful summer ahead.</p>