

ETYSA 2016 – CAMP DAILY SCHEDULE

- 8:30** **Coordinator & Instructors arrive – weather conditions?**
- 8:40** **Volunteers/campers arrive & check in (all forms received?)**
(hand out lanyards & campers name tags)
- 8:45** **Morning meeting – for all**
- 9:00** **Youth Roll Call -- sunscreen, pfd's, shoes, hydration, BSC rules**
- 9:10** **Monday's—Camper's ice breaker activity; Volunteer briefing**
- 9:30** **Rig boats to be used for the day**
- 10:00** **Bathroom and water break**
- 10:15** **Divide into groups – activity by day – launch boats for day**
- 12:00** **Lunch – (Instructors to monitor clean up)**
- 12:20** **Free swim/play time (volunteers monitor)**
- 1:00** **Divide into groups – activity by day – launch boats for day**
- 2:30** **Return to dock, derig boats, secure boats and equipment**
- 3:00** **Assemble youth in picnic shelter – review day's activities.**
Plan for tomorrow. Pick up trash & personal belongings.
- 3:05** **Debriefing – Coordinator, instructors, volunteers**

(Non-sailing day: Sail training games, knots, videos, test knowledge

(Red Book entries by Instructors)

ETYSA -- VOLUNTEERS

MONDAY – 8:30 AM MEETING

CHECK-IN WITH VOLUNTEER COORDINATOR

ATTEND GENERAL MEETING

HELP W/CAMPER REGISTRATION/MEDICAL/WAIVER FORMS & NAME TAGS

ADVISE COORDINATOR OF COMMITTED DAYS DURING WEEK

HAVE YOU SUBMITTED REQUIRED FORMS?

(BACKGROUND CHECK, MEDICAL WAIVER, SKILLS, PREFERENCES IN CAMP)

ATTEND SAFETY TRAINING AFTER MONDAY MEETING

CAMPERS WILL BE PLAYING A GAME TO “BREAK THE ICE”

(OR – THE FIRST DAY THAT YOU VOLUNTEER DURING THE WEEK)

BACKGROUND CHECKS/WAIVERS/MEDICAL FORMS

APPLIES TO VOLUNTEERS, INSTRUCTORS AND ALL STAFF

BACKGROUND CHECKS –ETYSA TO PERFORM BEFORE MONDAY (WHO)?

INSTRUCTORS/STAFF: ASAP

VOLUNTEERS: 1-2 WEEKS BEFORE CAMP?

WAIVERS:

INSTRUCTORS/STAFF: ASAP

VOLUNTEERS – MONDAY CLASS?

MEDICAL:

INSTRUCTORS – ASAP

VOLUNTEERS – MONDAY CLASS

SELF-DISCLOSURE:

INSTRUCTORS --- ASAP

VOLUNTEERS – MONDAY CLASS?

EVERY MONDAY – VOLUNTEER COORDINATOR DUTIES

AFTER GENERAL MEETING : (DURING CAMPERS' "BALL" GAME)

GATHER TOGETHER ALL STAFF/VOLUNTEERS:

REVIEW YELLOW BINDER:

- **DAILY SCHEDULE**
- **LIST OF CAMPERS FOR WEEK**
- **HEAT EXHAUSTION/HEAT STROKE**
- **HEAT-RELATED RISK FACTORS**
- **HEAD INJURIES**
- **LOCATION OF FIRST-AID KITS (3) & AED (AUTOMATED EXT. DEFIBRILLATOR)**

ASSIGNED TASKS PER FILLED-IN SKILL SET

**REVIEWS EMERGENCY FORM AT LUNCH STATION WITH NAMES OF
STAFF/VOLUNTEERS TRAINED IN FIRST AID, CPR, AED**

GENERAL INFORMATION FOR VOLUNTEERS

- ATTEND ALL MORNING MEETINGS – REVIEW SKILLS LISTING RE: CPR, FIRST-AID, AED
- PAY ATTENTION TO HEAT PROBLEMS
- ADVISE CHILDREN TO HYDRATE, PUT ON SUNSCREEN AFTER SWIMMING
- MONITOR IMPROPER BEHAVIOR—SAFETY, HORSING AROUND (LAND & WATER)
- ALWAYS APPLY **APPROPRIATE** DISCIPLINE – NEVER ANGER
- CHILDREN **CAN** SWIM IN INNER HARBOUR WITHOUT PFD's
- CHILDREN **CANNOT** BE ON DOCKS WITHOUT PFD's
- WHEN REMOVING PFD's – PUT THEM ALL IN ONE PLACE! (NOT LUNCH TABLE)
- INSTRUCTORS MONITOR LUNCH CLEAN-UP/VOLUNTEERS MONITOR FREE SWIM
- MAKE SURE CHILDREN DO NOT LEAVE CLASS UNLESS:
 - CHECKING WITH INSTRUCTOR/OTHER ADULT
 - GO TO RESTROOMS WITH 1-2 OTHER CHILDREN

IF CAMPERS OR VOLUNTEERS ARE LEAVING CLASS EARLY FOR THE DAY:

- ADVISE INSTRUCTORS/VOLUNTEER COORDINATOR
- MAKE SURE THEY TAKE ALL OF THEIR PERSONAL ITEMS

FRIDAYS ONLY : MONITOR CAMPERS – CLEANING & STORING BOATS

HEAD INJURY -- WATCH THAT “BOOM”!

TYPES: CLOSED/OPEN – WITH OR WITHOUT BLEEDING

CONCUSSION -- SCALP WOUNDS -- SKULL FRACTURE

SYMPTOMS:

- BEHAVES ABNORMALLY
- VERY SLEEPY
- HEADACHE OR STIFF NECK
- PUPILS UNEQUAL SIZES
- UNABLE TO MOVE ARM OR LEG
- LOSES CONSCIOUSNESS, **EVEN BRIEFLY**
- VOMITS – MORE THAN ONCE
- NASAL DISCHARGE

TREATMENT:

- **APPLY ICE WRAPPED IN CLOTH**
- **ONLY TYLENOL FOR PAIN (NO ASPIRIN)**

-----IF ANY OF ABOVE SEVERE SYMPTOMS-----

CALL 911

**REFER TO ATTACHED INTERNET PAGES FOR FIRST AID FOR
DIFFERENT HEAD INJURIES**

HEAT EXHAUSTION/STROKE -- RISK FACTORS

Age: Children under 4 years; adults over 65

(adjust to heat more slowly)

Certain health conditions:

Heart, lung, kidney disease, obesity, underweight, high blood pressure, diabetes, mental illness, alcoholism, sunburn and any conditions that can cause fever.

Diabetics have an increased risk of emergency room visits, hospitalization and death from heat-related illnesses and are especially likely to underestimate their risk during heat waves.

Medications:

Diuretics, sedatives, tranquilizers, stimulants, heart and blood pressure medications and meds for psychiatric conditions.

HEAT EXHAUSTION

CAN OCCUR AFTER EXPOSURE TO HIGH TEMPERATURES & HUMIDITY –
ACCOMPANIED BY DEHYDRATION

TWO TYPES:

Water depletion:

Excessive thirst, weakness, headache, loss of consciousness.

Salt-depletion:

Nausea and vomiting, muscle cramps and dizziness.

SYMPTOMS:

Excessive Thirst	Muscle aches
Heavy Sweating	Nausea
Dizziness	Slow Heartbeat
Fainting	Cool Clammy Skin
Weakness	Fever not over 104 degrees

Although heat exhaustion is not as serious as heat stroke, it can progress to heat stroke which can damage the brain and other vital organs and even cause death.

HEAT EXHAUSTION TREATMENTS:

Get out of heat/sun into shade or air conditioning

Remove tight/unnecessary clothing

Drink plenty of fluids (no caffeine/alcohol)

If symptoms of salt depletion – drinks with electrolytes.

Cool shower, bath/sponge bath/cooling iced towels, fans.

IF NO RELIEF IN 15 MINUTES ---- CALL 911

- After recovery, you are more sensitive to high temperatures during the following days/week. Avoid hot weather and heavy exercise.
- Humidity is strongly related to the heat index; a relative humidity of 60 percent or more hampers sweat evaporation.
- The risk of heat-related illness dramatically increases when heat index climbs to 90 percent or more. Especially during heat waves, pay attention to the heat index.

Remember, the heat index is even higher when you are standing in sunshine.

HEAT STROKE -- SERIOUS

SYMPTOMS: SAME AS HEAT EXHAUSTION – PLUS:

Fainting --first sign!

Unconscious

Seizures

High Fever

Rapid Heart Rate

Fatigue

Shallow Breathing

Hot & Dry Skin*****

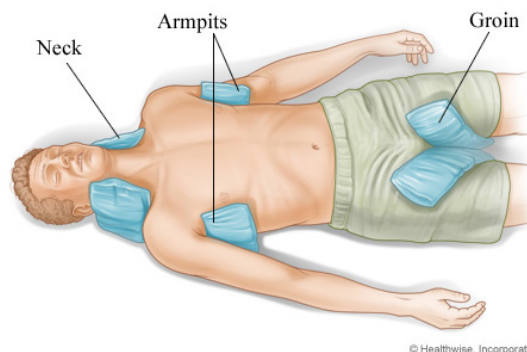
Headache

Decreased Urination

CALL 911 FOR MEDICAL AID

Until Paramedics Arrive:

- **First Aid is Same as Heat Exhaustion – PLUS:**
- **Apply ice packs as in picture below:**



- **Turn person on side to expose skin surface to air**
- **Cool entire body if possible – spray/sponge/fan**
- **Give fluids slowly only if person able to swallow**
- **NO aspirin or acetaminophen**
- **If stopped breathing – apply rescue breathing**

CERT – COMMUNITY EMERGENCY RESPONSE TEAM

WHAT DO THEY DO?

- PRIMARILY DISASTER PREPAREDNESS & RELIEF FOR:
 - MAJOR EVENTS – HURRICANES, FLOODS, ETC.
 - FIRE
 - SEARCH & RESCUE
 - DISASTER MEDICAL OPERATIONS

**FOR INDIVIDUAL EMERGENCY CASES:
ALWAYS CALL 911 FIRST**

ONCE 911 HAS BEEN CALLED:

POSSIBLE USES OF CERT HERE AT ETYSA SAILING CAMPS:

- PROVIDE TRIAGE WHEN PROFESSIONAL RESPONDERS NOT IMMEDIATELY AVAILABLE IF:
 - BLOCKAGE ON BROAD CREEK ROAD
 - MULTIPLE INJURIES FROM HEAVY STORMS/WINDS

FAIRFIELD HARBOUR SECURITY: 636-5566

(Has #'s for CERT or Marine Assistance, EMT's)

ETYSA PARTICIPANTS/VOLUNTEERS – SKILLS CHECK-OFF

PLEASE FILL IN/SUBMIT ASAP BEFORE CAMP STARTS

ON THE WATER:

- SAILING KNOWLEDGE – CAN YOU ASSIST INSTRUCTORS WITH COACHING
IN SAFETY BOAT OR INFLATABLE DINGHY? YES _____ NO _____
- SAFETY BOAT -- CAN YOU PILOT A SAFETY BOAT/DINGHY? YES _____ NO _____
- CAN YOU SET OR REMOVE HEAVY COURSE BUOYS? YES _____ NO _____
- CAN YOU LIFT CHILD INTO OR OUT OF SAFETY BOAT OR DINGHY? YES _____ NO _____

IN HARBOUR:

- CAN YOU MONITOR SWIM PLAYTIME IN HARBOUR FROM DOCK –
& PULL CHILD OUT? (Water is not over their heads). YES _____ NO _____
- CAN YOU HELP “LAND” BOATS COMING INTO HARBOUR ? YES _____ NO _____
- CAN YOU HELP INSTRUCTORS W/CAPSIZING DRILLS IN HARBOUR? YES _____ NO _____

ON LAND :

- HELP KEEP ORDER & DISCIPLINE ON LAND & DOCK YES _____ NO _____
- HELP WITH LAND GAMES (eg: KNOT TYING; LAND TRAINER) YES _____ NO _____

LIST FOLLOWING SKILLS & DATE LAST CERTIFIED:

- CAN YOU SWIM? YES _____ NO _____
- CPR TRAINED YES _____ NO _____ CERTIFIED: _____
- AED TRAINED YES _____ NO _____ CERTIFIED: _____
- FIRST AID YES _____ NO _____ CERTIFIED: _____

NAME: _____ DATE: _____

CAMP DATE/S: _____