

PROTECTION FROM THE SUN

In accordance with 105 CMR 430.163, the Camp has developed and will follow written procedures to protect campers and staff from exposure to the sun.

The operator shall at times encourage campers and staff to reduce the exposure to ultraviolet exposure to the sun. Such measures shall include, but not be limited to

- Encourage the use of wide brimmed hats
- Long sleeve shirts
- Long pants
- Screens with solar protection factor of 25 or greater
- Lip Balm
- Campers are encouraged to bring sun protection from home
- Camp staff encourages daily use of sun protection including sunscreen, lip balm, hats, and utilizing shaded area whenever possible.

INSECT REPELLANT & CONDUCTING TICK CHECKS

In accordance with 105 CMR 430.159, the Camp has developed and will follow procedures for using insect repellent and conducting tick checks

The operator shall at times encourage campers and staff to apply insect repellent and conduct tick checks following outdoor sessions. Such measures shall include, but not be limited to

- Camp Director will identify outdoor areas where ticks are possible (grassy, bushy, wooded areas). After areas have been identified, staff and campers will avoid those areas.
- On walks to and from fields, dorms, café and lectures, campers and staff will walk on the middle of trails and pavement.
- Treat clothing and gear with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings.
- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. EPA's helpful can help you find the product that best suits your needs. Always follow product instructions.
- Tick Checks for campers and staff.
 - Check your clothing for ticks. Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.
 - Shower soon after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.
 - Check your body for ticks after being outdoors. Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body. Check these parts of your body and your child's body for ticks: Under the arms, In and around the ears, Inside belly button, Back of the knees, In and around the hair, Between the legs, Around the waist.

Parent Signature _____

Date _____