

Rock Creek Ranch Retreat (RCRR)

Medical information

Camp director: please read for your own information and give a copy to the medical attendant for your group.

Medical attendant

Requirement:

The camp medical attendant has a very important job- first in preventing problems and in caring for problems that may occur. The medical attendant should have the authority to require that everything your group does while at camp be healthy and safe for everyone.

The minimum training requirement for the medical attendant should be advanced first aid and CPR Training.

Equipment and supplies:

RCRR does not provide or supply any first aid equipment or medical supplies. You must bring everything that your group might need.

A well-equipped First Aid Kit is necessary. Crutches and ace bandages maybe useful.

Illness: it is imperative that sick people be sent home to prevent the spread of illness. Colds, flu, gastrointestinal upsets, fevers, sore throats, coughing, vomiting diarrhea and/ or any other symptom of contagious illness are indications that the camper needs to leave as soon as possible.

Common Medical Problems:

The most common injuries at camp are insect stings, bumps, bruises, blisters, burns, scrapes, cuts, strains, sprains and broken bones. Allergy symptoms bother some people Altitude sickness and some heart and breathing problems may occur at our 5,000 elevation. Homesickness affects some campers, especially young children.

Scorpions and rattlesnakes live in the area of the camp, as well as other wild animals (like bears) that need to be avoided.

The idea is not to be ignorant of or afraid of what could happen, but to be aware of the mountain environment of the camp and prepared for what could happen.