



PARK RIDGE-NILES SCHOOL DISTRICT 64

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OUTDOOR EDUCATION PROGRAM HEALTH REQUIREMENTS

The health and safety of your child while on the outdoor education trip is important to an optimal educational experience. Please carefully read the following information regarding student health needs.

REQUIRED FORMS

1. MEDICATION AUTHORIZATION FORM: MUST BE COMPLETED BY PARENT AND HEALTHCARE PROVIDER

Complete the form for prescription *and* over-the-counter medication. Students with medication and accompanying authorization already on file at school need not provide further documentation. That medication will be brought on the trip and will be returned to school after the trip. *Remember that all medications, including prescription and over-the-counter medications, vitamins, and supplements require completion of this form. Medications and vitamins sent from home must be in the labeled prescription bottle or in original store packaging. If the form is not returned, it is assumed that no medication will be given during the trip. If a situation were to develop in which your child needed an over the counter medication (ex. Tylenol), you and your child's healthcare provider would need to complete and sign the form, and then either fax or email it to camp. Such last-minute arrangements are discouraged.*

2. MEDICAL/HEALTH INFORMATION FORM:

If there are no medical concerns, please indicate by marking "none." Special information regarding health, medical issues, personal habits, fears, routines, and expectations may be helpful in making this experience a positive one. This information will be shared with school staff and parent chaperones on a "need to know" basis. If there is information you wish for us to have but feel hesitant to share with others, please contact your school's Building Nurse so that the issue can be discussed and a plan worked out that puts you and your child at ease.

MEDICATION

All medication will be kept with the nurse and administered from a central location. The nurse will stock several over the counter medications (Tylenol, Motrin, etc.) that can be given with parent/guardian written permission and physician authorization.

Permission will be given to students who must carry an asthma inhaler during activities, as long as proper authorization is on file. Please emphasize to your child the responsibility for not losing the inhaler, for not sharing the inhaler, and for reporting to the nurse when it has been used.

FOOD ALLERGIES

Food allergies/sensitivities may require advance planning, including information about the three-day menu. Please contact the Building Nurse to discuss food issues. Information about food ingredients/nutritional information can be obtained from the Camp's Food Service Director.

ILLNESS

Children who are ill (temperature of **100.0°F and above**, vomiting, diarrhea) must remain at home. If your child becomes ill while on the trip, you will be called to come pick him/her up. There are no accommodations for treatment of sick children at the outdoor education location.

EMERGENCIES

In case of serious injury or illness, paramedics will be called and you will be notified immediately. School staff will remain with your child at all times.

BEFORE THE TRIP

All medications must be brought to the health office *prior* to the day of departure. If your child experiences motion sickness and requires medication prior to our bus trip home, please provide a dose for us to give and include parent/physician authorization.

ACTIVITY RESTRICTIONS

Students with activity restrictions in place prior to the trip must adhere to restrictions at Camp as well, in order to ensure their safety. Please contact the Building Nurse prior to the departure date, so that a plan to accommodate your child's needs can be put into place.

NURSE CONTACT INFORMATION

Please check the appropriate box on the Medical/Health information form if you would like to speak with the Building Nurse prior to the trip.

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