



The Camp Leader's Health Pack

Everything You Need for a Safer Summer at Camp

Why Summer Safety Matters

As a summer camp leader, you play a vital role in keeping campers and staff safe during the summer months. From soaring temperatures to poor air quality and infectious disease risks, your proactive planning can make all the difference.



This health pack provides science-backed checklists, tips, and action plans to help your camp stay prepared and resilient all season long.

Heat Safety Essentials

1 Hydration Strategies

- Set up hydration stations throughout the camp.
- Require campers and staff to take water breaks every 30 minutes during outdoor activities.
- Provide electrolyte-enhanced drinks during peak heat

2 Shade and Cooling Plans

- Identify shaded rest areas and cooling centers.
- Reschedule strenuous activities for early morning or late afternoon.
- Use canopies, tents, or natural shade to reduce direct sun exposure.

3 Heat Illness Response Plan

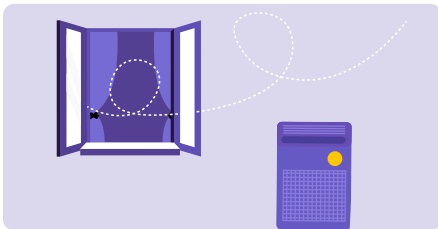
- Train staff to recognize signs of heat exhaustion and heat stroke.
- Have an emergency protocol in place, including quick access to medical care.



Indoor Air Quality Tips

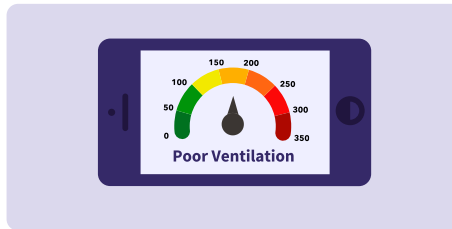
1 Ventilation and Filtration

- Keep HVAC systems well-maintained and change filters regularly.
- Use portable HEPA air purifiers in cabins, dining halls, and activity spaces.
- Open windows and doors when outdoor air quality allows.



2 Monitoring Air Quality

- Use indoor air quality (IAQ) monitors or CO₂ sensors to assess ventilation.
- Download AQI apps to stay informed about outdoor air quality levels.



3 Infection Prevention Practices

- Encourage hand hygiene before meals and after activities.
- Clean high-touch surfaces regularly.
- Maintain proper ventilation to reduce airborne transmission risks.



Infectious Disease Readiness

1 Daily Health Checks

- Screen campers and staff for symptoms of illness each morning.
- Have isolation protocols for anyone showing signs of infectious disease.



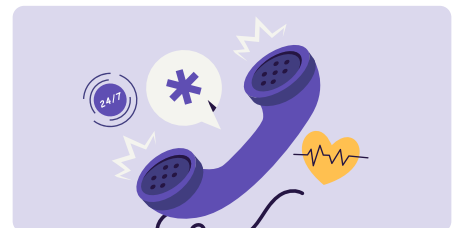
2 Hygiene and Sanitation

- Provide handwashing stations and hand sanitizer at key locations.
- Promote hygiene education with posters and daily reminders.



3 Communication Plan

- Inform parents and staff about health policies and emergency plans.
- Establish clear reporting lines for any health concerns.



Lead with C.A.R.E.

Learn more and join us: commit2care.org



By implementing these strategies, you're not only protecting your campers and staff, you're building a culture of care and resilience that lasts beyond the summer.

Commit to C.A.R.E. is here to support you with resources, guidance, and a network of partners dedicated to community health.

Join us as we **CARE**
Community. Awareness. Responsibility. Engagement.

