Important Webpage Links regarding Recreational Camps for Children

THIS DOCUMENT INCLUDES IMPORTANT LINKS TO INFORMATION FOR RECREATIONAL CAMPS

The Massachusetts Department of Public Health (MDPH) has created this resource document to provide all stakeholders with easy access to relevant information associated with Recreational Camps for Children and compliance with 105 CMR 430.000: Minimum Standards for Recreational Camps for Children (State Sanitary Code, Chapter IV). It contains topic summaries with associated webpage links for related material based on the list of topics below. This is not a comprehensive list, but designed to assist those looking for additional information on relevant camp topics.

- **MEDICAL SAFETY**
  - Epinephrine Auto-Injector Guidance
  - "Heads Up" - Concussion Awareness
  - Immunizations
  - Influenza
  - Rabies
  - Swine Flu
  - Tuberculosis
  - West Nile Virus & Eastern Equine Encephalitis
- **OUTDOOR SAFETY**
  - Bats
  - Beaches
  - Playground Handbook
  - DEET Insect Repellent
  - Extreme Heat Guidance
  - Security & Safety Plans
- **GENERAL REFERENCES**
  - American Camp Association
  - Camp Administrator Training
  - Office of Public Safety and Inspections – Challenge Courses and Climbing Walls

- Medical & Biological Waste Management

Medical Safety:

- **Epinephrine Auto-Injector Guidance:**

Epinephrine auto-injector systems are used to deliver epinephrine through a syringe. The management (use and disposal) of this "acutely hazardous" substance is regulated in Massachusetts.

http://www.mass.gov/eea/docs/dep/recycle/laws/epifax.pdf

http://www.mass.gov/eohhs/docs/dph/com-health/school/epi-administration-reporting.pdf

- **Heads Up (Concussion Awareness):**

Health care professionals may describe a concussion as a "mild" brain injury because usually concussions are not life-threatening. Even so, their effects can be serious. Recognition and proper response to concussions, primarily when they first occur, can help prevent further injury or even death. This link provides information about sports-related head injury regulations, trainings (e.g. - "Heads Up"), required forms for schools and clinicians, model policies for schools, and other important details.

https://www.mass.gov/sports-related-concussions-and-head-injuries

- **Immunization:**

Vaccines are one of the great public health advances of the 20th century, and prevent hundreds of thousands of illnesses in the United States every year. Vaccines protect both the person vaccinated and those around them from serious diseases, a concept known as herd immunity. Herd immunity protects other members of the community, such as babies too young to be vaccinated or those who cannot receive immunizations because of a medical condition.

https://www.mass.gov/immunization-program

https://www.cdc.gov/vaccines/index.html

https://www.mass.gov/service-details/vaccine-information-for-the-public

http://www.mass.gov/eohhs/docs/dph/cdc/immunization/guidelines-ma-school-requirements.pdf

http://www.mass.gov/eohhs/docs/dph/cdc/meningitis/info-waiver.pdf

- **Influenza:**

Influenza is a disease that primarily affects the respiratory system, including the nose, throat and lungs. "Flu" is short for "influenza". Flu is caused by a virus and it can be very serious. Every year in the United States, seasonal flu causes thousands of hospital admissions and deaths. Getting an annual flu vaccine is the best protection.

https://www.mass.gov/influenza

- **Rabies:**

Rabies is a viral disease that can affect all mammals, including humans. The virus attacks the central nervous system and can be secreted in saliva. Because rabies affects people, as well as animals, control of this disease has become a top priority for the Massachusetts Division of Animal Health. With the cooperation of MDPH and the Massachusetts Division of Fisheries and Wildlife, all potential rabies exposures are investigated in order to prevent further rabies infections.

http://www.mass.gov/eohhs/gov/departments/dph/programs/id/epidemiology/providers/public-health-cdc-rabies-info-providers.html

- **Swine Flu:**

Swine flu is a respiratory disease associated with pigs caused by type A influenza viruses. Swine flu viruses do not normally infect humans. However, sporadic human infections with swine influenza viruses have occurred.

http://www.eec.state.ma.us/SwineFluUpdates.aspx

http://www.mass.gov/ocabr/docs/advisories/swine-flu.pdf

- **Tuberculosis Program:**

The MDPH Tuberculosis Program seeks to reduce the incidence of tuberculosis (TB) through surveillance, education, and clinical services

delivered within a collaborative multiagency system.

http://www.mass.gov/eohhs/gov/departments/dph/programs/id/tb/

- **West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE):**

West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE or "Triple E") are viruses that can cause illness ranging from a mild fever to more serious disease like encephalitis or meningitis. They are spread to people through the bite of an infected mosquito. There are no specific treatments for either virus, but steps can be taken to protect from illness.

http://www.mass.gov/eohhs/docs/dph/cdc/factsheets/wnv.pdf

http://www.mass.gov/eohhs/gov/departments/dph/programs/id/epidemiology/providers/public-health-cdc-arbovirus-info.html

Outdoor Safety:

- **Bats:**

During the summer months, it is not unusual to find a bat in a building. Most often, these animals have accidently flown in and are now trapped. Bats sometimes carry rabies and may spread it to people or animals through bites or scratches, so it is important to remove bats from your building as soon as possible. If a person may have been bitten or scratched, it is important to capture the bat and have it tested for rabies.

http://www.mass.gov/eohhs/docs/dph/cdc/rabies/bat-capturing.pdf

https://www.mass.gov/service-details/bats-in-the-home

- **Beaches:**

Good water quality is essential to having a safe and enjoyable beach visit. It is important to monitor the water quality and report any potential water quality concerns. Each year, the Environmental Toxicology Program in MDPH, Bureau of Environmental Health collects water quality information related to fresh and saltwater beaches from local health departments, as well as the Massachusetts Department of Conservation and Recreation, and compiles a summarized report on the state of the beaches water quality.

http://www.mass.gov/eohhs/docs/dph/regs/105cmr445.pdf

http://www.mass.gov/eohhs/gov/departments/dph/programs/environmental-health/exposure-topics/beaches-algae/

https://www.cdc.gov/nceh/hsb/cwh/technical_hab.htm

https://www.epa.gov/nutrient-policy-data/cyanobacterial-harmful-algal-blooms-water

- **Consumer Product Safety Commission Playground Handbook:**

Playgrounds have a number of potential hazards and maintaining safety is paramount to protecting children.

https://www.mass.gov/files/documents/2016/08/oi/family-child-care-playground-safety.pdf

https://www.cpsc.gov/safety-education/safety-guides/playgrounds

https://www.cpsc.gov/s3fs-public/325.pdf

- **DEET/Repellent:**

Products with DEET (N,N-diethyl-m-toluamide) or permethrin are recommended for protection against ticks and mosquitoes. Some repellents, such as picaridin or oil of lemon eucalyptus, have been found to provide protection against mosquitoes but have not been shown to work against ticks.

http://www.mass.gov/eohhs/docs/dph/cdc/factsheets/s-u/tick-repellents.pdf

http://www.mass.gov/eohhs/docs/dph/cdc/factsheets/m-o/mosquito-repellents.pdf

https://blog.mass.gov/blog/health/safe-practices-for-mosquito-and-tick-bites/

- **Extreme Heat:**

Heat related deaths and illnesses are preventable. Despite this, an average of 618 people in the United States are killed by extreme heat every year. This website provides helpful tips, information, and

resources to help you stay safe in the extreme heat during the summer.

https://www.cdc.gov/disasters/extremeheat/heat_guide.html

- **Security:**

It is important to always be vigilant and mindful of the safety and security of the recreational camp. Some practices and useful information can be extracted from other related documents like the ones listed below:

A.L.I.C.E (Active Shooter Response Training):
A Guide for Developing High Quality School Emergency / Operations Plans.
U.S. Department of Education (June 2013)

https://rems.ed.gov/docs/REMS_K-12_Guide_508.pdf

Massachusetts Task Force Report on School Safety and Security (July 2014)

http://www.mass.gov/edu/docs/eoe/school-safety-security/school-safety-report.pdf

References:

- **American Camp Association-New England:**

http://www.acanewengland.org/

http://www.acanewengland.org/education-training/training-and-certification

- **Office of Public Safety and Inspections (OPSI):**

The Office of Public Safety and Inspections provides verification for licenses for challenge courses and climbing walls.

http://www.mass.gov/ocabr/government/oca-agencies/dpl-lp/opsi/

- **Medical or Biological Waste Regulation – 105 CMR 480.000:** Management of the medical waste generated at recreational camps is governed by 105 CMR 480.000. Any and all generators of such waste must abide by the minimum standards noted in the document. In addition, web links to the required record keeping logs are provided to document the proper storage, transportation, treatment and disposal of any waste generated.

http://www.mass.gov/eohhs/docs/dph/regs/105cmr480.pdf

http://www.mass.gov/eohhs/docs/dph/environmental/sanitation/105cmr480-medical-waste-off-site-log.pdf

http://www.mass.gov/eohhs/gov/departments/dph/programs/environmental-health/comm-sanitation/medical-waste.html

For More Information

If you would like a copy of the state regulations or additional information concerning recreational camps for children, please visit www.mass.gov/dph/dcs or call the Massachusetts Department of Public Health Bureau for Environmental Health's Community Sanitation Program at 617-624-5757

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