



First Aid and Medical Information

Introduction

I am sure you are all looking forward to the BUC Camporee this year at Skreens Park Campsite in Essex. As with all major events, involving large numbers of energetic young people, there is always the possibility of needing first aid or medical attention. To help you enjoy the Camporee there are a few things that can be done to minimise the impact accident or illness can have on your club.

First of all I would like to emphasise the first aid and medical facilities are provided at a "first Aid" level.

Club Requirements

Personnel

Each Club should have at least one person qualified in first aid who knows how to manage minor injuries and medical problems like insect bites, sprains and small cuts. If not, please seek advice from another club.

Also all club staff and Pathfinders must have Health Forms giving medical conditions, regular drugs, next of kin and loco parentis.

First Aid Equipment

A well stocked First Aid Kit is essential. There are many on the market but you can usually make one up yourself if you wish. Remember you are not expected to manage a cardiac arrest but you should be able to treat minor cuts, bruises, sprains, insect bites dehydration and sunburn.

Any reputable chemist will be able to sell a first aid kit. If you type "First Aid Kit" into www.google.co.uk you will be overwhelmed with the choice. A good source for a first aid kit is a chandlers for boat equipment. If you have a large club you will need a large kit. As a rough guide you will need the following:

- Adhesive plasters – various sizes
- Adhesive tape 1cm and 2cm wide
- Gauze squares (approximately 5cm X 5 cm)
- Non Adhesive Dressings such as *Melolin* and *tulle gras* (approximately 5cm X 5 cm)
- Crêpe Bandages (5cm wide but 10 cm may be useful)
- Linen Broad Arm Slings. They have many uses such as blindfolds
- Strong pair of sharp scissors, (not blunt)
- Sun creams or sprays, at least factor 15
- Lotions for after sunburn treatment
- Insect bite cream

Drugs

There is no problem with a club carrying various over the counter (OTC) drugs which can then be prescribed on the advice of those providing first aid and medical treatment at the Camporee. Please remember the first aid and medical facilities are not a "free" pharmacy. Every drug used at the Camporee will have to be paid by somebody. In order to keep the Camporee fees to a minimum it is expected the clubs will pay for any OTC drug expenditure.

It is strongly recommended that each club carry a supply of the following OTC drugs, as these will NOT be provided by the BUC:

Analgesics (pain killers)

Paracetamol
Co-codamol 8/500

Anti-inflammatory drugs

Ibuprofen (also know as neurofen)

Anti-diarrhoeal

Loperamide

Constipation

Plenty of Fruit and Vegetables, if this fails, lactulose

Antihistamines (for insect bites)

Chlorpheniramine (Piriton) *Sedating*
Cetirizine *Non-sedating*
Anthisan cream

Any other drugs, such as antibiotics, will have to be provided via the local GP or Accident and Emergency facility.

Finally a word about regular medication for Pathfinders and staff, who have long term medical conditions, such as diabetes and asthma. Please remember to bring your own medication.

Camp Health and Hygiene

There are a few medical problems that are associated with activities such as Camporees. Most are avoidable with proper care and preparation.

Food poisoning

This is thankfully not as common as people think but can be avoided by the following.

- Catering staff to take a course in food preparation and hygiene.
- Wash hands before meals and after using the toilet. Club staff should always make sure there is the necessary soap and water at all times so the Pathfinders have no excuse to avoid this essential activity. There are fancy lotions and alcohol gel on the market these days but soap and water is still the best especially for clostridium (a bacterium).
- Make sure there is proper rubbish and waste disposal arrangements in place.

Dehydration

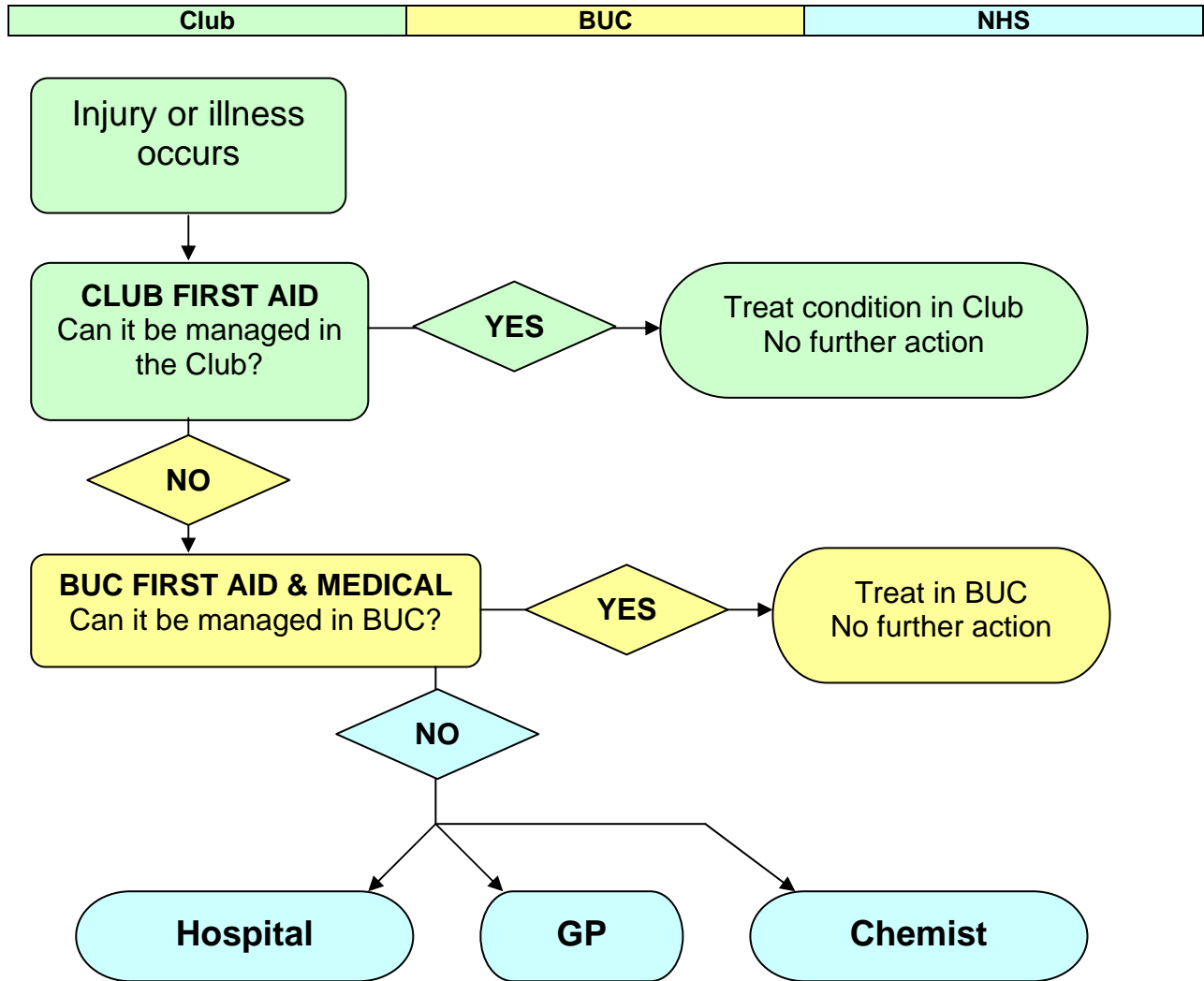
If the weather is hot and dry, unusual for the UK, the Pathfinders will still like to run around and play, burning up lots of energy (so hopefully they will sleep at night) but they will also sweat. This means they will become dehydrated, followed by exhaustion then collapse. Please make sure there are non-fizzy drinks available at all times in the clubs and encourage the pathfinders to drink often as they usually forget.

Finally may you have an enjoyable time at Skreens Park and give the first aid and medical team so little work they feel their services were not needed!

Seeking First Aid and Medical Advice

The way to access first aid and medical advice is given in the algorithm below:

Please note All "Patients" under 18 years of age MUST be accompanied by a club leader at all times, plus the Health Form, when seeking first aid or medical attention.



Please note you are responsible for providing transport to hospital, GP or Chemist