

## School Camps

School camps are an exciting part of school life. They provide many positive experiences and children with CF are able, and encouraged, to attend, however, it may involve some forward planning and extra considerations.

To begin with, it is important to ensure teachers attending the camp have an up-to-date copy of the child's school medical plan. It can be helpful to nominate a teacher to be the student's contact person, to assist with treatment and medications or any issues that arise during the camp.

Parents and schools should work together to consider the following:

### Location

Consider the environment and if there are any serious risk factors of exposure to environmental bacteria such as straw or stagnant water areas.

### Medications

Consider the management and administration of medications during camp such as enzymes, salt, Ventolin, insulin and/or other. Discuss who will carry the child's medications, and a plan for when they will be taken.

You will also need to consider storage of medications- do any need to be stored at a certain temperature?

### Physio

Have a plan for when and where physio will be done each day. The child might prefer a private location.



Will they need access to a power point for nebulisations? Parents might need to consider a portable nebuliser.

Will there be running water available to clean physio equipment?

### Diet

Does the child have extra dietary requirements e.g. do they need high calorie, high fat meals/snacks. Parents may need to pack extra snacks or supplement drinks.

### Dehydration

Consider dehydration risk, and ensure staff attending the camp know the signs of dehydration and how to manage these. Ensure the child has access to a water bottle.

Think about the weather. Will it be very hot? Or are they likely to be particularly active? If so, they may need more salt and water replacement.

## Toilet access

Due to digestive issues, access to toilets is important to consider.

## Infection control

Access to hand washing facilities such as water and soap is important to reduce the risk of spreading germs. If this is not easily accessible, it might be helpful for the child to carry their own antibacterial hand gel.

If another child becomes unwell during the camp, it would be preferable for them to be separated from the CF child where possible.

## Overseas trips

Some schools offer overseas travel to students, which is a wonderful opportunity. Here are some important considerations for parents (as well as all of the above mentioned):

- Does the country have a Reciprocal Health Care Agreement with Australia? This will affect access to medications and health care if your child becomes unwell.
- Seek out travel insurance. There are companies that will cover people with CF.
- Research the location of the local CF clinic at the destination.
- Consider infection prevention and control e.g. food and environmental risks.
- Speak to your child's CF clinic prior to travel so they can help prepare you. Some centres will suggest a course of IV antibiotics beforehand and will review any vaccinations required.
- Get letters from your child's CF clinic explaining diagnosis, list of medications including those nebulised; especially if requiring a compressor or insulin.

## Other considerations

School camps provide an important opportunity for children to gain experience managing their own CF health care. Having a discussion before they leave and a plan of action for when issues arise is very useful to ensure they are able to get the most out of their camp.

## Useful resources

- [CFSmart](#)
- [CFWA School & Community Education](#)