



Ramah Medication Policies

Dear Parents:

As we continue to grow and accept a greater number of campers on regularly-dosed medications and vitamins it is extremely important that everyone understands and follows our medication policy. This policy is in place to protect campers and prevent medication errors. Our medication policy also reduces the waiting time for all campers during medicine call, and allows our nurses more time to focus on health concerns at camp.

To ensure your camper's safety, Ramah in the Rockies has adopted medication administration policies similar to many sleep-away camps across the United States. We have chosen CampMeds as our vendor for single-dose medication packaging.

Ramah in the Rockies Medication Policies:

1. Ramah in the Rockies only administers medicine twice daily (AM & PM), except for campers in our Tikvah (special needs) program.
2. Ramah in the Rockies does not allow oral liquid or oral powder medicine.
3. Ramah in the Rockies does not allow gummy-type or dissolvable-strip vitamins.
4. Ramah in the Rockies does not allow refrigerated medicines that need to be taken daily.
5. Campers may carry their EpiPen and inhalers after completing a self-administration contract with the camp nurse.
6. All prescription medicine, over-the-counter medicine, vitamins and supplements must be processed through CampMeds, except as stated below.

You must register at www.CampMeds.com at least 30 days prior to your camper's session if your camper uses **any** medicine -- prescription, over-the-counter (OTC), vitamins, or supplements -- regularly or as-needed.

CampMeds charges Ramah in the Rockies families a \$40-\$50 per camper packaging fee plus the cost of the medicine/vitamin/supplement.

Please review the CampMeds FAQ for answers to other frequently asked questions about CampMeds.

Exceptions

You do not need to register with CampMeds if your camper:

1. Takes no medicine
2. Occasionally needs a common OTC items such as Tylenol, Advil, and Benadryl – which our camp stocks in the Mirpa'ah (health center).
3. Takes a prescription medicine using one of the following routes of administration:
 - inhalers
 - EpiPens
 - medicated creams
 - medicated patches
 - eye drops
 - ear drops
 - nasal sprays

The medication types listed above should be brought to camp by the camper and must include a valid prescription on the packaging or box.



Insurance

CampMeds will bill your insurance as your regular pharmacy would. You will be responsible for co-pays and any charges your insurance does not cover. Please read the CampMeds FAQ in the document center for more information.

CampMeds will notify you and Ramah in the Rockies if CampMeds' pharmacy cannot process your insurance, at which point Ramah in the Rockies will issue a written waiver to the family for prescription medicine.

Families who choose not to use CampMeds and send prescription medicine to camp without a written waiver will be charged a **\$250** medication administration fee.

Additional Instructions for campers using OTC medicines, including vitamins and herbal supplements:

If your camper uses OTC medications at camp you are required to use CampMeds. **All over-the-counter (OTC) medicines, vitamins, and herbal supplements must be processed through CampMeds** even for families who receive a waiver for prescription medicine. Israeli and other non-North American families do not need to go through CampMeds for prescription medicines due to insurance incompatibility, but still must register with CampMeds for OTC/vitamins & supplements.

Families with campers who use OTC medication, vitamins, or herbal supplements should register at CampMeds as soon as possible, writing the specific instructions including dosage, specific brand requirements or generic, and time of day to administer for their OTC/vitamins/herbal supplements on the CampMeds registration receipt. The families should then fax the completed receipt back to CampMeds at (954) 475-3055 and CampMeds will follow up with the family. Ordinarily, CampMeds' pharmacy will fill or order the OTC/generic/herbal supplement. If the pharmacy cannot fill the order, CampMeds will contact the family and give them the option of sending an unopened bottle directly to the pharmacy for packaging. This must be received by the pharmacy at least 30 days before their camper's session begins. All extra pills will be sent to camp to be returned with the camper at the end of the session. Families with just OTC/vitamins/herbal supplements (i.e. no prescription medicine) do not need to complete the insurance section on the CampMeds registration website.

Non-Compliance

Families who choose not to use CampMeds and send prescription or OTC medicine, vitamins, or supplements to camp will be charged a **\$250** medication administration fee. There are no waivers for OTC medicines. All over the counter medicines, vitamins, and supplements must be processed through CampMeds.

Required Standing Orders:

Colorado child-care facility licensing regulations stipulate that all medicines, including OTC, vitamins, and herbal supplements, may only be administered to children by authorized staff following the instructions or standing orders of a physician. If you wish your camper to use any OTC medicines, vitamins, or herbal supplements at camp, they must be supplied through CampMeds and you must send your camper to camp with standing orders or a prescription signed by your child's physician.

Please contact Douglas Wolf in the office with any questions at (303) 261-8214 x101 or douglasw@ramahoutdoors.org. We are confident that your participation in this program will continue to help us achieve our primary goal: the health, well-being, and safety of every child.