

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.

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.
- Will there be running water available to clean physio equipment?

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

Physiotherapy

- 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.



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.

Before the Camp

- 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 during the camp.

More Information

For more information about CF, we have free eLearning modules as well as other resources available on our [CFSmart website](https://www.cfsmart.org.au).