

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:

Staff Education

It is important that staff attending the camp have a good background of CF and an up-to-date copy of the student's medical plan. It can also be helpful to nominate a teacher to be the student's key contact, to assist with treatment, medications or any issues during the camp.

Location

Consider the environment and if there are any serious risk factors of exposure to environmental bacteria such as straw or stagnant water areas. Due to digestive issues, access to toilets is also important to consider.

Medications

Discuss the management and administration of medications during camp such as enzymes, salt, Ventolin, insulin and/or other. You will need to consider who will carry the child's medications and where will they be stored etc.

Physiotherapy

Have a plan for when and where physio will be done each day. The child might prefer a private location. Also think about if they will need access to a power point and how they will 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. It is important the student has access to a water bottle at all times, and extra salt and electrolytes if needed.

Infection Control

It is important to have access to hand washing facilities including clean water and soap. If this is not easily accessible, it might be helpful for the child to carry their own antibacterial hand gel.

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

If you have more than one individual with CF attending camp please consider cross infection guidelines.

More Information

For more information about CF, we have free eLearning modules and other resources for educators, available on our [CFSmart website](#).