

## Camp Otterdale Tick Protocol & Daily Health Check

Like many places in Ontario, we have ticks at Camp Otterdale. One kind of tick, the Blacklegged Tick (also known as a Deer Tick), can carry the bacteria, which may cause Lyme disease. We are aware of the situation and we are doing our best on several fronts to provide everyone a safe and wonderful experience, while living with this reality in Ontario. We want to enjoy the outdoors, while being cautious, but not fearful!

Ticks prefer humid wooded areas and long grass. In order to make our environment less favourable for ticks, we practice the following: Grass mowed and cut regularly, brush and branches in the most tread upon areas are removed, gravel and wood chips laid on most used paths, training and awareness for everyone.

At Camp Otterdale, we do a health check each day using the acronym '**TWIST**' which stands for:

**Ticks:** Full body Tick check

**Water:** Make sure everyone is hydrated

**Insect bites:** Ensure mosquito bites are cared for

**Sun protection:** Ensure everyone has applied sunscreen regularly, is wearing a hat and protecting from strong sun rays

**Tummy:** Ensure all campers have nutritional meals, and snacks as well as they are using the washroom regularly.

**Every staff person is trained on the identification and process of preventing and checking for Ticks.**

**The TICK check** will involve staff reminding campers to check their entire bodies including a reminder to check "where your bathing suit covers" the next time they change or go to the bathroom. Campers and staff will check each other's backs as well.

If a Tick is found on a camper's body, our medical team will assess the situation, remove the tick, and follow up with the parents. Camp Otterdale has a working relationship with the Portland Medical Clinic. If further follow up is decided upon, we will take the camper or staff to the clinic.

Based on Public Health information, ticks need to be attached to a person for 36 to 48 hours for Lyme disease to be transmitted. We check twice a day, because we never want a tick to be on a person for more than 24 hours. **TWIST** will be done in the morning and the evening. Swim instructors will also check during swimming lessons.

Please be sure to send long, light weight, loose fitting pants and shirts with sleeves that are light in colour (in order to make spotting a tick easier). These clothes will be worn with pants tucked into socks and closed toed shoes, while playing certain games and doing certain activities.