## EMERGENCY ACTION PLAN Facility Name: Girl Scout Camp Bay Breeze

Facility Address: Camp Canoy Road, Lusby, Md 20657

# EMERGENCY PERSONNEL NAMES AND PHONE NUMBERS

DIRECTOR:			
Name: Jennifer White (Bor	Name: Jennifer White (Bones)		
EMERGENCY COORDINATOR:			
Name: Jennifer Pendergist	Name: Jennifer Pendergist (Cheeto)		
AREA ASSISTANTS:			
Area 1: Aides in Training	Name:	Phone:	
Area 2: Camp Registrar	Name:	Phone:	
Area 3: Pixies, Boys	Name:	Phone:	
Area 4: Brownies	Name:	Phone:	
Area 5: Cadettes & Teens	Name:	Phone:	
Area 6: Fly-Ups & Juniors	Name:	Phone:	
Dismissal Coordinator:			

Phone:

Name:

## **EVACUATION ROUTES**

There are 3 Evacuation routes at Girl Scout Camp Bay Breeze.

- Exit 1 Main road through camp to Camp Canoy Road
- Exit 2 Main road through camp to beach
- Exit 3 Beaver trail through camp to beach

Site personnel should know at least two evacuation routes.

#### **DESIGNATED AREAS:**

Campers will meet in the flag field for further instructions.

Primary evacuation location is Solomon's Fire House.

Secondary evacuation location is Southern Middle School.

## **EMERGENCY PHONE NUMBERS**

- EMERGENCY: 911
- GIRL SCOUT COUNCIL CONTACT: (202) 274-3329
- GIRL SCOUT COUNCIL AFTER HOURS EMERGENCY CONTACT: (703) 284-2332
- FIRE DEPARTMENT: (410) 326-6657
- PARAMEDICS: (410) 326-6657
- POLICE: (410) 535-1400
- CALVERT CLIFFS STATE PARK: (301) 743-7613

## EMERGENCY WARNING AND DRILL SIGNAL PROCEDURES

Upon hearing the emergency warning/drill signal (3 long blast of bullhorn, car horn or whistle);

- 1. All campers and staff are to stop what they are doing and remain calm.
- 2. Gather everyone who belongs in the unit and take attendance.
- 3. Unit will proceed together, in a quiet and orderly fashion, to the designated area (*Flag Field*).
- 4. At the designated area, have girls sit calm and quiet, take attendance.
  - a. Attendance includes all camp staff, aids and campers in the unit.
- 5. One adult from each unit will turn attendance into Area Assistants, noting any missing persons.
- 6. All campers and staff will remain with their assigned unit.
- 7. The Director or Emergency coordinator will give further instructions.

#### In a true emergency:

- 1. Follow the steps listed above.
- 2. All campers and staff will remain with their assigned units.
  - a. This is important for attendance and safety numbers.
- 3. The Director or Emergency Coordinator will determine when camp staff can sign out.
  - a. Safety numbers *must* be maintained at all times during camp.

## EMERGENCY REPORTING AND EVACUATION PROCEDURES

Types of emergencies to be reported by CAMP STAFF are:

- MEDICAL
- FIRE
- SEVERE WEATHER
- HEAT ILLNESS
- SUNSCREEN AND BUG SPRAY
- FOOD ALLERGIES
- MEDICATION
- MISSING CAMPER
- WILD ANIMALS
- OTHER HAZARDS
- CHEMICAL SPILL
- NUCLEAR EMERGENCY
- BOMB THREAT

## MEDICAL EMERGENCY

- Remain calm and stay with the camper.
- Do not move victim unless absolutely necessary.
- Call the following personnel trained in CPR and First Aid to provide the required assistance prior to the arrival of the professional medical help:
- Provide the following information:
  - Nature of medical emergency
  - Location of the emergency (beach, unit, road)
  - o Your name and phone number from which you are calling

Name: Jennifer White (Bones) Phone: (240) 427-7301

Name: Jennifer Pendergist (Cheeto) Phone:

If personnel trained in First Aid are not available, at a minimum, attempt to provide the following assistance:

- Stop the bleeding with firm pressure on the wounds (note: avoid contact with blood or other bodily fluids).
- Clear the air passages using the Heimlich Maneuver in case of choking.

## FIRE EMERGENCY

#### When fire is discovered:

- Notify the Director or Emergency Coordinator about the fire emergency by the following means:
  - o Voice
  - o Phone
  - o Paging
- The Director or Emergency Coordinator will notify the local Fire Department if necessary.

#### Fight the fire ONLY if:

- The fire department has been notified.
- The fire is small and is not spreading to other areas.
- Escaping the area is possible by backing up to the nearest exit.
- The fire extinguisher is in working condition and personnel are trained to use it.

#### Upon being notified about the fire emergency, occupants must:

- Leave the area using the designated escape routes.
- Assemble in the designated area: Flag Field
- Remain in designated area until the competent authority (Director or Emergency Coordinator) announces that it is safe to reenter.

#### Director or Emergency Coordinator must:

- Coordinate an orderly evacuation of personnel.
- Perform an accurate headcount of camper and staff reported to the designated area.
- Determine a rescue method to locate missing personnel.
- Provide the fire department personnel with the necessary information about the facility.

#### Area Monitors must:

- Ensure that all campers have evacuated the area.
- Report any problems to the Emergency Coordinator at the flag field.
- Assist all physically challenged persons in emergency evacuation.

## SEVERE WEATHER AND NATURAL DISASTERS

#### Lightning Storms:

• Signs of impending storms are towering thunderheads, darkening skies, increasing winds, thunder and lightning. These storms may occur with or without rain.

The Director and Emergency coordinator will monitor weather radio for information and conditions.

- Stay calm and await instructions from the Director or Emergency Coordinator.
- Be ready to evacuate as directed by the Director or Emergency Coordinator.
- Avoid metal, water and electricity.
- Seek shelter under pavilions. Buses will be used as shelters as needed.
- Stay away from tall solitary objects, like trees. Avoid hilltops and areas above tree line. Get out of caves and water.
- In fields or open areas spread several yards apart, squat low to the ground on the balls of your feet, place head as close to knees as possible with hands on head. Make yourself as small as you can, with the least amount of your body touching the ground.
- Do not use umbrellas. Do not hold a phone or radio.

#### Tornado:

The Director and Emergency coordinator will monitor weather radio for information and conditions.

- Stay calm and await instructions from the Director or Emergency Coordinator.
- Be ready to evacuate as directed by the Director or Emergency Coordinator.
- When a warning is issued by sirens or other means (3 short blasts on bullhorn, whistle or car horn) seek shelter. Consider the following:
  - Seek inside shelter, preferably in a tornado cellar.
  - Move away from the tornadoes path. Lie flat in the nearest depression, such as a ditch or ravine.
  - Avoid automobiles, platform tents, and groves of trees
  - Use arms to protect head and neck.
- Remain sheltered until the tornado threat is announced to be over.
- The Director or Emergency coordinator will only call the weather bureau to report a tornado.

#### Remember:

TORNADO WATCH - means tornadoes are expected to develop.

TORNADO WARNING - means a tornado has actually been sighted.

#### Hot Weather:

The Director and Emergency coordinator will monitor weather radio for information and conditions.

- It is recommended that if a large increase in temperature is likely to occur extra care should be taken to ensure campers and staff members are sufficiently hydrated and shade is provided.
- It is recommended that greater care be taken of participants who are not fit, who are overweight or have a disability.
- Use of water soaked bandanas, wrapped ice packs to groin or armpits and wading pools are encouraged to keep campers and staff cool during peak temperatures.

#### Hurricane:

• The nature of a hurricane provides for more warning than other natural and weather disasters. A hurricane watch is issued when a hurricane becomes a threat to a coastal area. A hurricane warning is issued when hurricane winds of 74 mph or higher or a combination of dangerously high water and rough seas are expected in the area within 24 hours.

The Director and Emergency coordinator will monitor weather radio for information and conditions.

#### Once a hurricane watch has been issued:

- Stay calm and await instructions from the Director or Emergency Coordinator.
- Move early out of low-lying areas or from the coast at the request of officials.
- If you are on high ground, away from the coast and plan to stay, secure the camp. Move all loose items indoors and board up windows and openings.
- Collect drinking water in appropriate containers.

#### Once a hurricane warning has been issued:

• Be ready to evacuate as directed by the Director or Emergency Coordinator.

#### Earthquake:

- Stay calm and await instructions from the Director or Emergency Coordinator.
- Assist people with disabilities in finding a safe place.
- Evacuate as instructed by the Director or Emergency Coordinator.

#### Flood:

- Be ready to evacuate as directed by the Director or Emergency Coordinator.
- Follow the recommended primary or secondary evacuation routes.
- Climb to high ground and stay there.

• Avoid walking or driving through floodwater.

### **HEAT ILLNESS**

#### Heat Exhaustion:

Dehydration can lead to heat related illness. It is recommended that all campers and staff consume 80z of cool fluids each hour.

#### Remember - Drink! Drink! Drink! Pee! Pee! Pee!

- Symptoms of heat exhaustion may include:
  - High heart rate
  - o Dizziness
  - o Headache
  - o Confusion
  - o Nausea
  - o Cramps
  - o Pale coloring

#### If a camper is showing any symptoms of heat exhaustion:

- Remain calm and stay with the camper.
- Call the following personnel trained in CPR and First Aid to provide the required assistance prior to the arrival of the professional medical help:

Name: Jennifer White (Bones) Phone: (240) 427-7301

Name: Jennifer Pendergist Phone:

If personnel trained in First Aid are not available, at a minimum, attempt to provide the following assistance:

- Lie the camper down.
- Loosen and remove excessive clothing.
- Cool by fanning.
- Encourage the camper to drink cool water if conscious.

#### Heat Stroke:

Severe dehydration may lead to heat stroke, which is potentially fatal and must be treated immediately by a medical practitioner. Campers and staff who are not treated for heat exhaustion may experience heat stroke. Heat stroke can occur even when drinking plenty of fluid. It is important to cool the person down as quickly as possible.

- Heat stroke symptoms include:
  - o Dry skin
  - o Confusion
  - o Collapsing

#### If a person is showing any symptoms of heat stroke:

• Remain calm and stay with the camper.

• Call the following personnel trained in CPR and First Aid to provide the required assistance prior to the arrival of the professional medical help:

Name: Jennifer White (Bones) Phone: (240) 427-7301

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If personnel trained in First Aid are not available, at a minimum, attempt to provide the following assistance:

- Lie the camper down.
- Loosen and remove excessive clothing.
- Cool by fanning.
- Encourage the camper to drink cool water if conscious.
- Apply wrapped ice packs to groin and armpits.

## SUNSCREEN AND BUG SPRAYS

- All campers and staff are encouraged to apply and reapply sunscreen while at camp.
- Encourage your children to play in the shade and avoid outdoor activities when the sun's rays are the strongest (10:00 am 4:00pm).
- Always wear sunscreen with a Sun Protection Factor (SPF) of 15 or higher.
- Reapply sunscreen frequently over all exposed skin, especially after swimming, perspiring or drying off with a towel.
- Wear a hat with a 4-inch brim to protect areas often exposed to the sun such as the neck, ears, eyes, nose and scalp.
- Wear clothing to protect as much skin as possible and sunglasses that block 99 to 100 percent of UVA and UVB radiation.
- Medication, like antibiotics, can increase your skin's sensitivity to the sun. Talk to your
  doctor about any medication your child takes and additional precautions they should
  take when outdoors.
- All campers and staff are encouraged to apply and reapply bug spray while at camp.
- Know where to expect ticks and other biting insects.

#### ALL campers at ALL times will wear hats or bandanas on their head.

Repellents containing 20% or more DEET can protect up to several hours. Permethrin can be used to treat boots, clothing or camping gear and will remain protective through several washings. Shower soon after being outdoors. Showering within 2 hours of coming indoors can reduce your risk of Lyme disease. Showering may wash off unattached ticks and is a good opportunity to perform a tick check.

#### How to perform a tick check:

- Use a hand-held or full-length mirror to view all parts of your body. Make sure to check your:
  - o Under the arms
  - o Inside belly button
  - o Back of the knees
  - o In and around the hair
  - Between the legs
  - o Around the waist

#### If a camper has a tick:

- Remain calm.
- If possible brush tick off of skin or clothing.
- If a tick is embedded, send camper to the first aid tent.

#### Sunscreens and Bug Sprays:

- Need to be given to the first Aider at the start of camp
- Will remain at the first aid tent

- $\bullet$   $\,$  Will be labeled individually with campers FULL NAME on containers and baggie.
- Will NOT be shared among campers.
- Will be reapplied by campers at the first aid tent.

### FOOD ALLERGIES

#### Allergy vs. Intolerance

- A food allergy is a reaction when the immune system thinks it's under attack by the protein involved in the foods. It then creates antibodies to fight off that food. Reactions can range from mild to severe.
- Intolerance does not involve the immune system. An example of this would be lactose intolerance. The person with this lacks an enzyme that is needed to digest milk sugar. When milk is ingested, it creates symptoms such as gas, bloating and abdominal pain.

#### Most common allergies:

- Milk
- Eggs
- Peanuts
- Tree nuts
- Gluten
- Soy
- Wheat

#### How to avoid potential problems:

- Know your girls MAKE NO ASSUMPTIONS!
- Communicate with the first aid staff to confirm allergy issues.
- Avoid cross contamination. Cookware, bake ware, plates and other items if not properly cleaned can cause a reaction. The serving process may also create cross contamination. For example: When a knife is used to spread peanut butter, then dipped into the jelly jar.

**DATE PREPARED: 02/10/2020** 

## **MEDICATION**

- No Medication of any nature will be supplied by a GSCNC camp, including over the counter medications like Benadryl, Neosporin or Acetaminophen.
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- Medication that needs to be administered at camp must be supplied by the individual family and labeled with the persons' full name.
- Medication MUST be in its **original container**. It cannot be dispensed into a plastic baggie or any other container.
- Medication, with the exception of an inhaler or EpiPen, must be kept at the first aid station in a **locked container**. Inhalers and EpiPens may be kept within the unit with physician signature.
- Medication MUST be accompanied by a completed and signed **Medication Permission**Form
- If you are sending **over the counter medication** the form must be signed by the **parent** as well as a **physician**.
- If you are only sending **prescription** medication that contains a <u>current</u> prescription label then **parent** only needs to have a parent signature.
- At least one dose of the medication must have been given at home. This means that the child has to have received that kind of medication previously at home before receiving it camp. This ensures that there is no adverse reaction to a medication the child may not be familiar with.
- If a child has a medication permission form from school, a letter from a physician or a medication permission form from another camp, we can accept this as long as...
  - The Form is still valid (some school forms expire)
  - It includes all the pertinent information needed...
    - Child's Name
    - Medication Name
    - Reason for taking the medication
    - Date of dose taken prior to camp
    - Dosage information (how much and at what intervals)
    - Parent Signature
    - Physician Signature
    - Physician Address and Phone Number

### MISSING CHILD

• Remain calm and have 1 adult stay with the unit.

• Have 1 adult check bathrooms, adjoining units, first aid and Directors tent.

• Notify the Director and/or Emergency Coordinator if unable to locate the child.

Name: Jennifer White (Bones) Phone: (240) 427-7301

Name: Jennifer Pendergist (Cheeto) Phone:

#### WHAT TO DO WHEN YOU ARE SEPARATED FROM YOUR UNIT

These are some general guidelines young people (and adults as well) should be taught in case they find themselves lost in the woods. The key is preparation, carrying some basic equipment and having a plan.

- Stop moving It is harder for other people to find you if you keep moving. Take a seat on a rock, log, bench or under a tree. If you can see a trail, road or other commonly travelled area, stay on or near it. If you absolutely must move to find shelter or to get away from a hazard, mark your trail with visible tape, stacked rocks or sticks piled together. Now WAIT. You will be found.
- Signal Blow your whistle, shout or bang on a log three times, then wait for a response. Keep doing this periodically.
- If you get cold, put on your extra clothing if you have it.
- If it starts to rain, put on your rain poncho if you have it.

### WILD ANIMAL

Wild animals are a part of Girl Scout camp. Most wild animals come out at night and are afraid of people. So, if you see a wild animal during the day, you should avoid having contact with it and notify the Director or Emergency Coordinator, who will then notify animal control authorities.

#### Keep Critters Out of the Campsite

To keep pesky woodland critters out of your campsite kitchen, store your gear, pots, utensils, packaged foods and anything else in large plastic storage boxes and secure them to a picnic table or other sturdy structure. Not only does this keep out the raccoons and their assorted colleagues, but it also keeps the contents of the boxes dry from the morning dew or rain and provides a handy way to transport goods from the car to camp. Before you go to sleep or leave your campsite, make sure you do the following: Clear your picnic table, ensure no food traces are left and take your garbage.

#### RACCOONS

#### General Precautions:

- Prevent an encounter by avoiding any raccoons.
- If the raccoon doesn't notice you, remain silent. Don't talk. This will attract the raccoon's attention.
- If the raccoon sees you, it will most likely backtrack. Let it move on. Following it will cause hissing.
- Remember that hissing is a warning. Don't get closer to the coon when it hisses.
- If the raccoon pounces, run! Never let a raccoon bite you.

#### SNAKES

What do you do if you suddenly encounter a snake? If you must walk around the snake, give it some room--at least six feet. Otherwise, walk away. Leave it alone and don't try to catch it.

#### General Precautions:

- Leave snakes alone. Many people are bitten when they try to kill a snake or get a closer look at it
- Stay out of tall grass and remain on hiking paths as much as possible.
- Keep hands and feet out of areas you can't see. Don't pick up rocks or firewood unless you are out of a snake's striking distance. (A snake can strike half its length.)
- Be cautious and alert when climbing rocks.

#### **BEES**

As a general rule, stay away from all honey bee swarms and colonies. If you accidentally encounter bees, do not panic, but remain calm and quietly retreat until the bees are out of sight. If forced to run, use your arms and hands to protect your face and eyes from possible stings. Quickly take shelter in a car or building. Water or thick brush does not offer adequate protection.

Do not disturb or tease bees. Do not try to remove bees yourself. Do not shoot at, spray water at, throw rocks at or douse bee colonies with chemicals. This will only irritate the bees. Also, do not attempt to control bees with aerosol pesticides.

#### General Precautions:

- Listen for buzzing, indicating a colony or swarm of bees.
- Look for bees flying back and forth in a straight line.
- Use care when entering sheds or outbuildings where bees may be established.
- Be alert when participating in all outdoor activities.
- Teach children to be cautious and respectful of all bees.

#### **Spiders**

#### General Precautions:

- Avoid wood or rock piles and dark areas where spiders live.
- Look for spiders in low-lying webs.
- Shake out and check clothing and shoes for spiders before putting them on.
- If a spider gets on you, brush it off. Do not crush it.

#### CATERPILLARS

Most encounters with stinging caterpillars result from accidentally brushing against leaves on which they are feeding. The chances of running into these insects are relatively low, but occasionally one species may be very abundant. Also the more time spent in wooded areas, the greater the opportunity for contact. Most of these caterpillars are distinctly marked or brightly colored. This can allow you to see and avoid them. If you find one on yourself, don't brush it off or slap it with a bare hand. Use a stick or other object to remove it carefully. Hollow spines may break off in clothing or gloves.

#### If a camper experiences a wild animal:

- Remain calm.
- If possible avoid contact.
- If contact is made, send camper to the first aid tent.

**DATE PREPARED: 02/10/2020** 

## OTHER HAZARDS

#### High wind:

• Inspect outdoor sites in advance and be aware of possible dead limbs. If possible, remove potential hazards and stay away from such areas in case of high winds.

#### Branches, brush, poison ivy:

- Be aware of hazards along the trail, such as branches and briars. Stay on the path and avoid running and horseplay.
- Be able to recognize poison ivy and learn to avoid it. If children do come in contact with poison ivy, wash skin thoroughly with soap and water.

#### Automobiles:

- Minimize driving on camp roads during camp hours.
- Be alert to cars and children on site roads. Never drive more than ten miles per hour.

#### Strangers in the Camp:

- Be alert to anyone you do not recognize.
- Along with another staff member, ask strangers who they are and their business at the camp. Visitors should wear a visitor name tag. Don't just assume that because someone is on-site, she/he belongs there!
- Be sure that the visitors to your unit or center check in at the Camp Directors tent if they are staying on-site.

**DATE PREPARED: 02/10/2020** 

## CHEMICAL SPILL

What are the hazards of the material spilled - if the spill is less than one liter and does not present an immediate danger to health, safety, the environment or is not an immediate fire hazard, it is considered a small spill. Examples of chemicals used at camp: bleach, cleaning supplies, tie dye supplies, and others.

#### When a Small Chemical Spill has occurred:

- Remain calm
- Notify the Director or Emergency Coordinator.

Name: Jennifer White (Bones) Phone: (240) 427-7301

Name: Jennifer Pendergist (Cheeto) Phone:

- If toxic fumes are present, secure the area (with caution tapes or cones) to prevent other personnel from entering.
- Deal with the spill in accordance with the instructions described on the chemical.
- Small spills must be handled in a safe manner, while wearing the proper Personal Protective Equipment.

## **NUCLEAR EMERGENCY**

Upon hearing the emergency warning/drill signal (3 long blast of bullhorn, car horn or whistle);

- 1. All campers and staff are to stop what they are doing and remain calm.
- 2. Gather everyone who belongs in the unit and take attendance.
- 3. Unit will proceed together, in a quiet and orderly fashion, to the designated area (*Flag Field*).
- 4. At the designated area, have girls sit calm and quiet, take attendance.
  - a. Attendance includes all camp staff, aides and campers in the unit.
- 5. One adult from each unit will turn attendance into Area Assistants, noting any missing campers.
- 6. All campers and staff will remain with their assigned unit.
- 7. The Director or Emergency coordinator will give further instructions.

#### In a true emergency:

- 1. Follow the steps listed above.
- 2. All campers and staff will remain with their assigned units.
  - a. This is important for attendance and safety numbers.
- 3. The Director or Emergency Coordinator will determine when camp staff can sign out.
  - a. Safety numbers must be maintained at all times during camp.

#### In case of a nuclear emergency

- 1. Follow the steps listed above.
- 2. All campers and staff will evacuate to Huntingtown High School by bus.

#### Director or Emergency Coordinator must:

- Coordinate an orderly evacuation of personnel.
- Perform an accurate headcount of camper and staff at relocation area.
- Provide the local authorities with all necessary information.

#### Area Monitors must:

- Ensure that all campers have evacuated the area.
- Report any problems to the Emergency Coordinator.
- Assist all physically challenged persons in emergency evacuation.

Potassium iodine will be administered by Calvert County Health Department.

**DATE PREPARED: 02/10/2020** 

## **BOMB THREAT**

#### TELEPHONE BOMB THREAT CHECKLIST

YOUR CALLE	NAME:	X: Male F	EOUS. LISTEN. D TIME:  'emale Adult	DATE:	
ORIGIN	N OF CALL: Local	Long Distance		Telephone Booth	
VOICE CHARACT	ERISTICS	SPEECH		LANGUAGE	
Loud High Pitch Raspy Intoxicated	Soft Deep PleasantOther	Fast Distinct Stutter Slurred	SlowDistortedNasalOther	Excellent Fair Foul	Good Poor Other
ACCENT		MANNER		BACKGROUND NOISES	
LocalForeignRace	Not Local Region	Calm Rational Coherent Deliberate Righteous	Angry Irrational Incoherent Emotional Laughing	Factory Machines Music Office Machines Street Traffic	Trains Animals Quiet Voices Airplanes Party Atmosphere

#### BOMB FACTS

## PRETEND DIFFICULTY HEARING - KEEP CALLER TALKING - IF CALLER SEEMS AGREEABLE TO FURTHER CONVERSATION, ASK QUESTIONS LIKE:

1.	When will it go off? Certain Hour	Time Remaining
2.	Where is it located? What kind of bomb?	Area
3.	What kind of bomb?	
4.	What kind of package?	
How do	you know so much about the bomb?	
What is	s your name and address?	
If camp	is occupied, inform the caller that detonat	ion could cause injury or death.
		and do not answer another line. Choose same line and . Listen for the confirmation announcement and hang
Contact	Director or Emergency Coordinator and r	relay information about call.
	sage in its entirety and any other comment	by his/her description of the bomb location)? Write our is on a separate sheet of paper and attach to this

FORM CREATED: 02/10/2020