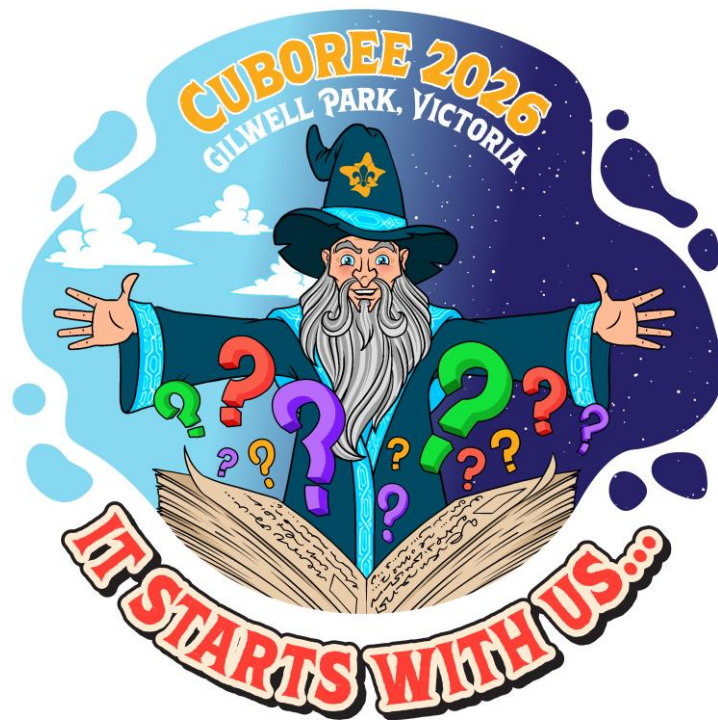


HEALTH AND WELLBEING HANDBOOK



CUBOREE 2026

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Health and Wellbeing at Cuboree

The Health & Wellbeing Team exists to ensure all participants have a safe, enjoyable and supportive Cuboree experience. Unit Leaders are the first line of support for both health and wellbeing concerns, with specialist Health, Welfare and First Aid teams available when required.

Most issues can be managed safely through good preparation, clear documentation, effective communication, and early referral to the Health & Wellbeing Team when required.

If you have any concerns or require any advice before Cuboree, please reach out to Director – Health & Wellbeing via cuboree@scoutsvictoria.com.au.

Cuboree Wellbeing Support

Unit Welfare Leader	First port of call within all camping units, including activity teams.
Sub Camp First Aid & Wellbeing On call 24/7	Available for: • Welfare support • Initial health and first aid concerns • Laundry coordination • Hands on support for line leaders This is usually the first escalation point beyond unit-based support.
The Bubble (For Cub Scouts) Hours: 9am-9pm	A supervised quiet space where Cub Scouts can: • Take a break from activities • Regulate emotions • Relax and recharge Referral: Cubs should first be supported by their Unit Welfare Leader. An adult must sign them in and out.
Venturer Space Hours: 10am-10pm Gembrook Scout Hall	Access to Venturer Wellbeing Team, power, space for homework during day, evening activities open until 10pm. All Venturers must return to their campsite immediately after Gembrook Scout Hall closes.
Adult Wellness Day Spa Hub Hours: 9am-9pm	Provides: • Quiet space • Hot drinks and treats • Charging station (also available at Sub camps) • Well deserved relaxation opportunities • Available to all adult volunteers and Venturers
Sub Camp Wellbeing Outreach Teams Hours: Afternoon / evening peak times	New team for 2026 • Referral from Sub Camp or EMC • Dedicated wellbeing leaders to assist with Unit needs during evening peak
Wellbeing Team On call 24/7	Referral from Sub Camp, a Wellbeing Team or call to Event Management Centre.
Laundry Daily pick up from sub camps	Cuboree assists with soiled / wet bedding and clothing following accidents. Laundry will be picked up from and returned to each sub camp team for distribution.

Cuboree First Aid and Medical Support

Unit Welfare Leader	First port of call for basic first aid, hygiene and medication management within the unit.
Sub Camp First Aid & Wellbeing On call 24/7	Available for: • Welfare support • Initial health and first aid concerns • Laundry coordination • Hands on support for line leaders This is usually the first escalation point beyond unit-based support.
Central First Aid + Roaming first aid	Open during activity hours, 9.00am-9.00pm Qualified first aiders and first responders for all immediate needs.
Frog Hollow MAP (24hr advanced first aid / Medical Assistance Post)	Access via Referral from Sub Camp, First Aid Team or call to Event Management Centre. Staffed by volunteer registered nurses and health professionals. Medical Support will be available via onsite medical practitioners or telehealth.
Emergencies Contact EMC phone	<u>Urgent or emergency support</u> can be requested by anyone, and at any time, during the event by contacting the Emergency Management Centre (EMC). We usually request that you <u>do not ring 000</u> unless the EMC or a Health Team member have instructed you to do so.

Complex Health Needs

The Health Team is at Cuboree to help support the care of all participants. It is expected that each Unit will provide basic Health and First Aid care for their own members. You are not, however, obliged to provide complex or invasive medical care. Nor are you obliged to provide or maintain the supplies and medical equipment needed to support someone with a pre-existing condition.

It is recommended that a Carer accompany any youth member with complex health or wellbeing needs. Looking after a child with complex needs can require considerable time and resources which may impact the rest of the Unit. If you have any concerns or require any advice, please reach out to Director – Health & Wellbeing via cuboree@scoutsvictoria.com.au.

Tent and bathroom assistance:

From SV Child Safeguarding policy: *Adults in Scouting are never to be alone with a Youth Member, except in unavoidable and emergency circumstances, and must avoid situations where abuse may more readily occur.*

If a youth member requires 1:1 assistance in a private space such as a tent or bathroom, a letter or management plan from a health care professional outlining specific support needs is required. This should be submitted to wellbeing@cuboree.com.au prior to the event. It is recommended that a copy also be held with the carer.

Unit First Aid

All Cuboree Units should have a fully stocked Unit/Patrol First Aid Kit. Units should refer to [First aid in the workplace compliance code \(worksafe.vic.gov.au\)](https://www.worksafe.vic.gov.au) for recommendations on the contents of their kit.

- Units may wish to consider including a spare salbutamol inhaler and/or adrenaline autoinjector (Epipen®) if they have any youth members who are higher risk for these conditions.
- To comply with the [Drugs, Poisons and Controlled Substances Act](#) and to avoid any adverse reactions, pain relief or antihistamines should not be included in a Unit kit.
- Hydrolyte® or similar is not recommended for Unit First Aid Kits. Water and cordial or fruit juice are sufficient for most routine hydration needs.
- Don't forget the cooks! – include some blue Band-Aids and burn treatments.

Unit Health & Welfare Leader

Each Unit should designate an Adult Leader to be responsible for monitoring the health and welfare needs of the Unit.

Suggested responsibilities include:

- Plan for and monitor the health & welfare of all Unit members.
- Ensure that all Unit members have a current and accurate Scout Health record.
- Liaise with families regarding any support or care that may be required.
- Liaise with, and request support from, the Health & Wellbeing teams as required.
- Maintain a Unit First Aid Kit and ensure that all First Aid provided has been documented.
- Safe storage, use and documentation of all medications provided.
- Ensure that any required emergency medications accompany Cub Scouts during activities.
- Keep records of any behavioural or welfare related incidents or concerns.
- Ensure incident reports are completed for all injuries or notifiable incidents.
- Monitor hand washing and hygiene requirements.

Suggested kit '2 am backpack': *Share night 'duties' – ear plugs for everyone else.*

Spare change of clothes / PJs	Pull ups
Wet wipes + Tissues	Vomit bags or bucket + bin liners
Torch	Glow sticks
Clear garbage bags	Spare Teddy / soft toy

Youth Member Support Plan

The Scouts Australia Youth Member Support Plan template is an excellent tool for families and caregivers of neuro diverse youth to communicate strengths, challenges and support strategies that work for an individual.

Why not ask every family to fill in this template?

Link to template available at [Cuboree 2026 Resources | Scouts Victoria | Australia](#)

Youth Member Support Plan		
Scout Name: _____	Group: _____	
STRENGTHS / INTERESTS		
CHALLENGES		

Scout Health

Scout Health is the new health record system for Scouts Victoria and compliant with Victorian Privacy and Health Records legislation.

It will be the primary source of health and wellbeing information during this event, with youth member profiles available to be viewed by Cuboree Unit Leaders.

All youth and adult members must have a current Scout Health record.

Cuboree Unit Leaders will be provided with access to their Youth members Scout Health profiles prior to Cuboree.

Wellbeing Journal

The Cuboree Wellbeing Journal assists in supporting all Adults, Venturers and Units to document incidents and for follow up/review purposes.

A QR code link will be provided and available on posters directing you to a website form, where details can be documented.

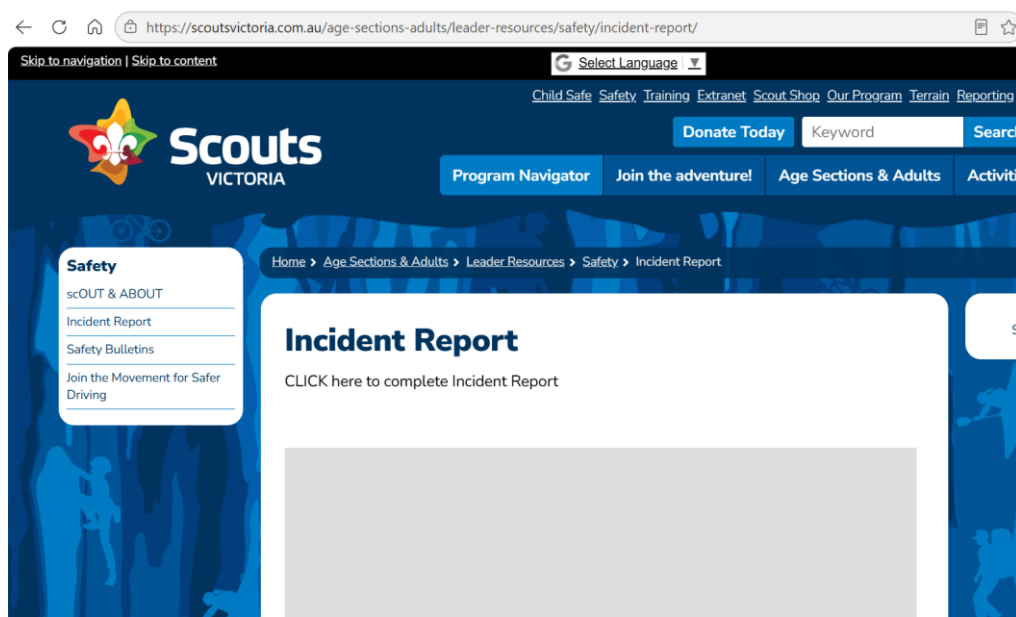
The Journal is a record keeping tool, if support is needed at the time please escalate through your Sub Camp team or EMC. Entries are not monitored continuously however will be reviewed periodically to identify any trends or follow up required.

Examples of concerns you may document in the Journal:

- Behavioural incidents
- Child Safety incidents
- Safety incidents
- Wellbeing incidents
- First Aid provided
- Health/Wellbeing phone calls / referrals
- Transport provided offsite
- Property Damage
- Follow ups / reviews

Incident Reports

All injuries and notifiable incidents must also be recorded on a [Scouts Victoria Incident Report](#). Normal Scouts procedure also requires you to report any near miss incidents.



- The Cuboree Unit Leader must ensure that this has been completed.
- The adult who observed the injury occurring or was first to assist should complete the report. Our team may request details on who will be reporting the incident.
- The Cuboree Risk and Safety team may follow up with you to investigate the incident further.

Birthday Surprise

Over 60 Cub Scouts, Venturers and Adults will celebrate their birthday during Cuboree. The People & Wellbeing Team will arrange for a birthday surprise to be distributed to Sub Camps.

We do ask that Units pre-arrange additional birthday and party items such as streamers to make our adults and youth members feel special and have a birthday they will never forget. Please consider the bush environment when planning decorations and avoid balloons.



Medications

Medications include prescriptions, over the counter and complimentary medicines.

All required medication must be documented on the **Youth Member's Scout Health Medication Authority Form**. This includes occasional pain relief (paracetamol, ibuprofen etc), over the counter and complimentary medications.

- Sufficient medication should be provided for the duration of the event plus an additional day - to allow for any mishaps.
- Ensure that the correct dosage, frequency of use and purpose of use details have been documented.
- Documentation of the medication in Scout Health provides permission for Scouts Victoria to assist youth members with its use.
- Consequently, Adult Leaders will not be able to assist with undocumented medications.
- It is the responsibility of the family to ensure that all medications are in date, and in an original pharmacy container.
- Prescription medication must have a pharmacy label that includes the youth member's correct name, dose and administration instructions attached, or be in a Webster-pak[®] or similar.
- Over the counter or complimentary medications must also be in the original packaging with the manufacturer's original instructions. Instructions must be in English so that all members of the care teams can understand them.
- Families should pack the participant's medications together in a zip lock bag or similar with a correctly filled out . Label the bag with the participant's name and Cuboree Unit number on the outside.

Medication form template available via [Cuboree 2026 Resources | Scouts Victoria | Australia](#)

Scout Health Medication Authority Form

Link: [scout-health-medication-authority-form-2026.pdf](https://www.scouts.victoria.org.au/scout-health-medication-authority-form-2026.pdf)

Scout Health

Medication Authority Form



Name

Reg ID

Supervision ☐ Assist ☐ Remind ☐

Medication (Name, Dose and Instructions)	When to Give (Time)
Medication Name	AM
Dose	Noon
How Often	PM
Instructions	Before Bed

Medication (Name, Dose and Instructions)	When to Give (Time)
Medication Name	AM
Dose	Noon
How Often	PM
Instructions	Before Bed

Cub Scouts should give their medication to their Adult Leader prior to boarding the bus.

- Collect all medications together in an identifiable box or similar.
- Asthma medication may be carried in the Cub Scout's backpack.
- Adrenaline autoinjectors (Epipen[®] or Anapen[®]) must be readily available and should be carried by the Adult accompanying the youth member. Please include a copy of their current action plan with the autoinjector.

Safely store the Unit medications out of reach of youth members.

- Adults are reminded to store their own medications safely and out of reach of youth members.
- Dangerous medication such as drugs of addiction (Endone, Targin, MS Contin, codeine, Ritalin, Concerta, diazepam, etc) should be kept in a small, locked box (cash tin or similar).

Adult Leaders – assisting youth with medications

Adult Leaders/First Aiders are authorised to assist with a youth member's medication with the following provisions:

1. The family has provided permission for it to be given in Scout Health, correctly documented with dosage, frequency, and purpose of use.

2. The medication has been provided in the correct packaging/container.
3. Prescription medication has been correctly labelled by a registered pharmacist.
4. The medication has not expired.

Families should be encouraged to provide any occasional use pain relief that their child may require.

Unauthorised medication may only be provided under the direction of an appropriately registered healthcare professional.

Check it twice!

All youth medications must be checked with another adult/responsible person.

Every time, and with another person, check:

- You have the right child (name, date of birth)
- The Scout Health permission/instructions are valid/correct.
- The medication name, dosage and method of administration.
- Record the medication use in a log book.

Self-Management of Medications – Youth Members

Young people with chronic health conditions are encouraged to recognise the symptoms of their condition and administer their own medications.

During a Scouting activity or event there is a duty of care to all children and young people to take reasonable steps to ensure that carry, self administration and disposal of medications, supplies and equipment is done safely.

NOTE: Youth members should not be fully responsible for the self administration of emergency medication (Adrenaline auto-injector, Midazolam, Glucagon etc) as their symptoms may make them incapable of administering the medication properly.

Agreement for a youth member (< 18 years) to self-carry/self administer should be sought from the youth member, family and the Adult Leader responsible for their immediate care.

If everyone has agreed that a youth member will be carrying and self-administering medication the following actions should be taken:

- The youth member's Scout Health record must be completed accurately as previously described.
- Medication details should include a comment that the youth member will be self-managing.
- The youth member must agree to document or communicate the medication's use with their Adult Leader, as agreed upon.

Schedule 8 medications are not permitted to be self-managed by underage youth members. The use of any emergency medications must be immediately followed up with notification to an appropriate adult.

Sun Smart

Think UV, not heat and remember you can still get burnt on cool or cloudy days.

All participants should supply their own sunscreen and apply it regularly. Make it part of your routine to check before heading out to activities (backpack, full water bottle, hat, sunscreen, snacks etc).

Always wear a wide brimmed hat when outside, and collared shirts are advisable.

It is important to remember to hydrate when you are moving around, even in cooler weather. Encourage your Cub Scouts to drink small amounts frequently (before you leave, between activities and when you stop for a break etc).



Handwashing and Hand Sanitiser

Frequent handwashing and/or use of hand gel is one of the best ways to avoid getting sick and spreading illness (cold, flu and gastroenteritis).

Some tips:

- **Washing with soap and water is the best option** and is most effective in preventing the spread of viruses and gastroenteritis.
- Hand gel should be used when water is unavailable. It is only effective if the hands are visibly clean - mud cannot be sterilised with hand gel!
- Make it a habit for everyone to wash hands and/or use hand gel on entry to and exit of your campsite.
- Wash hands and/or use hand gel before every meal.
- Carry small bottles of hand gel with you to activities.

Laundry Process

Please reassure your families that bedwetting (nocturnal enuresis) is common and that you will work with them to manage it. It is estimated that between 5 – 10% of Cub Scout aged children have night time accidents.

Laundry Instructions:

- **Remove any solid matter and dispose in toilets.** Failure to do this will result in the items being returned to you without processing.
- Place wet items (including any pjs & soft toys) in a CLEAR garbage bag.
- Place any soiled items in a separate bag.
- **All items must be tagged with participants name and unit number**– tags and cable ties are available from the subcamp.
- Wet sleeping bags must be delivered to the subcamp **before 7:30 a.m**
- Complete the required Laundry forms at the subcamp.
- Bags will be washed and returned to the subcamp semi-dry. Drying will be completed at the subcamp.

Have the bed wetting conversation with your Cub Scouts and families early. Bedwetting risk should be documented in Scout Health (Other Conditions).

How families can assist

- Discuss with the Cub Scout how to manage incidents at camp.
- Teach them how to correctly wear and dispose of continence aids.
- Pack the following additional items:
 - Pull ups or underwear pads for the child to wear at night.
 - Wipes for the child to clean up with after any incidents.
 - Small bags for discretely bagging used pull ups and wipes.
 - Extra underwear and pyjamas for each night of Cuboree.
 - An extra sleeping bag, mat & blanket to allow for laundering times.



How Adult Leaders can assist

- With the Cub Scout and family, decide the best procedure for managing at camp.
- You may wish to set aside a small tent or pop-up changing shelter for the Cub Scout to use. Set it up with their supplies, handgel and a bucket/bin for disposing of used pullups and wipes. Be sure to remind your Cub Scout that **pullups/pads are not flushable!**
- Ask your Cub Scout to let you know if they have any incidents so that you can assist with bagging up the bedding/clothing.
- Make it a habit to discreetly check the bedding of 'known' bedwetters each morning. This can be done during breakfast after they have left the tents.
- Do not restrict fluids during the day or at night. There is no evidence that this works. Do however, avoid caffeine late at night (tea, coffee, hot chocolate, cola drinks).
- Make it a habit that everyone goes to the toilet before bed at night.

Emergency Action or Care Plans

All youth members with life impacting health conditions and/or who are neurodiverse should have emergency action or care plans provided by their health care providers and/or families. Allow at least 6 weeks before Cuboree to discuss these with families and/or their treating teams. A copy of the plans that are being used at school are usually sufficient. The following are examples of suitable plans:

Allergies and/or anaphylaxis

- [Anaphylaxis or Allergy Action Plan](#)

Asthma

- [Asthma Action Plan](#)
- [School Camp and Excursion Update Form](#)

Please make sure that the participant brings reliever medication even if they have not had symptoms of asthma recently.

Diabetes

- [Diabetes Management Plan](#) and Action Plan
- [Camp Diabetes Management Plan](#) • Consider the need for a carer.

Epilepsy

- [Epilepsy Management Plan](#)
- May also need a carer and an [Emergency Medication Management Plan](#)

Other complex needs or health support

- Care plans, including details of any personal care, supervision or assistance with health conditions that may be required.

Communication with families during Cuboree

Please do not expect email responses from the Health Team or Welfare during the event, we are often too busy to monitor emails. If you require an urgent response or assistance, please contact your subcamp or the EMC.

Units are advised not to contact families during the event unless they are liaising with the family to provide routine care for a youth member with a complex health condition, for example diabetes or epilepsy.

- It is best that families do not anticipate being able to contact their Leaders for general enquiries/updates. Intermittent phone reception and the frequent demands of the event may result in unnecessary anxiety.
- Reassure them instead that ‘no news is good news’.

- **In the event of an emergency or significant health concern, the family will be contacted by the appropriate Cuboree Director or delegate.** To avoid conflicting information and duplicate calls, we request that you do not do this yourself.

Adult Unit leaders are responsible for informing families of any basic first aid or care that was provided during the event. Families may request copies of their child's First Aid or medical documents after the event by contacting cuboree@scoutsvictoria.com.au.

Young people over the age of 15 are generally considered to have capacity to consent to treatments and make privacy decisions. Requests for medical information from families of children 16 years and over should include permission from the youth member to release this information.

First Aid Records

Records must be kept of all care provided.

First aid treatment records are subject to requirements under Health Records legislation.

- The information is confidential and must not be disclosed to unauthorised persons.
- You must take reasonable steps to protect the records from misuse, loss and unauthorised access, modification or disclosure.
- The records must be kept for 7 years or, in the case of a youth member, until they are 25 years old.

Following the event, it is recommended that all paper First Aid records be digitally scanned and then destroyed in a secure manner by shredding. Save scanned copies securely with password or permissions protection.

First Aid record template available via [Cuboree 2026 Resources | Scouts Victoria | Australia](#)

Venturers and Scouts

Venturers and Scouts are under the care of their service Unit Leader. Service Unit Leaders are responsible for ensuring that their health and wellbeing requirements are met. This may include checking that they are taking their medications appropriately and assisting with any healthcare needs they have. An adult member of each service team should be designated this responsibility.

Teenagers may not be keen to tell their leaders or others about their health conditions. They have a right to privacy; however, it is important that the information is communicated with us for safety and duty of care reasons. Please be mindful that some

symptoms may impede rational decision making and that **no youth member should be left fully responsible for managing a condition that has the potential to be life threatening.** Please contact health@cuboree.com.au or wellbeing@cuboree.com.au for any confidential discussions.

Venturers and Scouts who present to First Aid and have been advised to rest or modify their work, will be provided with a 'Work Advice' form which they can show to their Unit Leader.

Adults

Adults are responsible for their own health requirements. They must ensure that they bring to the event sufficient medication and supplies to manage any pre-existing conditions. Please note requirements for safe storage of medications.

Adults are encouraged to maintain an accurate Scout Health record (including medications) in the event of an emergency and/or in incidents where they are unable to communicate properly with health care providers. Adults with life-threatening conditions should also consider attaching an action plan on how they would like us to manage their condition if they are unable to communicate with us. This could be as simple as a signed one-line statement on their preferred care.

Adults with CPAP devices are advised that the campsites do not have mains power connections. You must make arrangements to bring a battery powered device. There will be facilities at each subcamp to recharge batteries.

In accordance with privacy legislation, Scouts Victoria is unable to disclose details of any health treatment received, including hospitalisations unless authorised to do so by the participant or their legal guardian. It is an expectation that Adults will inform their own families/significant others of any care they have received/are receiving. Scouts Victoria will not contact an adult's family unless the participant has requested us to do so, or there is an emergency where the participant is unable to do so themselves.

Guidance for Health Care Professionals

This guidance is for Health Care Professionals who are attending Cuboree on the lines or in service teams but are not working as part of the Health Team. It outlines the expectations of the Cuboree organising team around the usual management of injuries and illness by Health Care Professionals during the event. It is not intended to restrict any care that may be required during an emergency or life-threatening situation. Health Care Professionals will use their own judgement in such situations.

Registered Nurses, Paramedics and Allied Health Professionals allocated to the Units (Line Leaders, Cooks or Carers) and service teams (other than Health) should provide First Aid level support only in accordance with your First Aid certifications or equivalent skill set.

- Your role at this event does not include the provision of professional healthcare, and you may not be covered by Scouts Victoria professional indemnity insurance if your care is beyond what could be reasonably considered to be First Aid.
- You are reminded that the good Samaritan provisions of the Wrongs Act 1958(Vic) is for assistance, advice or care provided in an emergency or accident situation. It is not intended to cover routine or prearranged care.
- If it has been arranged that you will be providing a higher level of health care support (for example, as a carer of a youth member with complex needs) please contact the Director – Health & Wellbeing on wellbeing@cuboree.com.au so that this can be documented.
- Do not bring advanced First Aid Kits/Paramedic bags with emergency medications to this event - these medications are subject to requirements under the [Drugs, Poisons and Controlled Substances Act 1981 \(legislation.vic.gov.au\)](http://legislation.vic.gov.au), may be illegal to possess without the appropriate health licensing/authority and their uncontrolled use has not been included in our risk procedures.
- Document any First Aid support you provide via your usual local procedures.
- Please follow the Scouts Victoria procedures for incident reporting. Incident reports are best filled out by the person who witnessed the initial incident.
- We may request your assistance at the Medical Aid Post during patient surges or emergencies stretching local capacity.

We recognise that the regulatory differences for Health Practitioners such as Doctors, Dentists and Nurse Practitioners allow for independent practice and authority to possess/supply medications. We request that:

- You inform us if you are not independently insured and intend to provide professional (Medical or Dental) care.
- You inform us if you are bringing a ‘doctor’s bag’ of medications so that we may record its safe storage in our risk procedures.
- You inform us if you provide professional care to the following:
 - any youth member (<16).
 - anyone following a reportable injury/incident.
- WH&S obligations and our duty of care requires Scouts Victoria to document all such instances of treatment/care provided.

We request that:

- Scouts Victoria procedures are followed for incident reporting. Incident reports are best filled out by the person who witnessed the initial incident. Incident reports are required for anyone receiving medical or dental treatment.
- The Health Care provider emails a summary of the care provided to any youth member (< 16) to health@cuboree.com.au . Please include the patient’s Scout Registration number and use their birthdate (DDMMYYYY) as a password for any attached files.
- We may request your assistance at the Medical Aid Post during patient surges or emergencies stretching local capacity.

Vomiting and/or Diarrhoea

Vomiting may be caused by a multitude of conditions, including heat related illness/dehydration, headache/migraine, viral illness, gastrointestinal illness, food poisoning and other medical conditions.

Vomiting and diarrhoea together typically happen with a viral infection or food poisoning. Loose bowel motions are considered to be diarrhoea when they are watery/sloppy and have occurred 3 or more times in a 24 hour period. Please note that stress/anxiety, medications and changes of diet may also cause nausea/vomiting and/or diarrhoea.

Gastroenteritis may be **highly contagious**. Consider 'gastro' in an individual who looks unwell and has vomiting and/or diarrhoea. If suspected, discreetly separate the individual from other participants and contact your subcamp or first aid for advice. Be mindful of vomiting, as the aerosols generated may contain virus.

- Wear a mask and eye protection if exposed to vomiting.
- Wear gloves when handling contaminated materials and cleaning up. Wash hands well with soap and water.
- Wash surfaces with soap and water and then disinfect with chlorine-based disinfectants, where possible.
- Use paper towels or disposable cloths for clean-up/hand drying and dispose of appropriately.
- Consider keeping a 'gastro kit' on hand, containing:

Vomit bags / buckets with bin liner	Masks, gloves, plastic apron
Disposable wipes	Chlorine based disinfectants
Hand sanitiser	Rubbish bags

Individuals with suspected/confirmed gastroenteritis will need to isolate for up to **48 hours from the last episode of diarrhoea and/or vomiting**. This may mean a delayed arrival to camp or returning home early.

Units with 2 or more cases of suspected/confirmed gastroenteritis will be assessed for additional precautions/requirements.

Please advise your families of the 48-hour seclusion requirement. It is better for people to delay their arrival to the event rather than be the cause of an entire Unit being placed in isolation due to uncontrolled infection.

Allergies and Anaphylaxis

An important aspect of allergy and anaphylaxis management is prevention by avoiding the triggers.

- Make sure all adults know who has allergies. Providing your cooks with a poster including the photos and first names of anyone with food allergies can be helpful.
- **Adrenaline Autoinjectors must accompany the youth member at all times.**
- Consider having a spare adrenaline autoinjector in your first aid kit or requesting that anyone with anaphylaxis provides a 2nd device.

The following resources may be useful.

- [FA Training: All about Allergens for Camps \(foodallergytraining.org.au\)](http://foodallergytraining.org.au)
- [Anaphylaxis e-training for first aid \(ascia.org.au\)](http://ascia.org.au)
- [ASCIA e-training for health professionals.](http://ascia.org.au)
- [A&AA Food allergen cards - Allergy & Anaphylaxis Australia \(allergyfacts.org.au\)](http://allergyfacts.org.au)

Asthma

At camp, the cold air, exposure to different allergens and increased exercise can all trigger asthma.

- Asthma can be life threatening. Familiarise yourself with the first aid treatment for an asthma attack.
- Make sure youth members have emergency medications (and spacer) with them and a current action plan regardless of how mild their asthma may be or how long ago they last had issues.
- Ask if they have been hospitalised with their asthma in the last 12 months – make sure this is documented in Scout Health.
- Preventative medications reduce the risk and severity of flare ups – it's important to keep up with the schedule.
- Some youth members may need to use their puffer, 15 to 20 minutes before activities.
- Don't ignore an asthmatic youth member's persistent coughing, particularly overnight – encourage them to use their puffer and escalate to first aid if there is no improvement.

The following resources may be useful:

- [Asthma First Aid: What To Do During An Asthma Attack - Asthma Australia](http://asthmaaustralia.org.au)
- [ASTHMA FIRST AID FOR SCHOOLS – 2023 | Asthma Australia \(asthmaonline.org.au\)](http://asthmaonline.org.au)

Safety Alerts			Edit
Asthma	Mild - moderate asthma. Asthma triggers Cold/Flu, Exercise, Smoke Asthma usual signs Wheeze, Tight Chest, Cough Signs Asthma is getting worse Tight Chest, Cough, Shortness of Breath Have you been hospitalized due to asthma in the past 12 months? No	 Moderate Salbutamol Inhaler, 2 - 4 puffs via spacer as required for relief. Seretide Inhaler, 2 puffs via spacer, twice daily, preventative medication.	View Attachment  Asthma Action Plan



Salbutamol is best administered with a spacer.

Diabetes

There should be at least two adults attending the camp who are able to support a youth member with diabetes. Supporting younger members with diabetes can be challenging, a carer should be considered. You may be required to assist with:

- Monitoring blood glucose levels and administering insulin.
- Overnight blood glucose monitoring (even if they do not usually do this at home)
- Adjusting dosages (in consultation with family and clinical treating team)
- Pump line changes and CGM re-sites.

Be mindful that insulin must be safely stored at the correct temperature and its use must always be checked with another responsible person. An incorrect dosage can be life threatening.

Blood glucose will need to be monitored more frequently due to the increased activity, changes in mealtimes/diet and unfamiliar setting.

- Be aware of the need for regular snacks and meal breaks. Do not delay or change mealtimes without considering the possible need for treatment adjustments.
- Know how to recognise the signs & symptoms of hypoglycaemia and what to do. It is not unusual for a camper to experience 'lows'.
- Make sure that the youth member's 'hypo kit' and emergency medication always accompany them and that everyone knows where to find them.

If a participant with diabetes becomes unwell for any reason seek support promptly. Physical activity should be avoided if they are unwell – call for assistance rather than walking them to First Aid.

The following resources may be useful:

- [Diabetes in Schools LMS \e-Learning](#)
Level 2: Intermediate Training is recommended for anyone responsible for the direct care of a youth member with diabetes. This learning is free, and you can sign up as a General User.
- [School camp planning - a guide for school staff \(diabetesinschools.com.au\)](#)
- [Diabetes Technology - Diabetes in Schools](#)

Abdominal Pain and Constipation

Constipation is more likely to occur on longer camps like Cuboree. The change of diet, busy-ness, lack of privacy and the portable toilets can all contribute to the issue. Encourage your youth members to drink frequently, offer fruit freely and alternate fruit with processed carbohydrate snacks which we often liken to ‘concrete’!

Contact Wellbeing for assistance if you have youth members having difficulty finding privacy or quiet time to ‘sit’ on the toilet.

Don’t be shy in asking youth members complaining of ‘stomach aches’ when they last ‘did a poo’. Most abdominal pain gets better without needing special treatment.

Escalate to First Aid anyone with:

- sudden, severe incapacitating abdominal pain.
- pain that is getting worse or keeps coming back.
- pain that is not improved by a trip to the toilet and simple pain relief, and which you are concerned about.

Travel (motion) Sickness

The bus trip to Gilwell Park winds around the foothills of the Dandenong Ranges and can be an issue for anyone who gets travel sickness.

Make sure you have vomit bags, wipes and a couple of spare bottles of water in your arsenal. Encourage anyone known to get travel sickness to sit towards the front of the bus and to watch out the window rather than reading or looking at screens. Give them plenty of fresh air if possible, by opening any air vents above/near their seat.