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Are you ready for thunderstorms? Thunderstorms can occur at any time of year, however the warm, humid conditions of the summer make the development of thunderstorms a greater risk. Thunderstorms may occur singly, in clusters or in lines. The most severe thunderstorms can affect one location for an extended period of time. Thunderstorms produce lightning and lightning strikes can be fatal. Lightning kills more than 70 people and injures at least 300 others each year in the United States according to the National Weather Service (NWS). The [WeatherBug](#) mobile app can be useful for outdoor activities since it utilizes a network of reporting stations and can alert users to proximate lightning activity. "[Lightning Safety When Working Outdoors](#)" is a new resource from the National Oceanic and Atmospheric Administration (NOAA) that provides information about lightning hazards and protective measures that can be taken to ensure safety. Read more [HERE](#). More information on emergency preparedness, including how to respond to proximate lightning activity, is available in the [Online Resource Library](#).

Camps should look to prevent the casual transfer of illnesses. Every year, some of the most common calls received on the American Camp Association ([ACA](#)) Camp Crisis Hotline pertain to communicable diseases at summer camps. The potential for the spread of communicable diseases at camp means that camps must continue to pay diligent attention to control strategies. [Norovirus](#) is a fairly common issue for summer programs. A recent report from the Centers for Disease Control ([CDC](#)) suggests that, while Norovirus is often called the "Cruise Ship" virus, it is more often spread by food service workers and casually at meals. One great way to help prevent the spread of Norovirus and other diseases is regular handwashing. Handwashing by food workers is essential; other staff and campers should also wash their hands prior to each meal. Sanitizers and/or washing stations should be available at your dining facilities. Other tips on preventing the spread of communicable diseases are available from the ACA article: "[Ten Promising Practices of a Healthy Camp](#)". More camp safety resources are available in the [Online Resource Library](#).

Let's make safety a habit with staff. Most people have a bad habit or two. Forgetting or ignoring the safety information that was learned during summer staff training should not be one of these bad habits. Safe-Wise Consulting has prepared weekly Tip Sheets to help regularly refresh summer staff's commitment to safety. This information should first be part of pre-summer staff training and later used as a weekly refresher of key practices in protecting youth, staff and the organization from harm. Read more [HERE](#).

Is your Staff prepared to accept breastfeeding mothers? Public health advocates are stressing the importance of breastfeeding infants. The Centers of Disease Control and Prevention ([CDC](#)) has identified breastfeeding as “one of the most highly effective preventive measures a mother can take to protect the health of her infant”. Many mothers are following this advice while attending parent-child classes or in another public venue. Unfortunately the Internet is flooded with stories of how organizations have not recognized a mother’s right to breastfeeding in public. Many states have laws protecting the rights of mothers along with federal statutes. Organizations should review their state [Public Breastfeeding Law](#) and ensure they have a policy in place that complies with laws. More information is available in the Online Resource Library [HERE](#).

Did you see this in the last E-news:

Safety breaks at pools can help prevent aquatic incidents. Implementing hourly break periods (5-10 minutes) during recreation swims is encouraged by the Centers for Disease Control ([CDC](#)) to help reduce fecal accidents and incidence of recreational water illnesses ([RWIs](#)) by allowing time for youth to use restrooms. During these breaks the entire pool is cleared of swimmers for the rest period. These breaks can also help maintain lifeguard alertness by giving guards time to regroup, refresh and rotate positions. Other benefits include encouraging all staff and swimmers at outdoor pools to use the time to hydrate, apply sunscreen and for groups to ensure all members are accounted for. More information on summer pool safety is available [HERE](#).

Summer weather and high daytime temperatures are here. Staff, volunteers and summer program participants need to know how to prevent health problems caused by high temperatures. Organizations should provide heat stress training to staff and supervisors. Everyone should keep the following precautions in mind when spending time outdoor during daytime hours: keep hydrated (drink a glass of [water](#) every 15 to 30 minutes to prevent overheating, take breaks to cool down (at least a 10- or 15-minute break every two hours) and remember to adapt your pace to the weather. Read more [HERE](#). Also have staff check out [OSHA's Heat Safety Tool mobile app](#) to calculate the Heat Index for your location and get reminders about how to prevent heat illness every day.

This Month’s Topics:

Prepare for Thunderstorms
Preventing Illnesses at Camp
Breastfeeding Policy
Summer Staff Safety Tip Sheets
Aquatic Safety Breaks
Warm Weather Safety