

Medical and Travel Logistics 2023

The State of Maine permits students to carry their own emergency medication (epi-pens and inhalers) with the permission of the parent and physician. I have enclosed a letter of explanation and forms that must be signed by the appropriate people that we must have on hand if you wish your child to carry their own emergency medication (this only pertains to inhalers, epi-pens or other emergency medicines). Please read it carefully and be sure to either bring or send the forms if they are needed. We also carry our own emergency medications in our first aid kits and all non-emergency medications must be kept in the clinic. If these forms do not pertain to your child, you may disregard them.

Medical

A health form with a doctor's physical within one year of attendance is required by the State of Maine. Medical information should be submitted within 30 days of the start of the session and include the following:

- The AIO health form – complete and sign the first page of our form.
- Doctor's physical – use our second page or submit the clinic's form signed by the doctor
- Complete immunization record – include Covid vaccination
- copy of insurance card

Though the protocols required for summer 2023 are still unknown, you should only register if you're willing to following the protocols from the summer of 2022. The actual protocols for summer 2023 such as masking inside, pre-arrival screening and testing, etc., will be determined by CDC guidelines, advice from medical professionals and our successful experience from 2022.

Periodically, we have students with severe nut allergies. We can control our kitchen and serving areas though we ask that you look carefully at the care package food you send for your child and avoid foods with nuts. The students themselves are very responsible and aware of their allergies but we appreciate your help in making it a less stressful situation for everyone. We do make peanut butter available for lunches in a contained area and we keep the allergic student's lunch separate from these. This has been completely successful for us in the past.

Bring any prescribed medications in their original bottles and give them to the nurse when you meet with her on your arrival day. Other than the emergency medicines that your child may need to carry, we keep all medications locked in the clinic. We also carry a fully stocked first aid kit in each van and on all off-site trips.

Please read the Covid-19 protocols form that is attached to your confirmation email and with other forms also found at the website under Parent/Student Forms Portal.

Travel

Arrival is the first Sunday of the session between 12 noon and 4 pm. Please don't plan to arrive earlier than noon since the staff is off duty Sunday morning until noon. Departure is the last Friday of the session between 8 am and noon. While we are asking that only students and staff come into the building on arrival day, we will offer an outdoor family cookout at 11:30 am on the last Friday for any of you that have the time to join us. It's a chance to tour the building and watch the final slideshow (this will also be available on Facebook and Flickr after the session). We request that you plan to get your child no later than noon on the last Friday so that our staff has time to deep clean the building before the next group arrives.

If your child is flying to either Bangor or Bar Harbor please be sure that you have paid any unaccompanied minor fees and send the receipts so we can show them when we check your child in to depart. Also be sure they have any baggage fee for the return trip so check the policy of the airline. Airlines no longer take cash for luggage so you will either need to send your child with a credit/debit card or be sure they have enough "bank" account to cover it. If they are not traveling as an unaccompanied minor, you can check them in online the night before and pay their luggage fee there.

Due to the distance to the airport in Bangor students should be prepared to wait with a staff member for other flights to arrive or depart. The airport has stores and restaurants and the students will call home when their flight arrives. There are typically very short wait times for arrivals into Bar Harbor.