

Lyme Disease is a potentially serious illness that can be transmitted by Ticks when they attach to skin, bite and feed on blood. There have been several cases in FSC over the last few years and nationally, incidents of Lyme Disease are rising. **Most ticks do not carry Lyme Disease bacteria and even if they do, they are unlikely to transmit the disease if they are attached for less than 24 hours.**

Learning to manage risks and do challenging things safely is an important part of our way of life and training our campers to manage this increasing risk, whilst enjoying the countryside, is a responsibility we should not shirk. The emphasis should be on raising awareness of the possibility of Lyme Disease because it is possible to have had a tick attached and be unaware of it. Some ideas for making this work on camp:

- | | |
|---|-----------------|
| T try not to get bitten | Prevent |
| I inspect Regularly | Check |
| C carefully Remove any ticks | Treat |
| K keep Reassuring children and staff | Reassure |

Proper follow up will prevent illness. Our response to ticks should be proportionate for each camp. If more than a handful of people have tick bites in the first two days of camp then inspections should be daily. If just one person has been bitten by a tick during a camp, this should **trigger the follow up plan**: the camp chief asks the organiser to send out Tick docs 4 and 6 to parents. The camp chief also sends these documents to staff, pixie parents and trainees.

1. TRY NOT TO GET BITTEN PREVENT

(none of these can be 100% relied upon)

- # Avoid putting clothes directly on the grass. Provide a groundsheet
- # Insect repellent (esp Autan Protection Plus, Mosi-guard Natural/Plus) is effective for keeping ticks away
- # Wearing long trousers, socks over trousers and long sleeves when in long grass /vegetation /woodland will help reduce the likelihood of bites.

2. INSPECT REGULARLY CHECK

- # Make it a daily feature of camp life – rally reports/Tick monitors/ Clan Tick-check challenge/. Awareness raising is key.
- # Get kids to check themselves regularly, checking hair, groins, backs, armpits. Staff should help check younger children
- # Ask staff in each group to bring small mirrors
- # Try to establish a regular time when people can check themselves with staff support as needed, either in the morning before rally or in the evening to check for ticks that have attached that day
- # Make tick-checking a standing item at staff cuppa
- # If a tick is discovered on someone, the level of risk has increased significantly and checking therefore needs to be more rigorous and thorough for everyone

SAFEGUARDING CHILDREN AND STAFF

- # Parents will have received a letter before camp letting them know what to expect. Younger children should be supported in checking for ticks by a member of staff, with the child's consent only.
- # The usual safeguarding approach should be used if a child needs to be checked or a tick removed from an intimate area, there should always be two staff present.
- # From about 11 year old upwards or puberty, children or vulnerable adults should be checked when appropriate, by staff of the same gender

3. CAREFUL REMOVAL OF TICKS TREAT

- # If Ticks are found, remove using Tick tweezers in the 1st Aid Box
- # Ticks prefer warm, moist places on your body, especially the groin area, waist, arm pits, behind the knee and along hair lines, so look out for anything as tiny as a freckle or a speck of dirt
- # Young children are more commonly bitten on the head/scalp so they would need to be carefully checked around the neck, behind the ears and along the hairline
- # If you find a tick on a child, remove with tick remover (or tweezers) and **make a note of the child's name and where the tick was found in the first aid book**. If there are further ticks removed from the same child, then insert an additional mark with date by their name in the first aid book.
- # Early symptoms of Lyme Disease can include a distinctive circular rash around a tick bite (in around 60% of cases) and/or flu-like symptoms, tiredness, muscle pain, headaches, fever, chills

4. KEEP REASSURING CHILDREN AND STAFF

- # If we take the necessary steps, we can reassure children (and ourselves) that the chances of getting ill are very low. There are many stages between a tick bite and getting Lyme disease. Being vigilant will hugely reduce the chance of a person becoming infected with the disease.
- # If you are bitten by a tick, remember most are not carrying the bacteria
- # If you do regular checks, a tick will be found and removed
- # Remember if removed within 24 hours: there's much less chance of picking up the infection
- #After camp:
 - -If a parent sees signs of a spreading rash and /or flu-like symptoms, go to a GP
 - -Antibiotic treatment is extremely effective with the first signs of Lyme disease
 - -Doctors can also carry out a test to see if a person has picked up the infection

If we follow these steps, the chances of disease are very low. But if untreated, tick bites may lead to Lyme disease which can be very serious, hence this whole approach.