

Dear Parent/Guardian

Often times we have encountered the situation during troop campouts when a scout develops a significant headache due to strenuous activity, prolonged exposure to sun, high heat and humidity, mild dehydration or lack of sleep. Despite our efforts to encourage the boys to wear hats, to drink plenty of fluids and to go to sleep (!!!), the bottom line is that headaches will and do happen. Our troop policy has always been **not** to provide **any medication** to a scout without the express written permission of his parents and this will continue to be our policy. However, in those instances in which a scout has what appears to be a straightforward "stress" headache that really appears to be causing him distress and which is unresponsive to quiet rest, fluids and a cold compress, we would request your consent to provide him, as needed, with a single dose of acetamenophen (Tylenol) or ibuprofen (Advil/Motrin).

As parents of scouts ourselves, the adult leaders of Troop 677 do not under any circumstances wish to usurp the role of mother and dad. We have always attempted to deal with minor first aid problems within the troop, to seek consultation with the camp physician as necessary and as available during summer camp, and to call parents whenever possible for medical problems that appear beyond the scope of these simple measures. Needless to say, *emergency* care will always be sought immediately from an appropriate medical facility. Not infrequently though, we are dealing with a scout at a campout whose headache need not cause him to leave if it can be treated appropriately. Often times we are encamped in an area from which cellular phones do not work and from which access to a regular phone requires a drive of some distance. Finally, even when we do attempt to contact someone at home, we often reach only an answering machine. As you might imagine, these are the times when we feel "stuck" and are unable to further help the boys.

We propose that, under these specific circumstances and with your written permission on record, we will offer to the scout one or two 325 mg Tylenol or 200 mg Advil/Motrin tablets (per label directions) and will continue thereafter to check on him during an enforced "slow time". Should substantial resolution of his headache not occur over the next hour or so, no further medication will be offered and, if necessary, we will make every effort to contact the parents for further direction. A list of those scouts whose parents have given permission for the dispensing of pain medication will be kept current and will be posted in the first aid box. Finally, we wish to emphasize that the use of medications to treat the headache will be a last resort and will be utilized after more simple measures have proven insufficient.

As you have likely observed with your own son, quiet rest often has an amazingly therapeutic effect and we have saved many a scout from an unnecessary and premature trip home from camp by helping him to relax and to slow down. In selected instances, the minimal use of pain medication may serve this same purpose and it is for this reason alone that we seek your permission. We would also encourage you, if necessary, to seek the advice of your pediatrician or family physician.

Thank you,
TROOP COMMITTEE TROOP 677

PERMISSION FOR DISPENSING PAIN MEDICATION

I give permission for appropriate adults among the leadership of BSA Troop 677 to dispense a **single** dose of Tylenol or Advil/Motrin to my son/ward _____ at troop campouts for the purpose of treating his headache if simpler measures do not provide sufficient relief **and if so requested by my son**. I understand that under no circumstances will further doses be given nor will any other pain medication be administered without my express consent. I further understand that this permission must be renewed on a yearly basis and may be retracted at any time.

Please circle if you have a preference: Tylenol Advil/Motrin

Parent/Guardian _____

Date _____

Print Name _____