

It is often difficult to identify and discern appropriate use of various medications, vitamins, and supplements. For this reason, in the interest of safety, RSS staff will physically carry ALL prescription medications, over-the-counter medications, supplements, or vitamins. With proper documentation, students will be allowed to self-administer items physically carried by RSS staff. Prior to boarding voyage transportation, students will be asked if they are carrying any of these products. This question will serve as a final reminder. Bag searches are possible. Once transportation has departed, if a student is found to be physically carrying any of the prohibited items, the student's parents will be required to pick up the student from voyage at the parent's expense.

**Health Requirements for ALL STUDENTS:**

1. All students must have a physician signed [Sports Physical Form](#) on file.
2. All students must have a completed Online Permission form that includes overnight health information; this form allows parents to give RSS Staff permission to allow students to self-administer the items listed in the Adventure Eds Med Kit.
3. All students must provide a copy of their Health Care Insurance card. If a student does not have health care coverage, parents/guardians are required to purchase a short-term policy in order to cover the student during voyage.

**Health Requirements for students with Prescription Medications:**

RSS staff will physically carry all medication until it is time for the student to take the medication (for inhalers and EpiPens see below). Students may assume responsibility for administering their own medication provided:

1. Medication is supplied in the original container
2. Medication dosage is specific to the duration of the voyage (no extra doses).
3. If the student is in grades 6 - 8, each medication has a completed "[permission to carry medication](#)" (JLCD-E-3) form on file in the school.

Any parent or guardian who chooses not to sign the permission to carry medication form may request that a structured plan be devised for his or her student; please contact Nurse Stacey to complete that structured plan.

**Health Requirements for students with Asthma:**

1. Students with an inhaler must have a [Colorado Asthma Care Plan](#) and medication order in place and on file at RSS.
2. Students must have a completed form [JLCD-E-3](#) on file.
3. Student is required to have two inhalers to participate in the voyage. The student will be required to self-carry one inhaler and inform adults where the inhaler is located, and the other will be held by on-site staff as a back up.

**Health Requirements for students with Life Threatening Allergies:**

1. Students with an EpiPen must have a [Colorado Allergy and Anaphylaxis Emergency Care Plan](#) and medication order in place and on file at RSS.
2. Students must have a completed form [JLCD-E-3](#) on file.
3. Student is required to have one epi-pen to participate on voyage. The student will be required to self-carry the epi-pen and inform adults where the EpiPen is located. If a second EpiPen can be provided it will be held by on-site staff as a back-up.

**Health Requirements for students with other Health Care Plans:**

1. Students with established Health Care Plans not related to Asthma or Allergies will be contacted by our School Nurse, Stacey Barlow will be in contact in advance of the voyage.