

**CAMP RUDDER**  
**JROTC CADET**  
**LEADERSHIP CHALLENGE**

**2014**



**MEDICAL SUPPORT**  
**PLAN**

# CAMP RUDDER JROTC CADET LEADERSHIP CHALLENGE

## MEDICAL SUPPORT PLAN

### 1. REFERENCES:

- a. AR 600-10
- b. CCR 145-2 (1 Feb 2012).
- c. Camp Rudder 2014 JROTC Cadet Leadership Challenge SOP.
- c. Camp Rudder 2014 Safety SOP

### 2. PURPOSE:

- a. Provide detailed planning for medical support to the 2014 Camp Rudder JROTC Cadet Leadership Challenge (JCLC).
- b. Provide procedures and responsibilities for medical problems and emergencies occurring at Camp Rudder JCLC.

### 3. SCREENING:

- a. All participating cadets and cadet staff members will fill out the SF 93 as part of the information packet required for JCLC.
- b. Any medical conditions not covered should be brought to the attention of the JCLC Commandant prior to JCLC to assure approval to bring the cadet. The JCLC Medical Officer/Nurses will assist the JCLC Commandant in evaluating all medical conditions. (See Paragraph 9, below)
- c. **No cadet will be allowed to come to JCLC with any medical or physical condition which would prevent the cadet from participating in any training event, or would threaten the safety of the cadet and his/her fellow cadets while participating in any training event.**

### 4. SPECIAL MEDICAL CONDITIONS AND HYDRATION IDENTIFICATION:

- a. Cadets who are identified with special medical conditions requiring them to be identified quickly during training will be issued a set of pace count beads during

In-Processing to be worn at all times. Color coded beads will be added to the devices, along with the same colored beads laced into the cadet's boot laces to indicate the following:

**WHITE – Indicates previous heat injury**

**RED – Indicates an allergy that could result in anaphylactic shock**

**YELLOW – Indicates cadet is on approved medication**

- b. The black beads issued with the pace count device will be adjusted on the cord to indicate each full canteen of water consumed during the day. Daily consumption rate of water during a normal training day should be at least 5 canteens.(See Enclosure 5, 2014 JCLC Safety SOP.

15. GENERAL MEDICAL SUPPORT:

- a. The JCLC Medical Officer/Nurses will be on the training site for all major training events during JCLC.
- b. All medical problems and injuries will be reported to the JCLC Medical Officer/Nurses for evaluation and treatment.
- c. The Camp Rudder Fire Department EMTs are available to assist in any emergencies beyond the capabilities of the JCLC Medical Officer/Nurses.
- d. The 911 phone system may be used to request assistance.

6. MEDICAL EVACUATION:

- a. Emergency medical evacuation of participating cadets and all JCLC personnel will be the responsibility of the JCLC Medical Officer/Nurses, unless determined otherwise by the JCLC Commandant, based on the condition of the cadet or cadre member. Fort Walton Beach General Hospital is the closest available medical facility.
- b. Procedures for Medical Evacuation:
  - (1) Life Threatening Situation: Evacuation will not be delayed waiting for the patient's record or the institutional representative. Otherwise follow the same sequence as for non-life threatening evacuation. It will be the responsibility of the cadet's intuitional representative to deliver the records and/or information as soon as possible to the hospital.
  - (2) Non-Life Threatening Situation: The Personnel Officer will prepare a folder with the cadet's records (Consent to Medical Treatment, Cadet Information Sheet, SF 93 Report of Medical History, Personal Medical Log, and proof of JCLC insurance information). The institutional representative will pick up the folder from the Personnel Officer.

- (3) The institutional representative will accompany the cadet and stay with the cadet until the cadet is admitted or released and /or when a parent or guardian arrives.
  - (4) The institutional representative is responsible for notifying the cadet's parents as soon as possible after arrival at the hospital.
  - (5) Non-emergency medical transportation will be the responsibility of the institutional representative in coordination with the Operations or Logistics offices. Male cadets should be transported with their Training Buddy or other available male cadet or instructor. Female cadets **must be** transported with their Training Buddy and a chaperone, or a female staff member.
- c. The cadet's institutional representative will be responsible for collecting all medical records and information from the hospital and returning the file to the Personnel Officer, and for coordination of treatment required after completion of JCLC.
  - d. The Training Officer and Logistics Officer have government rental vans that will be used for Non-medical emergency transport.

#### 7. SERIOUS INJURY / DEATH:

- a. Fatalities will be handled IAW Army Regulation 600-10, Casualty / Injury Reporting. In the event of a presumed fatality, personnel are reminded to use good judgment and sensitivity during any treatment. The JCLC Command, Operations Officer, and cadet's institutional representative will be immediately notified.
- b. Notification of next-of-kin and offer of survivor assistance will be done **only upon the approval** of the JCLC Commandant.
- c. The Personnel Officer will be responsible for the following:
  - Maintaining a copy of Army Regulation 600-10, The Army Casualty System
  - Notifying 6<sup>th</sup> Brigade Headquarters
  - Collecting and consolidating all records of individual into a folder
  - Control release of information

#### 8. REPORTS:

- a. The JCLC Medical Officer/Nurses will report all medical problems listed below daily to the JCLC Commandant utilizing a Daily Medical Log Form similar to that in Enclosure 1, which should include the following information:
  - Muscular / skeletal problems
  - Feet and ankle problems
  - Heat injuries / dehydration

- Tick bites
  - Insect / spider bites
  - Blisters
  - Heat rash / dermatitis
  - All allergic reactions
  - All physical injuries requiring treatment
- b. A history of personal medical problems and treatments for each cadet treated will be maintained on a Nursing Assessment Form (Enclosure 2) and forwarded to the Personnel Officer for inclusion in the cadet's information file.
- c. A final medical support after-action report will be prepared by the Medical Officer/Nurses and submitted to the JCLC Training Evaluation Team by the end of JCLC.

#### 9. MEDICAL WAIVERS:

- a. If a SAI wishes to bring a cadet to JCLC that requires a medical waiver IAW CCR 145-2 and the 2014 Camp Rudder JCLC SOP (Section VIII, Paragraph 4), the following must be accomplished by **1 May 2014**:
- (1) Send the JCLC Commandant a memorandum requesting the waiver with the SAI's recommendation on it, as well as information on the cadet's condition.
  - (2) Use the attached form to inform the cadet's doctor of what the conditions are at JCLC, have him sign it, and return it to the JCLC Commandant with the request memorandum that includes your recommendation for approval. (See Enclosure 3).
- b. If sent electronically, make attachments pdf files, not jpg or any other photo files.

CAMP RUDDER JROTC CADET LEADERSHIP CHALLENGE  
**DAILY MEDICAL LOG**

DATE: \_\_\_\_\_

PAGE \_\_\_\_\_ OF \_\_\_\_\_ PAGES

CADET NAME / SCHOOL	PROBLEM	TREATMENT / REMARKS
_____	_____	_____
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Nursing Assessment Form

(TBP)

## **Doctor's Certification Letter for Medical Waiver to Attend CAMP RUDDER JCLC**

To the Doctor of \_\_\_\_\_

This document is to describe for you the rigor that this cadet will undergo while attending the 23 – 28 June 2013 JROTC Cadet Challenge encampment at Camp Rudder, Florida. The cadet will train, subsist and live in an isolated area 17 miles from the nearest major highway. The cadet will eat in a large dining facility with approximately 30 minutes to consume each meal. No meals are available for special dietary needs other than vegetarian.

Day time temperatures run typically over 90 degrees with a heat index of at times above 100 degrees. There is no air conditioning in the training areas. In the past there has been little rain but when it does come it is in heavy downpours. It is extremely dusty with many varieties of insects, snakes and other wildlife. There is an overabundance of challenging vegetation including poison ivy and poison oak. There is usually an elevated pollen count. We have been warned that the environment is not friendly to those who suffer from asthma, severe allergies, diabetes or other medical challenges.

A typical cadet training day begins before 6:00 AM and often runs until 9:00 PM. While we do all we can to ensure that students are in bed for at least eight hours they often sleep little due to excitement and conditions. The barracks are air conditioned.

Their training is highly physical and includes climbing and rappelling from a 50 foot tower. A Low Ropes Course requiring exceptional upper body strength and several other training venues – all of which are physically demanding.

The onsite Army health clinic is not operated during this time, as the Rangers are out on block leave. There are three Nurse volunteers available for approximately 170 cadets and 40 cadre. All medications are secured by the nursing staff to be administered when required, and refrigeration may not be readily available. There is concern that heat-sensitive medications such as antibiotics, anti depressants, acne and other skin conditions, and others may pose additional risk to the participant. Cadets with serious medical issues have to be evacuated to the nearest hospital over 25 miles away.

This is not the “typical week away from home” camp. It is a high adventure experience, conducted in a military manner that is meant to challenge each attendee both physically and mentally in order to expand comfort zones in a high stress environment and build leadership skills. It is a serious week of work with little down time. Prior to you clearing this cadet we wanted to ensure that you understood the rigor of the experience. If in your professional opinion that this cadet will be overly challenged by this experience we ask that you tell us so.

I (Doctor's Name) \_\_\_\_\_ understand the JROTC Cadet Challenge encampment

conditions that (Cadet) \_\_\_\_\_ will be undergoing and certify that his or her

medical condition (Initial one) does \_\_\_\_\_ / does not \_\_\_\_\_ place him or her at an unnecessary health risk by attending.

I further state that he or she (Circle one) can / cannot withstand the rigors of the encampment as described without adverse medical consequences. Disqualification or limitations are discussed below or attached.

Doctor Signature \_\_\_\_\_ Date Signed \_\_\_\_\_

Doctor Complete Name \_\_\_\_\_

Enclosure 3