



NorthBay Wellness Center Visiting Camp Orientation

Welcome to the Wellness Center!

We are located in the Administration building across from the Dining Hall. We have a large treatment room with first aid supplies, exam tables, and beds. We also have a semi-private sleeping room (2 beds) with private bathroom. The treatment room is open at all times.

Access

The Wellness Center door should be unlocked at all times. The door to the Wellness Center waiting area will remain unlocked, as well, and a phone and radio will be available in that area for use by your group. If you should find the Wellness Center door locked after hours, please contact the lockdown staff member via radio.

Phones & Computers & Communication

The main NorthBay phone number is 443.967.0500 and the Wellness Center can be reached by pressing 2. The direct dial phone numbers to the Wellness Center are 443.674.9035 or 443.674.9036. You have to dial 8 to make an outside call. The fax number is 443.967.0501.

NorthBay has wireless internet connection and guest access to desktop internet. See Administration for access information.

The medical representative from your group will be given a radio and the NorthBay nurses also have radios (weekdays). We operate on channel 1 for general communication and move to channel 2/3 for extended communications.

When NorthBay medical staff are on campus, we will use the golf cart to assist you in responding to medical emergencies. However, the golf cart may only be used by NorthBay staff.

Housekeeping

Cleaning products and supplies are located under the sink. We use “Cleanworks 9” multi-purpose disinfectant for basic cleaning of countertops and exam tables and NABC non-acid disinfectant for cleaning blood or body fluid.

Please ensure biohazard bags are used for materials grossly contaminated with blood or body fluids only. There is a laundry basket in the main room of the Wellness Center for dirty linens and towels.

Housekeeping cleans the bathrooms and surfaces, stocks supplies, takes the laundry, and empties the trash on a daily basis. If you need additional housekeeping services, please contact Housekeeping via radio or contact Administration.

Local Medical Services & On-call

The phone numbers for local EMS are posted at the Wellness Center phone. Use 911 to access police, ambulance, and fire services. The local hospital is Union Hospital which is approximately 15 miles east in Elkton, Maryland.

Directions to Union Hospital at 106 Bow Street, Elkton, MD 21921
Exit camp and go left onto Turkey Point Rd/MD 272

Turn right onto Pulaski Highway/US 40 East (5.8 miles)
Turn left onto Landing Lane
Turn right onto West High Street
Turn right onto Singerly Ave
The Emergency Department entrance is at the end of the block on the left

The local pharmacies are Walgreens, or Walmart. Both pharmacies are located at the intersection of Route 40/Pulaski Highway and Route 272/Turkey Point Road.

(Walgreens) : Exit camp and go left onto Turkey Point Rd/272
Turn left at the West Marine store into shopping center with Food Lion
2556 Pulaski Highway, North East, MD 21901, 410.287.8887

Walmart: Exit camp and go left onto Turkey Point Rd/272; cross Route 40 and turn left into the shopping center.
75 North East Plaza, North East, MD 21901,
410.287.2915 store, 410.287.3479 pharmacy

AED

NorthBay has an AED (Automated External Defibrillator) located in the Wellness Center waiting area. The AED backpack hangs to the left of the Welcome Board. The backpack contains the AED, adult and child defibrillator pads, a towel and 4x4s, and a razor. If the AED is used, 911 must be called.

Using the Wellness Center

It is the responsibility of your group to provide the basic first aid supplies and medications you may need. Please keep the area organized and clean.

Please follow instructions on posted signs in the Wellness Center.

The private room is for use by ill or injured campers. There are two beds in the large treatment area and two beds in the isolation room--please separate boys from girls. Please do not leave adult or minor campers unattended in these rooms. If an adult or minor camper needs to sleep in the rooms overnight, please have someone in the Wellness Center to monitor the camper. After using the beds, please strip the linens and put them in the laundry basket; spray and wipe down the beds with Cleanworks 9 and make the bed with fresh linens (located in the bathroom closet or from Housekeeping).

One bed has a bed rail for the safety of people recovering from seizures or those who may be prone to rolling out of bed. Please do not remove the bed rail. You can lower the rail or gain access from the foot of the bed. If you find it absolutely necessary to remove the rail, please re-install it on the bed when you are done.

Because several groups may be using the Wellness Center simultaneously, we ask that you assist with the flow of users. Please have campers wait in the waiting area outside the Wellness Center while ill campers are being treated. Because of high traffic, we may find it necessary to use signs and colored masking tape on the floor to direct the flow of traffic for each group using the Wellness Center.

Please keep the countertop by the sink clear of personal belongings and miscellaneous medical supplies. A table will be provided for your work space.

Feel free to leave us comments and suggestions for making the Wellness Center more user friendly.

NorthBay staff with medical concerns will be treated by the NorthBay nurse or EMT, or staff will use the Wellness Center for self-serve first aid.