



CANADIAN
WJ'23 CONTINGENT
CANADIEN

대한민국



NEWSLETTER 5
APRIL 2023



WELCOME TO ANOTHER CANADIAN CONTINGENT NEWSLETTER. THIS TIME WE HEALTH AND SAFETY!



Doctors with the Contingent

Dr Heather Waterman and Dr Doug Donald will be traveling with our contingent. They will be available to assist with any medical situations that may arise during both pre-camp and the Jamboree.

Dr Waterman has been practicing emergency medicine in Barrie, Ontario since 2003. She is a scouter with 1st Orillia Troop. This will be her first World Jamboree.

Dr Doug has been practicing as a country family doctor for over 40 years in Midland, Ontario. He has been a Scouter, and more recently Group Commissioner, with 1st Penetanguishene Group for most of that time. This is his 10th World Jamboree. Some Scouters will recognize him from his previous involvement with the Medical Services at 8 Canadian Jamborees ("MUSH") and Haliburton Scout Reserve since 1979. He is also an avid badger!

During the Jamboree, we have a team of five Scouters with different medical backgrounds that will be available to help throughout the event.





MEDICAL PLATFORM

The Canadian contingent is currently working with Epact to create the medical platform that will be used before and during the Jamboree. You will each get an invitation to register your child (or yourself) on the website and with that, you will be able to enter any and all medical information.

Filling out this information is not only important for our health and safety team, but is required by the South Korean contingent, to be able to participate. The date of release is planned for February 15th. Please make sure your email address is correct and up-to-date.

Reminders to update the information will be sent out 2 months, 4 weeks and 5 days prior to departure. This will allow you to enter any medical changes that can happen even days prior to departure. Please be honest and upfront when filling these forms. It will help me better help the participants during the Jamboree.

The forms will also contain a "Physical and mental fitness disclosure" that has to be signed by your family doctor in order to attend the Jamboree. This will help the health and safety team better care for their participants once we get to the Jamboree.

Medical services on the Jamboree site

During the event, 4 types of facilities will be available:

- Clinics, for simple medical procedures and general assessment
- Hospital, with several specialized departments
- First aid centers, for emergency first response in busy areas
- And Listening Ear, for private counseling

We invite you to read more about each of them on the Jamboree official website:

https://www.2023wsjkorea.org/eng/index.jamboree?menuCd=DOM_000000403003000000



CANADIAN
WJ'23 CONTINGENT
CANADIEN
대한민국



HEALTH TIPS

Hydration

Hydration is a serious issue at the Jamboree that all participants will need to pay attention to. We will be at the Jamboree when daytime temperatures will be quite warm (40 degrees C) and everyone will be quite active. Dehydration can be a serious and urgent medical concern. All participants must bring water bottles with them to the Jamboree and need to be drinking plenty of water on a regular basis. There will be many water stations throughout the Jamboree site to refill your bottles and adults will be regularly reminding everyone to make sure they are drinking enough water.

Fortunately, situations like this are easy to prevent with caution. Everyone must look out for each other to make sure that they are drinking enough water. Water refill stations and electrolyte powders (like gatorade) will be widely available.



CANADIAN
WJ'23 CONTINGENT
CANADIEN
대한민국

HEALTH TIPS CON'T



Medications

The following guidelines are being provided to National Scout Organizations in connection with the usage of medications during the 25th World Scout Jamboree.

Each person should bring his or her own medications for any pre-existing medical conditions and enough of their prescribed medications to last the entire length of time away from home. All medications, both prescription and over-the-counter, must be in their original containers or original packaging. Participants should also include an extra five days of their medications in case their travel is delayed.

In general, you should have with you a valid prescription or doctor's note—written in English—to bring medication. The medication should be in its original container with the doctor's instructions printed on the bottle. Bring a copy of your prescription or a letter from your doctor explaining your condition and why this medication is needed.

Basecamp Medical Facilities will provide storage for:

- Any medications requiring the assistance of medical personnel for administration,
- Medications requiring refrigeration,
- Controlled Substances.

These medications should be brought to the appropriate Base Camp Medical Facility where they will be verified upon arrival, logged-in, and stored. Arrangements will be made at that time for administration of these medications. Remember to come to the medical facility at the end of the Jamboree to retrieve any medications that may be stored there. After the Jamboree, it will be impossible to return medications that are left.



CANADIAN
WJ'23 CONTINGENT
CANADIEN
대한민국

A close-up photograph of a person's arm. The person is wearing a gold watch with a brown leather strap. They are applying a white, creamy substance, likely sunscreen, to their forearm with their fingers. In the background, another person's hand is visible, holding a blue and orange spray bottle. The background is a blurred green field.

HEALTH TIPS CON'T

Sun Protection

Remember that you will be exposed to the sun for up to 10 or more hours each day. It is very important to put on a waterproof sports-type sunscreen rated at least SPF 30. Be sure to cover sensitive areas such as the nose, lips, face, ears, neck, backs of knees, arms, and any other areas not protected by your clothing.

Even though some people have a good tan, their skin will still burn with long daily exposures. Fair skin burns more quickly. Participants can expect adults to take an aggressive position to prevent this common problem and help all participants enjoy the jamboree without sunburn!

For sun protection, remember:

1. Sunscreen SPF 15 or greater
(SPF 30 for fair or sensitive skin)
2. Wide-brimmed hat (like the Tilley in your kit!)
3. Lip balm containing sunscreen
4. Sunglasses

Food allergies

Cards will be available in three languages: Korean, English and French to make it easier to explain the allergies. This will only be provided to participants with allergies. If there are any health changes in the upcoming months, make sure to update your medical information. Should you develop an allergy, please update your medical information as soon as possible, so we can issue you the corresponding card.

HEALTH TIPS CON'T

Foot Care

Foot injuries can turn a Scouting adventure into a painful memory. If your feet are comfortable, chances are that you will have a great time.

Most participants arrive in good physical condition, but very few are conditioned to begin walking miles each day. Often the result is sore feet and blisters. However, these maladies are largely preventable by taking good care of your feet.

Here are some of the best ways to do that. Wear comfortable walking shoes. The footwear you choose must fit well. Your heels should not slip much when you walk, and your toes should have a little wiggle room.

- Don't bring new shoes or boots to the jamboree; break them in first until they adjust to the shape of your feet. Hiking boots are generally not as good due to the high heat and humidity at the jamboree.
- Take comfortable, well-fitted, broken-in athletic shoes or walking shoes. Many campers carry a pair of lightweight shoes so they can change out of their walking shoes at the end of the day. Closed-toe shoes help protect your feet from injury. Sandals and other open-toe shoes are only allowed in the shower areas.
- Wear synthetic sock liners. Buy four to six pairs of athletic polypropylene socks to wear under your regular socks each day. The liners will wick moisture away from the skin and limit the friction caused when your feet perspire.
- Wear a padded wool, wool blend, or synthetic outer sock. Cotton socks cannot wick away moisture, and will cause blisters.
- Trim your toenails at least one week prior to leaving for the jamboree.
- Keep 'em dry, keep 'em clean. Water and sweat can soften the skin until it tears away or blisters. Put on clean, dry socks each day and wash your socks frequently. Wash your feet regularly, too; dry them before putting on socks and shoes. At night, remove your socks and let your feet air-dry.
- If you have an athlete's foot infection, be sure to bring a small bottle or tube of antifungal powder or ointment such as Micatin, Lotrimin, or Tinactin.
- Red-hot spots and blisters—Pay attention to how your feet feel. A hot spot is an area of skin that becomes tender and red as a blister starts to form. It is a signal to stop and treat the hot spot immediately before it becomes a blister. Cover the area with a piece of moleskin larger than the hot spot. Until a blister breaks, it is safe from infection. Apply moleskin around the blister to prevent further injury. If the skin tears, carefully disinfect and bandage the area.



CANADIAN
WJ'23 CONTINGENT
CANADIEN

대한민국



HEALTH TIPS CON'T

Masks

We recommend that every participant brings one box of masks with them. Type to be determined in the upcoming months.

It is difficult to predict what the masking requirements will be in South Korea during the time of our adventure. Regardless, in South Korea it is expected that people with any illness symptoms wear a mask in public. We know that we will be exposed to large crowds and small spaces during travel, pre-camp, and the jamboree. This means that there will be times where it is best practice for us to protect ourselves with masks to prevent anything that might impact our ability to have a great time!

COVID

At this time, we do not expect COVID to have a negative impact on our jamboree experience. South Korea's current requirements are very similar to Canada's, and it is not expected that the situation will change.

Our contingent requires that all participants submit their proof of physical and mental fitness to safely enjoy the jamboree and follow their doctors' recommendations for vaccinations and other preparations to ensure a successful jamboree experience.

HEALTH TIPS CON'T



Personal First Aid Kit and 10 Safety Essentials

The Jamboree is recommending that all participants carry the following items with them at all times. This is a basic minimum list of recommended items. The list should be increased if you have specific needs for allergies, asthma, or other medical conditions.

PERSONAL FIRST AID KIT

1. Moleskin or blister pads
2. A small tube of triple antibiotic ointment
3. Tweezers
4. Scissors
5. Adhesive bandages
6. Two or three gauze pads
7. Tape
8. Aloe vera lotion
9. Sunscreen
10. Hand sanitizer
11. Acetaminophen or ibuprofen pain reliever

10 SAFETY ESSENTIALS

1. Water Bottle
2. Sunscreen
3. Hat
4. Hand Sanitizer
5. Lip Balm with Sunscreen
6. Rain Gear
7. Personal First Aid Kit
8. Flashlight
9. Jamboree Site Map
10. Jamboree ID



CANADIAN
WJ'23 CONTINGENT
CANADIEN
대한민국

HEALTH TIPS CON'T

Bathrooms and hygiene

Showers will be available on each subcamp. We are still waiting for the final plans but, usually, there are open showers and closed showers. Be sure to wear flip flops or sandals when taking a shower, and keep in mind that it is a communal space. Leave it cleaner than how you found it. The bathrooms are separated by gender (male female) as well as by age (youth and IST).

The amount of water might be limited, so take short mindful showers and do not do your laundry while showering. There will be dedicated spaces for laundry. Bring biodegradable soaps and shampoo and have it all in a plastic bag to make it easier to carry and clean if there are any spillages during the trip.

For laundry, we recommend having a laundry bag, or a dry bag that can be filled with water and shaken to help the cleaning process. Otherwise, the laundry is done by hand.

Hygiene: It will be very important to keep a good hygiene routine while on site. The heat and the humidity can cause skin infections if clothes are not dried or washed

correctly. Please be mindful that you will be sharing tents with one participant and good hygiene (brushing teeth, showering, etc.) is very important when sharing spaces.

Note: For young participants who have not yet started their period, pack a few pads and tampons just in case. The health and safety team will be able to help you if it happens during the event.

Sexual activity

The age of consent in South Korea is 20 years old. While in Korea, we will be required to abide by Korean laws. Please behave in the way that Canadians are most known for; polite, respectful and well mannered. In an event where we share with a hundred other countries, personal space and display of affection can be very different.

We also know that sometimes even the best plans sometimes go awry. Condoms and Plan B will be available on site. The Health and Safety team with the Contingent will always be available to help with any concerns



HEALTH TIPS CONT'

Personal items

You are responsible for any personal items you decide to bring, including passport, currency, camera, and cellphones. Do not leave valuables unattended at any time during the trip, including the airports and the jamboree site.

- In case of a lost item, there will be a "Lost and found" outpost on site. We recommend you change your phone's lock screen to a picture of your Jamboree ID as soon as you have it. This will make it easier to identify in case it gets lost.
- For passports, we recommend you have a picture of it on your phone, as well as an uploaded copy to the medical platform. This way, if it gets lost or damaged, we can go to the embassy and issue a temporary one.
- If you wear prescription glasses or contact lenses, we also recommend you carry a picture of the prescription, as well as uploading a copy to the medical platform.

Backpacks

We will be carrying out travel bags by ourselves as soon as we land. This means, carrying it with us for any number of kilometers, from 1 to 5 km, on the flat but not fully paved terrain of the jamboree site.

We definitely recommend a backpack instead of a rolling suitcase as we are not sure the terrain on the jamboree site will be even enough to roll the suitcases easily. Be mindful of the weight you can carry and try it out at home. Only one checked bag is permitted, but you can have a small carry-on bag (School bag size) and a personal item with you on the plane (see image below)

What to pack in your carry-on and personal bags:

- Prescription medication with the prescription paper
- A set of clothes, in case the checked baggage get delayed
- Entertainment for the flight (books, music, etc)
- Dry snacks, no fruits or fresh produce
- An empty bottle for water. Full bottles will be trashed at the security checks but empty ones can be filled before the plane gate.

Regardless of your destination, you can bring 1 standard article + 1 personal article*



- Maximum dimensions include wheels and handles
- Although no weight limit applies to carry-on baggage, your bag must be light enough that you can store it in the overhead bin unassisted.
- Please place the personal item we have identified with a white tag under the seat in front of you.





CANADIAN
WJ'23 CONTINGENT
CANADIEN
대한민국

FOR MORE INFORMATION,
ALWAYS VISIT OUR FACEBOOK PAGE AT
WWW.FACEBOOK.COM/CANADAWJ2023

