

Health and Safety at MTSI

- Use the Buddy System. Never go anywhere alone. You and your Buddy should know each other's whereabouts at all times.
- Stay on the paths. Avoid poison ivy, poison oak, and poison sumac.
- Some wild animals carry diseases that are dangerous to people. Do not touch, feed or get near wild animals. Enjoy watching them from a safe distance in their natural surroundings
- Mosquitoes, ticks, and other insects can cause certain diseases. To help fight the bite, apply insect repellent containing DEET to clothes and exposed skin. Check for ticks daily, and remove them promptly.
- To help prevent heat-related illness during hot days, drink plenty of sugar-free fluids. Don't wait until you're thirsty to drink. Rest often in shady areas. Protect yourself from too much sun. Wear sunblock, a hat and sunglasses.
- Know your limits, and take steps to avoid injury during physical activities. Wear appropriate footwear and clothing for activities.
- To help protect yourself and your fellow campers from illness, don't swim if you have diarrhea, and don't swallow the water you swim in. Take a shower before and after swimming. Swim with your Buddy. Only swim in lifeguard-protected areas.
- If you plan to ride in a boat, canoe, or other water vehicle, be sure to wear a life jacket.
- Wash your hands frequently; always after using the restroom and before meals. Shower every day.
- Do not leave the Silver Bay campus. Obey all safety signs and notices. Speak with a staff member immediately if you have any concerns.
- Know where the nearest exit is in all buildings. In case of fire, exit immediately. Determine a meeting spot with your team in case of emergency.
- In case of lightning:
 - Run to a safe building or vehicle when you first hear thunder, see lightning or observe dark threatening clouds developing overhead. Stay inside until 30 minutes after you hear the last clap of thunder.
 - A *safe building* is one that is fully enclosed with a roof, walls and floor, and has plumbing or wiring. Once inside, stay away from showers, sinks, bath tubs, and electronic equipment such as TVs, radios, corded telephones and computers. *Unsafe buildings* include picnic shelters, beach pavilions, gazebos, etc.
 - Stay away from tall, isolated trees or other tall objects. If you are in a forest, stay near a lower stand of trees.
 - Stay away from water, wet items (such as ropes) and metal objects (such as fences and poles). Water and metal are excellent conductors of electricity. The current from a lightning flash will easily travel for long distances