



Medication (name, dosage & instructions)	Scheduled times to be taken:	Date:													
		Actual Time	Initials												

### About Medications

All medication must be provided by participants. Medications are to be given to the first aider or designated Guider upon arrival at the activity.

#### Over-the-counter medication must:

1. Be in original packaging
2. Not be expired
3. Labeled with:
  - a. The girl's name
  - b. The dosage
  - c. The route of administration (taken orally, by injection, etc.) and,
  - d. The frequency with which the medication should be administered.

#### Prescription medications must:

1. Be labelled with the original pharmacy label on the bottle/box
2. Not be expired
3. Labeled with:
  - a. The girl's name
  - b. Name of the medication
  - c. The dosage
  - d. The route of administration and,
  - e. The frequency with which the medication should be administered.

**All medications must be self-administered by the participant.** However, adult supervisors must be prepared to help younger girls with self-administration of medication. This could include opening a medication container, ensuring medications are taken on time, etc.

In the case of life-threatening conditions, supervisors are obligated to provide the girls they supervise the 'standard of care' of a careful or prudent parent adults and will need to assist in the use of an Epi-Pen, epinephrine autoinjector or inhaler, or by administering epinephrine using an Epi-Pen, epinephrine autoinjector.

Food Allergy Canada (previously Anaphylaxis Canada) has information on living with anaphylaxis at [www.foodallergycanada.ca](http://www.foodallergycanada.ca).

Please note that only cannabis or cannabis derived products that are medically prescribed to the girl will be allowed and/or administered during activities/events.

See [Safe Guide](#) for more information about Girls taking Prescription Medication without their Parent/Guardian Consent.