

2023 CAMP GUIDE



CAMP
LION MAXWELL
DCAMPS



DIABETES
CANADA

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A LETTER TO NEW AND RETURNING CAMPERS & FAMILIES

We are so excited that you will be joining us at Camp Lion Maxwell in our 57th year of operation. Camp Lion Maxwell, formally called Camp Atlantic, was the brainchild of Dr. Bruce Morton and Mr. Currie from Camp Banting in Ontario; they began planning and preparing a camp for children with diabetes in 1961. After three years of hard work and dedication, the first summer camp for children with diabetes in the Atlantic Provinces was held.

We hope you will leave camp with new skills, new experiences, new friends, and new confidence in the care and management of your diabetes. We guarantee will leave with a wealth of wonderful camp memories that are sure to last a lifetime.

Before you start packing your suitcase, please read our D-Camps Guide and this Information Package. It is full of particulars that will prepare you to have the best camp experience possible. Some of the important details included in this package are:

- Packing Lists
- Directions for Drop Off and Pick Up
- Activities at camp

From all of us at Diabetes Canada and Camp Lion Maxwell, we are really excited that you are joining the D-Camps family. If you have any questions or concerns please contact Morgan directly at morgan.tobin@diabetes.ca about camp at any time.



**Lauren Linklater- Senior Manager,
D-Camps**
226-378-7854



**Morgan Tobin- Camp Director,
Atlantic Canada**



SUGGESTED PACKING LIST

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Insulin
<input type="checkbox"/> Insulin Pens
<input type="checkbox"/> Pump Supplies in a labelled Ziploc-type bag | <input type="checkbox"/> Pump batteries (AA/AAA)
<input type="checkbox"/> CGM (sensors, transmitter, receiver) – please connect with the Camp team to learn how these tools work at camp |
|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

You know your camper best. Please pack enough medical/diabetes management supplies for the duration of the session. Camp Lion Maxwell will supply syringes, pen needle tips, lancets, blood glucose meters, testing strips, and ketone testing supplies. Please remember to pack supplies for traveling to and from camp. Camp Lion Maxwell will also supply emergency medical supplies, like glucagon

CLOTHING

- | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> 6 pairs of socks
<input type="checkbox"/> supply of underwear for the session
<input type="checkbox"/> 2-3 pairs of shorts
<input type="checkbox"/> 1-2 pairs of pants/sweatpants
<input type="checkbox"/> 6 t-shirts | <input type="checkbox"/> 1-2 sweatshirts/long-sleeve shirts
<input type="checkbox"/> flip flops or sandals
<input type="checkbox"/> 2 pairs of shoes: one pair should be running shoes for overnight trips | <input type="checkbox"/> 1 pair athletic sandals
<input type="checkbox"/> 1 waterproof rain suit
<input type="checkbox"/> 1 pair of rubber boots
<input type="checkbox"/> 2 swimsuits (<u>sport-style swimsuits only</u>)
<input type="checkbox"/> 1-2 sets pajamas |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

SUN SAFETY

- | | | |
|-----------------------------------------------------------------------------------|-----------------------------------------------------|---------------------------------------------------------------------------------------|
| <input type="checkbox"/> 1 hat with brim
<input type="checkbox"/> water bottle | <input type="checkbox"/> sunscreen SPF30 or greater | <input type="checkbox"/> swim shirt/rash guard
<input type="checkbox"/> sunglasses |
|-----------------------------------------------------------------------------------|-----------------------------------------------------|---------------------------------------------------------------------------------------|

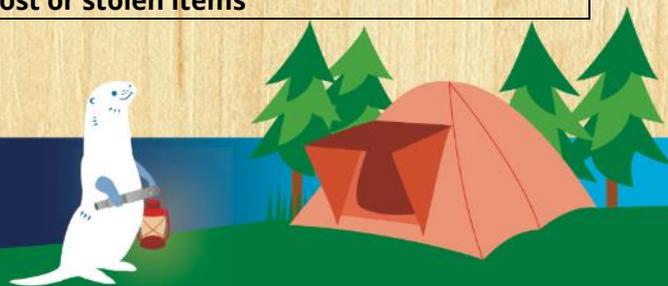
CAMP STUFF

- | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> sleeping bag or sheets & blanket for single bed
<input type="checkbox"/> pillow
<input type="checkbox"/> insect repellent (no aerosol spray please)
<input type="checkbox"/> toiletry kit (soap, facecloth, toothbrush, toothpaste, comb, deodorant, etc.)
<input type="checkbox"/> flashlight & extra batteries | <input type="checkbox"/> 1-2 lightweight towels
<input type="checkbox"/> day pack (for camera, rain gear, etc.)
<input type="checkbox"/> camera (cell phones with cameras are NOT acceptable)
<input type="checkbox"/> empty large plastic bags for wet & dirty clothes to come home in. | OPTIONAL:
<input type="checkbox"/> pen, paper, stamps (addressed and stamped envelopes/postcards are great!)
<input type="checkbox"/> funny costume for the first night of camp campfire!
<input type="checkbox"/> acoustic musical instruments |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

WHAT NOT TO BRING

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> × Alcohol, non-prescriptions drugs, drugs not prescribed to the camper, tobacco products, electronic smoking devices × Knives, including camping or Swiss army knives × Valuable or precious items × Matches or lighters × Food | <ul style="list-style-type: none"> × <u>ANY</u> non-medical electronics except for digital cameras × Smartphones, even if you use them for diabetes management outside of camp × Nightscout or similar devices × <i>Please contact the Camp Director if you have questions about any diabetes management technology you wish to bring</i> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Diabetes Canada is not responsible for lost or stolen items



DATES AND REGISTRATION

(Camp Lion Maxwell, Barss Corner (Session August 22-27th 2023)

Diabetes Canada has operated Camp Lion Maxwell continuously since 1964, supported by the Lions Clubs of Nova Scotia and named in honour of Lion Peter Maxwell from the Truro Lions Club. Camp Lion Maxwell offers a one week session for children ages 7-12 living with type 1 diabetes, as well as the Leadership Development program for youth ages 15-16, which is paired with Camp Morton.

In 2005 we moved to our wonderful host site, Camp Kadimah in Lunenburg County, NS. Campers live in cabins that are equipped with running water, washrooms and electricity. There are several large multi-purpose programming areas including the arts and drama centre, an indoor gymnasium for basketball and floor hockey, among other sports. The dining hall accommodates all campers and staff at one time, and is a common place for daily notices and singing during meals.

Start Date: Tuesday, August 22 - 2:00 PM

End Date: Sunday, August 27 - 10:00 AM

When and where do I register?

Drop Off:

Registration on opening day occurs on **Tuesday August 22nd at 2:00PM near the DINING HALL**. Please proceed in your car to GATE 5 and there will be lots of folks ready to help you unload. Please note that parking will be difficult; please **do not park** on the shoulder of the road across the street from camp.

Please do not arrive earlier than 2:00 pm, as we will still be preparing for campers to arrive. **EARLY ARRIVALS WILL BE ASKED TO LEAVE UNTIL REGISTRATION TIME.**

When do I pick up my child?

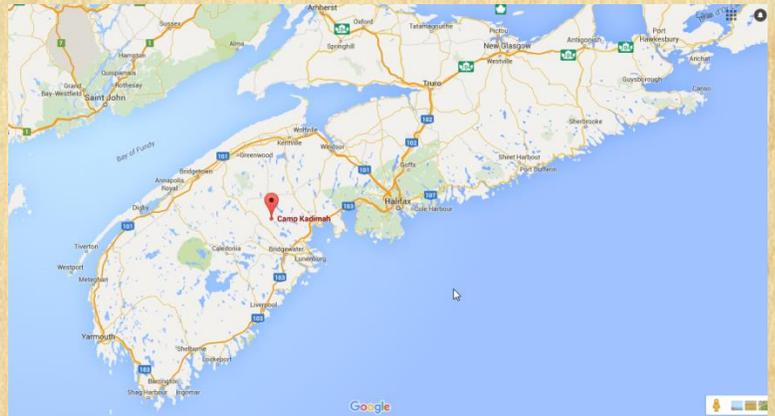
We ask all parents to be at camp for **Sunday 27th August at 10:00 am** as we will be having a **closing ceremony** and presentation for campers and families. **All campers will be allowed to checkout after the ceremony but no one will be permitted to check out during the ceremony.** We ask that you do not arrive earlier than 10:00 AM, as we will still be cleaning up and packing. **EARLY ARRIVALS WILL BE ASKED TO LEAVE UNTIL CEREMONY TIME.**



DIRECTIONS & TRANSPORTATION

From Halifax:

- Drive on **HIGHWAY 103** heading towards the South Shore/Take **EXIT 12**/At the top of the ramp, **TURN RIGHT** heading towards New Germany/Approx 20 minutes – You will pass a Shoppers Drug Mart/After the sharp turn there is a Liquor Store on your left. Continue going straight through intersection. (You are now on no longer on Route 10 but are on the road that eventually leads to camp)/After 5-10 minutes, you will pass Mader's Esso Station on the left/Cross small bridge and **CAMP** is on the left (use **FIFTH GATE**)/Camp Kadimah is on the left hand side and has a large arching gate.



From Annapolis Valley & Windsor or HWY 101 Areas:

- At Greenwood, head south on Route 10 towards New Germany/You will head east towards Barss Corner from New Germany to reach Camp Kadimah OR At Kentville, head south on Route 12 towards New Ross/You will head west towards Maplewood and Barss Corner to reach Camp Kadimah (*see details above*)

From Yarmouth:

- Drive on **HIGHWAY 103** heading towards the Halifax/Take **EXIT 12**/At the top of the ramp, **TURN LEFT** heading towards New Germany/Approx 20 minutes – You will pass a Shoppers Drug Mart/After the sharp turn there is a Liquor Store on your left. Continue going straight through intersection. (You are now on no longer on Route 10 but are on the road that eventually leads to camp)/After 5-10 minutes, you will pass Mader's Esso Station on the left/Cross small bridge and **CAMP** is on the left (use **GATE 5**)/Camp Kadimah is on the left hand side and has a large arching gate.



CAMP ACTIVITIES

Campers will be exposed to a wide variety of activities. Campers will receive individual instruction from our staff members in order to help them develop new skills. Additionally, campers will take part in group activities and participate in games and themed events that involve the entire camp.

Through all of the camp activities, we emphasize creativity, imagination, and adventure while promising a safe fun-filled atmosphere for children that encourages personal growth and the development of self-confidence.

Campers will travel as a cabin to seven core activities throughout the day. Each activity is carefully planned and executed to the learning needs and styles of each age group. Campers then get to choose an elective activity in the afternoon that is unique and appealing to them individually.



(Campers sitting in red canoes at canoe launch at Camp Lion Maxwell)

At camp, we do our best to promote cooperation rather than competition. If we do run an activity containing an element of competition, we focus on challenging campers to achieve their own goals rather than encouraging them to measure their success against those around them.

Cabin Rotation Activities

Archery, Arts and Culture, Sports and Games, Overnight, Medical Sweet Talk, Nutrition Sweet Talk, Swimming

Evening Program

Every night at Camp Lion Maxwell the whole camp community comes together to take part in activities like Capture the Pump, Campfire and many other themed activities.

Special Programming:

All camps will have the opportunity to cook and sleep in the wilderness at our Overnight site. We recommend campers bring a foam mattress and backpack for this special trip. Please note our youngest campers (age 7 & 8) will only attend our overnight site for an afternoon and do not need these items.

Banquet: On the last evening of camp our campers gather for a special banquet dinner and party. We recommend sending along a nice outfit with your camper to save for the final night.



Serving Diverse Campers

At Diabetes Canada and D-Camps, we believe that our camp and youth programs are for all children and youth living with type 1 diabetes regardless of ancestry, colour, race, ethnicity, religion, creed, gender, sexual orientation, gender identity or expression, ability or exceptionality. To ensure that we can provide the best experience to all of our participants we ask that families complete all registration forms as fully and truthfully as possible. The more we know about our participants the better we are able to support their needs.

Mail and Care Packages

Everyone enjoys receiving mail, so please write! Mail is delivered to camp daily and we do our best to ensure prompt camper delivery. Send letters prior to or during the first few days of camp to ensure delivery. Letters that do not arrive until after the session has ended will be returned to sender. Packages that come into Camp Lion Maxwell will be screened for food and allergens. Outgoing mail will not be read and incoming packages are only opened to ensure no food products are sent.

You can also leave prewritten letters and packages with the Camp Director at registration. This mail will be handed out throughout the week.

The camp address is:

Camper Name
C/O Camp Lion Maxwell
1681 Barss Corner Road
Barss Corner, NS, B0R 1A0

Any food, beverage, electronic devices, etc. received in care packages will be confiscated for the duration of camp.



CONTINUOUS GLUCOSE MONITORS

With the progression of diabetes treatment tools and technology, D-Camps management and medical teams are excited to report the full integration of Continuous Glucose Monitoring (CGM) systems within overnight summer camp programs. This document is to serve as a guide for the day-to-day application of CGM within the camp context. We welcome devices and technologies which are approved by Health Canada at D-Camps. ***Devices and systems that are yet to be approved by Health Canada cannot be used at D-Camps.***

As with all of our policies and procedures, it is important to note that we are bound by Health Canada guidelines on all products and strive to comply with the Diabetes Canada Clinical Practice Guidelines (CPG). We are not able to use non-Health Canada approved CGM devices at D-Camps.

While at camp, all campers using CGM/FGM will continue to receive the same high-quality monitoring and medical attention as in previous years. Campers' blood glucose (BG) readings will be tracked both from the sensor reading and finger pokes as appropriate to their device. This information will be shared additionally through the BG and treatment sheets sent home with each camper after the duration of their stay.

Sensor Change Information

As with pump site changes, the nature of summer camp often results in more site changes than in the home setting. Due to increased activity, high heat, and outdoor activity, we find that the average camper has an increased number of site changes while attending our programs. We anticipate a similar experience with sensor sites and ask that you consider this aspect of sensor care and send an extra one or two backup sensors to camp with your child. We do stock adhesives to help with the wear of these devices, however, if your camper has a preferred adhesive, please include this in the supplies you send to camp.

Receiving Devices

It is important to note that all broadcasting features or pairing to caregiver functions are not allowed while at D-Camps. This includes Night Scout technology, Dario share, Dexcom Follow App, and iPhones with multiple recipient features enabled. Campers who use iPhone technology with their Dexcom or other devices will be required to remove their SIM card at the start of camp. Campers are not permitted to use iPhone/iPod features other than those for storing and reading CGM information. A Wi-Fi connection will not be available at camp. In the evening, they will be stored at the in-cabin charging station for ease of access by the medical team night staff. Passcode must be removed from devices to ensure medical staff can access the app. At night, all receivers must be placed in the in-cabin charging stations for access by the medical team. Campers using CGM technology that communicates with their pump will have the option to also have a separate receiver (i.e. someone using Dexcom with Tandem can use their pump only as the receiver, or opt to also bring a smartphone, with the SIM card removed). As with pumps and other valuable items at camp, we will do our best to ensure that there is no damage, but D-Camps cannot be held liable for replacing devices that are lost or damaged.





(Campers jumping into lake at Camp Lion Maxwell)



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