

2019 CAMP GUIDE



SASKATCHEWAN
CHILDREN'S
CAMP
DCAMPS



A Letter to Campers and Families

Dear Families,

Welcome to Diabetes Canada's Saskatchewan Family Camp! Diabetes Canada is committed to providing the best possible camp experience for your family. This package has been designed to help you become more familiar with our program and allow you to prepare for your camp experience. Please take a few minutes to review the information contained in this package.

We're very excited to be partnered with Quest Camp at Christopher Lake, who will be providing a fully catered experience with organized programs, which allows parents to spend time with their families and relax themselves! Quest Camp facilities are located at Christopher Lake just north of Prince Albert, SK. It is a private facility, which ensures a safe atmosphere for all family members to relax and enjoy their time.

Diabetes Canada is committed to continuing this tradition of encouraging campers in developing their confidence both with their own diabetes management and in their relationships with those around them. As such, we welcome your communication with us, or any questions or thoughts you may have. We are really looking forward to spending time with your family this fall!

Sincerely,



Lara Abramson
General Manager, Camp Operations
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902.453.3381



Grant Fulford
Camp Director, Western Canada
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403.478.9182

SASKATCHEWAN FAMILY CAMP INFORMATION

Arrival	Friday September 13 th between 7-7:30pm * <i>Dinner will not be served on Friday night.</i>
Departure	Sunday, September 15 th at 1:00pm



DIRECTIONS & TRANSPORTATION

D-Tour SK is hosted by Quest at Christopher Lake. Please [click here](#) for directions from Google Maps.

- From Prince Albert Head North on Hwy 2
- Turn Left (heading west) onto Hwy263
- Turn right (heading north) onto Hwy 953
- Watch on the right side about 3 km in for The Quest sign which means you've arrived.



ABOUT FAMILY CAMP

Saskatchewan Family Camp focuses on providing connection, support and community to families living with type 1 diabetes. At Family Camp we provide these opportunities for anyone in your child's care-giving community. That could be grand-parents, extended family or close friends. If there are people involved in the care of your child with type 1 diabetes they are welcome to attend.

Family Camp brings people together in a way that just doesn't happen in any other setting. Family Camp is a fantastic introduction or connection to the D-Camp experience. You and your family will get the opportunity to take part in camp programming in a community of people who understand the day to day challenges of living with type 1 diabetes.

Family Camp is a Great Fit for You If:

- You have a recently diagnosed child and are looking to connect with people who understand.
- You have years of experience and could be a valuable support to others.
- Someone in family lives with type 1 diabetes and you want to have a fun D-Camp experience!
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WHAT TO EXPECT AT FAMILY CAMP

Over the course of your Family Camp experience, adults and children will have the opportunity to participate in a wide variety of activities and experiences. In everything we do at Saskatchewan Fall Family Camp, we emphasize creativity, imagination, and relationship development in a safe, fun-filled atmosphere designed to encourage growth, learning, and the development of self-confidence.



Throughout the weekend, much of the camp program will be divided into three streams. One stream will be for children and youth. The second stream will be for adults, parents, and caregivers and the last stream is for families as a whole!

CHILDREN'S ACTIVITIES

Program staff will plan and facilitate age appropriate games and activities for the children at camp. Some of these activities include; laser tag, climbing wall, waterfront activities, arts and crafts and many more creative camp programs.

These program staff will be made up of Quest and D-Camps staff. Some of our staff team live with type 1 diabetes. Family Camp creates endless opportunities for your child to learn and relate to a young adult role-model living with the illness. These staff will also be available to assist campers with testing and treating lows.

ADULT ACTIVITIES

Adults, parents and caregivers will have the opportunity meet and connect with each other in various sessions throughout the weekend. These sessions are often led by adults living with type 1 diabetes, the medical team and leaders from the type 1 community. They include discussion groups, sharing experiences and team building activities. Often these sessions are seen as the highlight of the weekend. It is an opportunity to discuss life with type 1 in a caring, supportive and understanding group of peers.

FAMILY ACTIVITIES

There will be a number of all- camp programs planned throughout the weekend that the whole family is able to participate in together. As a family, you will be able to participate in a wide variety of camp activities. These fun events are a great opportunity for the whole family to spend time together and feel like they are on a holiday. It might be the whole family taking part in Capture the Flag or a mother-daughter show down at Frisbee golf but no matter what it will be a great time!



MEALS AND ACCOMMODATIONS

Accommodations will be in a heated lodge where each family gets their own bedroom. Please note that, families will have their own room however common space is shared with other families.

Quest prepares three nutritious meals, as well as a number of snacks each day. All meals are served buffet style. They also wash all of the dishes, clean the washrooms and other common areas and ensure that your comforts are met. The D-Camps staff will be available throughout your stay to assist you as well.



SUPERVISION

Parents are responsible for the supervision of their children while at Camp. However, supervision will be provided during scheduled program activities. Parents are also responsible for their children's medical and dietary care, including their child's diabetes management, the dispensing of medication(s) and monitoring of personal supplies. Medical staff/personnel are on site to facilitate programming and to act as source of support for any consultation.



PACKING LIST



MEDICAL

- Insulin, Pens/Syringes or Pump Supplies
- Meters and Strips
- Other medications
- (must be in original container)



CLOTHING

- 3 Pairs of socks
- 3 Pairs of underwear
- 2-3 Pairs of pants/sweatpants
- 1 t-shirts
- 2 Sweatshirts/long-sleeve shirts
- 1 Warm jacket
- 1 set of hats and mittens
- 2 Pairs of shoes
- 1 Pajamas
- 1 Rubber Boots



CAMP STUFF

- Sleeping Bag (or sheets/blankets)
- Pillow
- Toiletry Kit (soap, facecloth, toothbrush, toothpaste, comb, deodorant, etc.)
- 1-2 lightweight towels (easy drying for showers)
- Books to read
- Camera (digital cameras are okay)



WHAT NOT TO BRING TO FAMILY CAMP

Please do not bring any of the listed items with you for the weekend:

- ✗ Knives – including pocket knives
- ✗ Alcohol or illegal drugs
- ✗ Non-prescription drugs or drugs not prescribed to the participants

OTHER NOTES ON PACKING

BEDDING

Beds with mattresses are provided, however sheets, pillows, blankets, and sleeping bags are not.

Food

Plenty of food is provided for families over the course of the weekend. We encourage families to avoid packing lots of extra food for the weekend, as it should not been needed. However, if you feel it is necessary to pack some extra food, we ask that it is packed in a sealed Rubbermaid container and is locked in your vehicle. Please dispose of food wrappers and packaging in main dining area only.

PETS

No pets are permitted at camp. Please contact the Camp Director if you have any questions.

Quest and Diabetes Canada are not responsible for lost or stolen items. Please do not bring valuables to camp.



CAMP CLOTHING SALES

ONSITE STORE

You will have the opportunity to purchase camp clothing and merchandise onsite throughout the duration of Family Camp. Cash or Credit Card are the accepted methods of payment



ELECTRONICS POLICY

Participants are welcome to bring electronic devices to Family Camp. We do ask that if you choose to use your cell phone, please step away from the group so as not to disturb the other participants. As well, there are many apps, websites and programs that participants can use to help manage their diabetes, and we encourage participants to share their favourite apps with others.

We cannot guarantee that there will be cell service on-site, nor can we guarantee that each family cabin will have access to a charging plug (although there will be plugs available in the main buildings).

We expect that all participants will use electronics responsibly, behave in a way that is respectful to others, and ask other's permission before sharing any information, photos or videos online.



CANCELLATION/REFUND POLICY

Camp fees (less deposit) are fully refundable. Notification of cancellation **is required in writing or via email** and must be received by the **Camp Registrar** no later than four weekends prior to the camp start date to qualify for a refund. Cancellation requests made later will be considered on a case by case basis. Please note that cancellations must be made directly through the Camp Registrar and cannot be made through area branch offices or other Diabetes Canada staff. Families who do not cancel will still be required to pay the balance of their camp fees.

If you decide to cancel your camp registration or send in paper version of forms please contact:

Natalie Tius
Registrar, Camp & Youth Programs
Diabetes Canada
natalie.tius@diabetes.ca or 1-800-BANTING

CONTACT INFORMATION

If you have questions about the **Saskatchewan Family Camp program or will be arriving late to Camp**, please contact:

Grant Fulford
Camp Director, Western Canada
Cell: 403.478.9182
grant.fulford@diabetes.ca

