2023 CAMP GUIDE

DIABETES CANADA | DCAMPS

dcamps.ca | 1-800-BANTING

dc_dcamps | dc_dcamps | DC.dcamps

A LETTER TO NEW AND RETURNING CAMPERS AND FAMILIES

Dear Camper and Family,

We are so excited that you will be joining us at Camp Jean Nelson this summer. Camp Jean Nelson is proud to be hosted by KCC Camp Kindle in the picturesque foothills of the Rockies, near Water Valley.

We have an awesome program planned this summer and we can't wait to share it with you. You'll get to try some amazing activities, meet new friends, and learn more about diabetes. We hope that by the end of your time at camp, you will have gained confidence, new skills, have a greater appreciation for the outdoors, and have a better understanding of how to manage your own diabetes.

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

- Directions, Transportation and Dates
- Packing List
- Camp Activities
- Serving Diverse Campers
- Mail and Care Packages
- Continuous Glucose Monitors
- Cancellation and Refund Policy
- Contact Information

From all of us at Diabetes Canada and Camp Jean Nelson, we are very excited that you are joining the Camp Jean Nelson family!

Sincerely,

David Dellio

Camp Director, Western

David.Dellio@diabetes.ca

Lauren Linklater

SR Manager, D-Camps

lauren.linklater@diabetes.ca

DIRECTIONS, TRANSPORTATION, AND DATES

Option A: Bus

For 2023, Camp Jean Nelson will offer return transportation from Edmonton, and Red Deer, to our camp facility in Water Valley, AB. This option must be selected through your online account. Pickup and drop-off times for this bus option are below. **Note: These times and locations are tentative and subject to change. An updated address and time will be sent to families in the spring.**

Senior ages 12-15, July 24-July 29th

Location	Sign-in: Opening Day (Monday)	Sign-out: Closing Day (Saturday)
Red Deer	2:20pm (Red Deer Best Western Plus)	10:45am (Red Deer Best Western Plus)
Edmonton	12:30pm(Saw Ridge Inn Edmonton)	12:30pm (Saw Ridge Inn Edmonton)

Junior ages 7-12, July 31st-August 5th

Location	Sign-in: Opening Day (Monday)	Sign-out: Closing Day (Saturday)
Red Deer	2:20pm (Red Deer Best Western Plus)	10:45am (Red Deer Best Western Plus)
Edmonton	12:30pm(Saw Ridge Inn Edmonton)	12:30pm (Saw Ridge Inn Edmonton)

Option B: Parent/Guardian drop-off and pick-up

Most of our campers are dropped off and signed into camp at Camp Kindle. Families can meet with the medical staff to discuss their camper's stay at camp during this time. Families can drop off campers either at the times listed below, please check the times below as there is only a limited amount of parking at the camp facility. On the last day of camp, families should arrive at 2pm to pick up their children. Please note, dogs will not be allowed on the camp premises, except for service dogs. Directions to camp can be found here.

Session	Sign-in: Opening Day	Sign-out: Closing Day
Senior (ages 12 – 15)	Monday, July 24, 2023 • 1:30pm: Participant last name A – L • 2:00pm: Participant last name M – Z	Saturday, July 29, 2023 • 10:00am: All participants
Junior (ages 7 – 12)	Monday, July 31st, 2023 • 1:30pm: Participant last name A – L • 2:00pm: Participant last name M – Z	Saturday, August 5, 2023 • 10:00am: All participants
LDP 1 & 2	Monday, July 24, 2023 • 2:00pm: All participants	Saturday, August 5, 2023 • 10:00am: All participants

Please indicate your preference on the transportation from in the registration package

Suggested Packing List

Please label everything your camper brings to camp. Lost items that are labeled can easily be returned if they are found. Please include a packing list with the corresponding quantities if you would like your camper to use when packing at the end of camp. Please note this list is simply a guideline or suggestion. Please pack clothing and items that make sense for your camper's time at camp. Additionally, this list is recommended for a 1 week stay at camp.

Medical

- ☐ Insulin (enough for the entire session)
- ☐ Insulin Pens
- ☐ Pump Supplies (labelled) – sites, reservoirs, etc
- ☐ Other medications (must be in original containers)
- ☐ Pump batteries (AA/AAA)
- ☐ 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 Jean Nelson 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 Jean Nelson will also supply emergency medical supplies, like glucagon.

Clothing

- ☐ 7 pairs of socks
- ☐ Supply of underwear for the session
- ☐ 3 pairs of shorts
- ☐ 2 pairs of pants/sweatpants
- ☐ 6 t-shirts
- ☐ 3 sweatshirts
- ☐ 2-3 long-sleeve shirts
- ☐ Flip flops or sandals
- ☐ 2 pairs of closed-toe shoes (one pair should be running shoes)
- ☐ 1 pair athletic sandals
- ☐ 1 waterproof rain suit
- ☐ 1 pair rubber boots
- ☐ 2 swimsuits (no tie up bikinis please)
- ☐ 2 sets pajamas

Sun Safety

- ☐ 1 hat with brim
- ☐ Water bottle
- ☐ Sunscreen
- ☐ Sunglasses

Camp Stuff

- ☐ Sleeping Bag
- ☐ Additional sheets/blankets – single size (optional)
- ☐ Pillow
- ☐ Insect repellent
- ☐ Toiletry Kit (soap, shampoo, facecloth, toothbrush, toothpaste, comb, deodorant, etc)
- ☐ Flashlight/headlamp
- ☐ 2 lightweight towels (easy drying for swimming and showers)
- ☐ Daypack (for camera, rain gear, water bottle, etc)
- ☐ Camera (cell phones with camera are NOT acceptable)
- ☐ Empty large plastic bags for wet & dirty clothes to come home in

Optional

- ☐ Pen, paper, stamps (addressed & stamped envelopes/postcards)
- ☐ Silly Costume for the First Night of Camp campfire!
- ☐ Acoustic musical instruments

What Not to Bring

× Alcohol, non-prescription drugs, drugs not prescribed to the camper, tobacco products, electronic smoking devices × Knives, including camping or Swiss army knives × Valuable or precious items (i.e. jewellery) × Matches or lighters × Food or snacks	× ANY non-medical electronics with the exception of digital camera × Headphones × Smartphones (unless being used as a Dexcom receiver – follow up required) × Nightscout or similar devices

Diabetes Canada is not responsible for lost or stolen items.

We recommend packing belongings in suitcases/luggage or storage containers that can be identified by your camper. We suggest avoiding large garbage bags as they can rip or easily be mixed up during transport!

Camp activities

Campers will be exposed to a wide variety of activities and experiences. They will receive individual instruction to develop new skills, take part in cabin group activities, and participate in games and theme events involving the entire camp. In everything we do at Camp Jean Nelson, we emphasize creativity, imagination, and adventure, in a safe, fun-filled atmosphere designed to encourage growth and the development of self-confidence. Your camper will be able to participate in the following:

Land based challenges

There is always something happening on land at Camp Jean Nelson! At any time you might find campers enjoying the initiatives course, climbing wall, various sports, archery and the state-of-the-art high ropes course (make sure to ask your camper about it when they get home!)

Swimming and waterfront

Campers will have the opportunity to experience Camp Kindle's new outdoor pool facility. Lifeguards will conduct a swim test at the beginning of each session to assess each campers swim level. All activities that take place in the water are led by trained staff and supervised by lifeguards.

Creative arts

Campers can spend time focusing on arts-based programs like drama games, arts and crafts, and talent shows.

Outdoor living skills

Your camper will have the opportunity to immerse themselves in nature while hiking, doing wetland studies, orienteering and taking part in campfires. Some of our older cabin groups will go on an overnight experience, which will involve hiking a short distance to an onsite tipi.

Evening programs

Every night at Camp Jean Nelson the whole camp community comes together to take part in activities like capture the flag, skit nights and talent shows. After these high energy activities everyone at camp comes

to campfire where we sing songs, see skits and reflect on our time at camp. These campfires are a highlight of the camp experience. Make sure to ask your camper about their favourite song. You might even get to hear it on the trip home!

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, sex/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.

At D-Camps, we strive to create equal opportunities for individuals that may identify or be affiliated with any number of biological, social, and cultural categories. Additionally, D-Camps aims to be open and accessible to all participants, ensuring that identification and/or affiliation with the above categories does not act as a barrier, obstacle, or deterrent that presents a child from experiencing a traditional overnight summer camp experience. D-Camps follows Pride Camping Association's best practices that are directed toward any LGBTQ+-identified youth and those from LGBTQ+ families and aim to create and foster a more comfortable and fun environment, free of harassment, discrimination, hostility, isolation, and any other afflictions of systematic oppression. LGBTQ+ participants and families are welcome to speak to the Camp Director if any accommodations are needed, which will remain confidential. In addition to this, many general inclusive policies are in place to ensure the camp environment and culture is inclusive and supportive for any participants, staff, and volunteers, who have not readily indicated any specific identity or affiliation prior to the start of their involvement in our programs.

If you have any questions about the fit of your child at our programs please contact our Camp Manager or Camp Director to discuss the support we can provide.

Mailing and care packages

Everyone enjoys receiving mail, so please write! Mail will be picked up a few times a week and delivered to your camper. 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. Any food, beverage, electronic devices, etc. received in care packages will be confiscated for the duration of camp. You can also leave pre-written letters with our staff at check-in to make sure it gets given out as soon as you'd like!

The camp address is:

Camper's Name and Session

Camp Jean Nelson c/o Camp Kindle Box 280 Water Valley, AB

T0M 2E0

CONTINUOUS GLUCOSE MONITORS

With the progression of diabetes treatment tools and technology, we welcome continuous glucose monitoring (CGM) 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.*** We recognize that some of our participants are use to using CGM technology in their diabetes management and that this provides them with comfort and routine.

Transmitting functions will be turned off while at camp, and if a cellular device is used as a transponder, the SIM card will be removed for the duration of camp and kept in a secure location that will be returned come the end of the camp session.

Medical use for monitoring and treatment of CGMs is up to the discretion of the camps medical team, and we will provide you with an update of what this will look like closer to the camp season!

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 weeks 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: Diabetes Canada camps@diabetes.ca or 1.800.226.8464

Contact information

If you have questions about the Camp Jean Nelson program or will be arriving late to Camp, please contact: David Dellio Camp Director, Western Canada at David.dellio@diabetes.ca