

# 2019 CAMP GUIDE



**CAMP  
DISCOVERY**  
**D-CAMPS**



**DIABETES  
CANADA**

**D-CAMPS**

[dcamps.ca](http://dcamps.ca) | 1-800-BANTING

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## A LETTER TO NEW AND RETURNING CAMPERS AND FAMILIES

Dear D-Camps Families, Campers, and Guardians,

Congratulations! You are about to embark on an amazing adventure at Camp Discovery this summer. We are very excited that you will be joining us for our 15<sup>th</sup> year of operation. This summer, you will have the opportunity to meet new friends, try exciting activities, and learn more about diabetes management.

We have a fantastic 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, develop new skills and learn more about diabetes. We hope that by the end of your time at camp, you will be more confident than ever before, 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:

- Packing List
- Session Dates
- Directions and Transportation
- Camp Activities
- Sun Safety
- Serving Diverse Campers
- Mail and Care Packages
- Communication Home
- Medical Information and Communication
- Camp Discovery Open House

From all of us at Diabetes Canada and Camp Discovery, we are excited that you are joining the D-Camps family. If you have any questions or concerns please contact Griffin directly about camp at any time.

Sincerely,  
The D-Camps Team



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Manager, Camp Huronda  
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## PACKING LIST

Label everything your camper brings to camp. Lost items that are labeled items can easily be returned if they are found.

MEDICAL		
<input type="checkbox"/> Insulin <input type="checkbox"/> Insulin Pens <input type="checkbox"/> Pump Supplies in a labelled Ziploc-type bag	<input type="checkbox"/> Other medications ( <u>must be in original container</u> ) <input type="checkbox"/> CGM/Dexcom and supplies**	
The camp will supply syringes, pen needles, lancets, blood glucose meters and testing strips. Please do not forget to pack supplies for traveling to and from the camp. We ask that families pack enough supplies for two weeks to ensure there is extra (pump sites fall out easy at camp, insulin regime can change, etc.) **Please contact the Camp Director to learn how continuous glucose monitors work at camp.		
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 swim suits ( <u>sport-style swim suits 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/rashguard <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.	<b>OPTIONAL:</b> <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"> <li>× Alcohol, non-prescriptions drugs, drugs not prescribed to the camper, tobacco products, electronic smoking devices</li> <li>× Knives, including camping or Swiss army knives</li> <li>× Valuable or precious items</li> <li>× Matches or lighters</li> <li>× Food</li> </ul>	<ul style="list-style-type: none"> <li>× <u>ANY</u> non-medical electronics with the exception of digital cameras</li> <li>× Smartphones, even if you use them for diabetes management outside of camp</li> <li>× Nightscout or similar devices</li> <li>× <i>Please contact the Camp Director if you have questions about any diabetes management technology you wish to bring</i></li> </ul>	
<b>Diabetes Canada is not responsible for lost or stolen items</b>		



## SESSION DATES

Once again, we are offering two sessions of Camp Discovery this summer, giving families the option between two sets of dates and increasing the number of participants who can experience Camp Discovery each summer!

**Session 1:** Sunday, August 11<sup>th</sup> – Friday, August 16<sup>th</sup>, 2019

**Session 2:** Sunday, August 18<sup>th</sup> – Friday, August 23<sup>rd</sup>, 2019

## DIRECTIONS AND TRANSPORTATION

Camp Discovery is being hosted at:

**Easter Seals Camp Woodeden  
2311 Oxford St. West  
London, ON, N6K 4P**

Transportation to and from Camp Discovery is the responsibility of camper families. Please **DO NOT ARRIVE EARLY FOR CAMPER DROP-OFF**. We rent our facility and will be completing our camp prep prior to official drop of time.

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### DROP-OFF TIME

Sunday

**Campers Ages 7-9**

10AM

**Campers Ages 10+**

11AM

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### PICK-UP TIME

Friday

**All Campers**

12PM – 2PM

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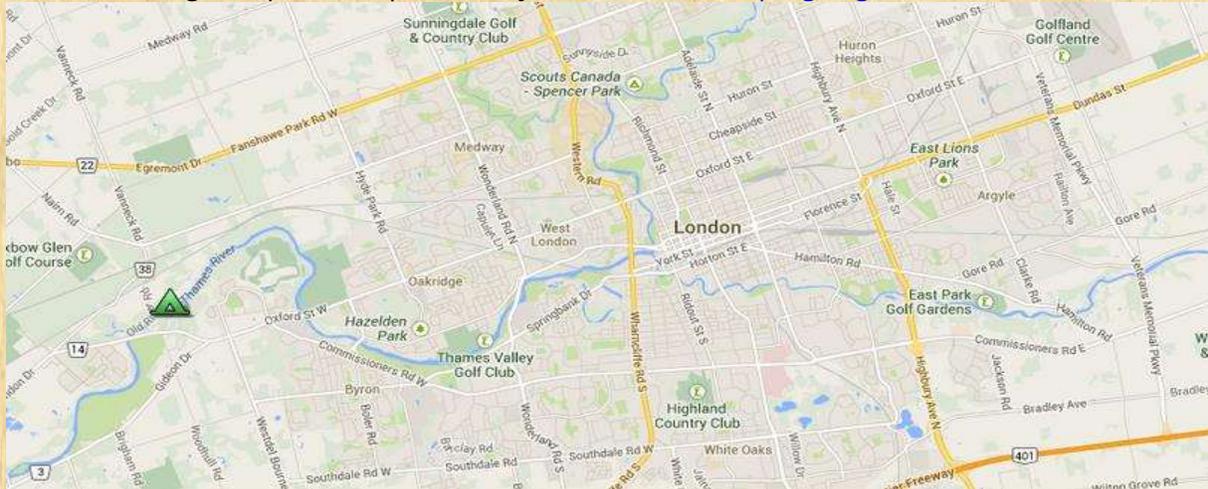
## End-of-Session BBQ

At the end of each session, parents and guardians are invited to join us for a BBQ lunch hosted at Camp Discovery prior to departure. When picking up your camper on the last day of camp, you now have the option of staying for lunch, taking a tour of camp, and trying out a few camp activities. Lunch will be served at 12:30 pm – if you want to join us for lunch, please arrive between 12:00 pm and 12:30 pm. The BBQ will end at 2:00 pm and all families must depart by that time.



## Google Map to Camp Discovery

To access a Google Map for Camp Discovery follow this link <http://goo.gl/G9En2o>



### Directions from Toronto/Kitchener/Woodstock

- ↑ Take **Highway 401 West**
- ↑ Keep right on **Highway 402 West**
- ↑ Take **Exit82** for **Country Road 14/Glendon Drive** towards Komoka
- ↩ Turn left onto **Glendon Drive** (signs for **County Road 14E/Glendon Drive**)
- ↩ Turn left to **Easter Seals Camp Woodeden**

### Directions from Windsor

- ↑ Take **Highway 401 east**
- ↪ Take exit **177B** for **Colonel Talbot Road/ON-4 North**
- ↩ Turn left onto **Longwood Road**
- ↪ Turn right onto **Westdel Bourne**
- ↩ Turn left onto **Oxford Street West**
- ↪ Turn right to **Easter Seals Camp Woodeden**

### Directions from Sarnia

- ↑ Take **Highway 402 West** (signs for London)
- ↪ Take exit **82** for **County Road 14E/Glendon Drive** north
- ↑ Continue onto **Oxford Street West**
- ↩ Turn left to **Easter Seals Camp Woodeden**



## 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 Discovery, we emphasize skill development, community, 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 all core activities offered at Camp Discovery as well as sign up for special free choice activities that are offered daily. Please refer to the Camp Discovery specific website for a complete description of activity areas.

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### Cabin Rotation Activities

Archery, Art, Climbing Wall, High Ropes Course, Land Sports, Pottery, Photography, Sledge Hockey, Swimming, Wheelchair Basketball

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### Evening Program

Every night at Camp Discovery the whole camp community comes together to take part in activities like capture the flag, camp-wide games and many other themed activities.

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## SUN SAFETY

Camp Discovery is proud to be an official Sun Aware Certified Camp by the Melanoma Network of Canada. This certification recognizes our practices in both teaching and reinforcing sun-safe behaviours. Included in this certification is our commitment to training our staff based on the principles of applying broad spectrum sunscreen, wearing light-weight clothing and wide-brimmed hats, wearing UV-protective sunglasses, and seeking shade in the heat of the day. We require all campers and staff to wear a shirt that covers their shoulders while in the pool – we recommend packing a swim shirt or rashguard-style shirt.



## 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.

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



## 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 in to Camp Discovery 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.

E-mail can also be sent to campers through [campdiscovery@diabetes.ca](mailto:campdiscovery@diabetes.ca). This email address is checked once daily and will be printed and delivered to campers like regular mail as promptly as possible. Please note, this is a one-way email service – campers will not be able to respond via email.

The camp address is:

Camper Name  
c/o Camp Discovery  
Easter Seals Camp Woodeden  
2311 Oxford St. West  
London, ON N6K 4P1

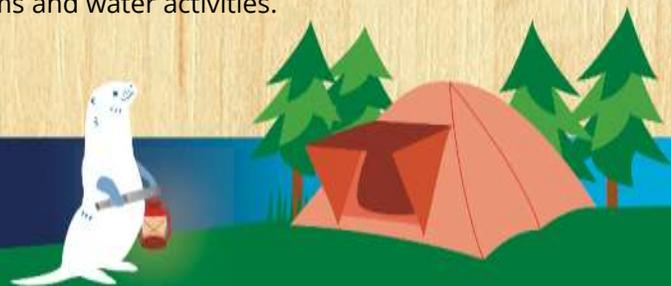
Any food, beverage, electronic devices, etc. received in care packages will be confiscated for the duration of camp.

## COMMUNICATION HOME DURING CAMP DISCOVERY

- During your camper's stay at Discovery, you can anticipate a check-in phone call on day 2 or 3 of your camper's time at camp. This call is designed to provide you with an update from our Assistant Camp Directors on your camper's experience so far. We are more than happy to discuss any questions or concerns you may have at this time!
- Prior to camp departure, parents/guardians can also expect a call to confirm the pick-up date.
- Please feel free to contact us should you have any questions while your camper is with us.

## Medical Information and Communication

The medical team at Camp Discovery strives to provide the best care possible for all our campers and counsellors living with diabetes, but that care can be complex in the camp setting. Interactions between campers and medical staff occur frequently, and we monitor glucose levels at meal times, bedtime snack, and 2-3 times during the night. We have established protocols aimed at providing a consistent and safe approach to glucose levels that are out of target; however, the approach to glucose control at camp necessarily will differ from that of home. Safety is our most paramount concern, and our protocols are designed specifically with that in mind. We know from decades of experience that children at camp will engage in play activities that are highly variable in intensity and often unpredictable based on camper choice, but in general most children are overall more active at camp than they are at home or school. This variable activity, along with unpredictable changes in weather and dynamic programming, makes maintaining good glucose control at camp challenging across a spectrum of ages and interests. Children who use an insulin pump are also impacted by other variables including but not limited to pump site problems and water activities.



Upon arrival at camp, the doctors will reduce the overall amount of insulin being given by 10-20%, especially during the first few days and nights of camp. Our target glucose during the day is 5-7 mmol/L and during the night is 7-10 mmol/L. Our doctors review glucose patterns daily and will lower insulin when glucose levels are trending low, and will increase insulin when glucose levels are trending high. A photocopy of your child's glucose/insulin record sheet will be provided at the end of the session, and you will undoubtedly note high variability from day to day, and often even from meal to meal. It is not our routine to notify parents about fluctuating glucose levels or the presence of ketones as long as the doctor and your child both agree on a plan to address concerns and that the situation is not causing your child to be unhappy at camp. Aside from diabetes care, likewise we do not necessarily report all minor non-diabetes related medical concerns, for example, minor injuries that do not require special care or transient complaints such as headache or abdominal pain that resolve. We plan for your child to have a fun and safe experience at camp, but our staff will contact you directly if your child:

- Is having problems with glucose control that would be considered atypical for camp
- Is transported out of camp for medical care at a hospital, clinic, dental office, etc.
- Is being started on a prescription medication
- Experiences a hypoglycemic seizure
- Sustains an injury that requires specific treatment, i.e. splinting, suturing, etc.
- Sustains a needle-stick injury
- Is found to have head lice
- Is admitted to the Health Centre for longer than 24 hours, or has protracted illness
- Is exposed to a contagious disease other than common viral illnesses, colds, etc.
- Receives a major alteration in their insulin regimen, i.e. changing insulin type
- Is non-adherent with medical protocols, or self-administering insulin without consent
- Is exhibiting harmful behaviour towards self or others

## Open House

Whether this is your first time at Camp Discovery or you are a camp veteran, the Camp Discovery Open House is a great way to get excited for the summer.

At our Open House you can:

- Take a tour of camp and check out the dining hall, camper cabins and awesome program areas
- Meet our staff
- Get excited for the summer!

Transportation to and from the Open House is the responsibility of camper families. The date for this year's Open House is TBA. More information about start time will be posted soon, but will most likely occur in mid-June.

