

2019 CAMP GUIDE



CAMP
DOUWANNA
D-CAMPS



**DIABETES
CANADA**

D-CAMPS

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A LETTER TO CAMPERS & FAMILIES

Dear Camper and Family,

We are so excited that you will be joining us at Camp Douwana in our 55th year of operation. Camp Douwana, the Newfoundland division of Diabetes Canada has operated camps for children with diabetes since 1964. In 2014 we moved to our wonderful host site, Lavrock Camp and Conference Centre off the Salmonier Line, a part of the scenic and historic Irish Loop of Newfoundland.

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 you 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 is:

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

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



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Camp Douwana

Diabetes Canada has operated Camp Douwana continuously since 1964. Camp Douwana was originally run out of Burry Heights but a move in the mid 1980s brought the camp to Lion Max Simms Memorial Camp, until 2014 when we moved to our new home. Camp Douwana is held at Lavrock Camp and Conference Centre off the Salmonier Line, a part of the scenic and historic Irish Loop of Newfoundland. Camp Douwana offers a one week session for children and youth ages 7-14; as well as a Leadership Development program for youth ages 15 & 16.



Start Date: Sunday, July 21, 2019 – 2:00PM

End Date: Friday, July 26, 2019 – 10:00 AM

When and where do I register?

Registration on opening day occurs on **Sunday, July 26 at 2:00PM near the DINING HALL**. Please proceed in your car to the parking lot and there will be a staff person there that will give you the details for the check-in process. **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 **Friday July 26 at 10:00 am** as we will be having a **parent's 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.**

SECURITY PASS

As a security measure we will be requiring the parent/guardian who is picking up your child from camp to have the **SECURITY PASS** that will be given to you during registration. Your child will not be released without the appropriate security pass.

If you wish to pick up your child earlier, arrangements must be made with the Camp Director well before checkout.



PACKING LIST

Don't forget to Label EVERYTHING! And we mean EVERYTHING!



MEDICAL



- Insulin
- Pump Supplies
- Other medications (must be in original container)

All other diabetes management supplies are supplied by camp



CAMP STUFF



- Sleeping Bag (or sheets/blankets)
- Pillow
- Flashlight & extra batteries
- Insect repellent (non aerosol)
- Toiletry Kit (soap, facecloth, toothbrush, toothpaste, comb, deodorant, etc.)
- 2-3 lightweight towels (easy drying for swimming and showers)
- Books to read
- Musical instrument
- Pen, Paper, Stamps (addressed and stamped envelopes/postcards are great!)
- Stuffed animal
- Camera (digital cameras are okay, no cell phones)
- Empty large plastic bags for wet & dirty clothes to come home in



SUN SAFETY



- 1 Hat with Brim(mandatory)
- Sunglasses
- Sunscreen minimum 30 SPF (mandatory)
- Water Bottle(mandatory)
- 1 Rashguard or shirt that covers shoulders waterfront activities (mandatory)



CLOTHING



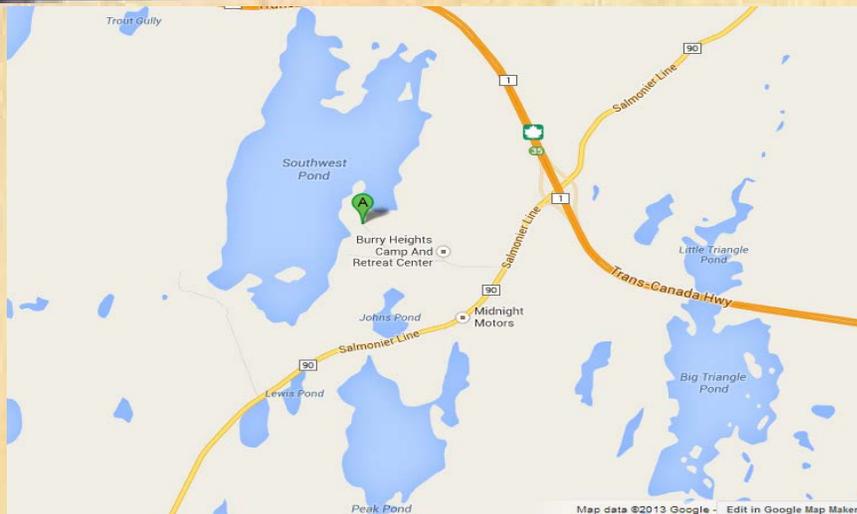
- 7 Pairs of socks
- 7 Pairs of underwear
- 4 Pairs of shorts
- 2 Pairs of pants/Sweatpants
- 5 T-Shirts
- 4 Sweatshirts/ Long Sleeve Shirts
- 2 Pairs of running shoes
- 1 Pair athletic sandals
- 1 Rain jacket (mandatory)
- 1 Warm jacket
- 2 Swim suits
- 2 Sets Pajamas
- Laundry bag

X WHAT NOT TO BRING X

- Money
- ANY non-medical electronics with the exception of digital cameras.
- Knives, including Swiss Army and pocket knives
- Matches or lighter
- Alcohol, non-prescription drugs, drugs not prescribed to the camper, tobacco products
- Valuable or precious items



DIRECTIONS



From St. John's (East):

Follow Trans-Canada Highway 1W towards Clarenville/Gander, staying on the highway until you arrive to exit 35, marked Holyrood/Saint Mary's.

From there, turn left onto Salmonier Line/NL-90S, drive a little less than a kilometer and turn right onto a shared driveway to Lavrock Camp and Conference Centre.

From Gander (Central):

Follow Trans-Canada Highway 1E towards Clarenville/St. John's, staying on the highway until you arrive to exit 35 toward Saint Mary's/Irish Loop Drive/Holyrood.

From there, turn right onto Salmonier Line/NL-90S, drive a little less than a kilometer and turn right onto a shared driveway to Lavrock Camp and Conference Centre.

From Corner Brook (West):

Follow Trans-Canada Highway 1E towards Grand Falls-Windsor/Gander/Clarenville/St. John's, staying on the highway until you arrive to exit 35 toward Saint Mary's/Irish Loop Drive/Holyrood.

From there, turn right onto Salmonier Line/NL-90S, drive a little less than a kilometer and turn right onto a shared driveway to Lavrock Camp and Conference Centre.



Camp Activities

Your child 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 and allow them to take part in cabin group activities and to participate in games and themed events.

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 morning. Each activity is carefully planned and executed to the learning needs and styles of each age group. Campers then get to choose two elective activities in the afternoon that is unique and appealing to them individually.

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.

Archery

The archery range gives campers a chance to learn this traditional skill under strict supervision and safety rules. Many campers take extreme pride in learning to use a bow and arrow and it can take only a few tries to hit the target!

Arts & Crafts

The Arts & Crafts room is where you will find bins overflowing with supplies for a multitude of projects for campers of all ages. At Arts & Crafts there is no limit on what you can create – your imagination is all you need. Some examples of projects campers can create: dreamcatcher, tie-dye, crayon art, and jewelry.

Swimming

We offer a recreational swimming program where qualified staff run a variety of games and challenges for all swimming abilities. The waterfront is always supervised by a National Lifeguard Service (NLS) staff team. As an additional safety measure, all campers and staff must take a swim test to determine their level of comfort in the water on opening day.



Sports and Games

Campers will have fun in a safe environment where they will learn new sports & games not traditionally played at home. Past examples include: Quidditch, Gaga Ball and Crab Leg Soccer

Skills

Our older campers will participate in skills during the afternoon activity slot, which is designed to let your camper focus on activities they are interested in and work to improve their skills in those activities. At the beginning of the week, campers are offered a choice of three activities they may be interested in and are placed into one of those three choices. Campers then spend the next four days in the same skills area working with instructors to build on what they learned the previous day. Past examples include Canoeing, Music and Drama/Improv

Electives

The Electives Program is designed to let your camper participate in activities that are unique and provide a different set of challenges than those listed above. Campers get to choose these activities individually. Some past examples include: yoga, music and slime making. We also offer swimming or a water based activity every day as well.

Sweet Talk

Sweet Talks are a more formal, and fun, program designed to teach campers more about the skills of diabetes management. Led by our qualified healthcare team, campers will learn valuable nutrition skills, the science of diabetes and new technologies in diabetes care.

EVENING PROGRAM

In the evening, all of Camp Douwanna comes together to take part in a Camp-Wide Program. These programs may include a camp wide talent show, a themed program like Dinosaur hunt or a camp Douwanna favourite, Capture the Flag! On the last night of camp we celebrate with a camp wide banquet and party complete with music, games and prizes it's a great way to end off a fantastic week. Of course there will also be a few campfires with Camp Douwanna's favourite song "The Pony Song!"



