2022 CAMP GUIDE

DIABETES CANADA | DCAMPS

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A LETTER TO NEW AND RETURNING CAMPERS AND FAMILIES

Dear D-Camp Families, Campers, and Guardians,

We are so excited that you will be joining us at Camp Huronda. We are very excited that you will be joining us for this, our 52nd year on Lake Waseosa and 57th year of operation. Camp Huronda is located on the shores of Lake Waseosa in Ontario's beautiful Muskoka area. Camp Huronda occupies 100 acres of land and includes gorgeous waterfront areas, cool forest, and rugged hiking and mountain bike trails.

We recognize many camp families have questions and are eager to return to camp. We ask for your continued patience as we navigate the ever-changing requirements to best support the health and safety of all our campers, staff, volunteers, and families.

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
- Open House and Volunteer Work Day

From all of us at Diabetes Canada and Camp Huronda, we are excited that you are joining the D-Camps family. If you have any questions or concerns please contact Lauren directly at 226-378-7854 or our Information and Support team at 1-800-BANTING about camp at any time.

Sincerely,
The D-Camps Team

Lauren Linklater
Sr. Manager,
Camp Huronda
lauren.linklater@diabetes.ca

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.

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 Huronda 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 Huronda will also supply emergency medical supplies, like glucagon.

CLOTHING – all campers will have mid-session laundry

- ☐ 7 pairs of socks
- ☐ Supply of underwear for the session
- ☐ 5 pairs of shorts
- ☐ 2 pairs of pants/sweatpants
- ☐ 8 t-shirts
- ☐ 2 sweatshirts
- ☐ 2-3 long-sleeve shirts
- ☐ Flip flops or sandals
- ☐ 2 pairs of closed-toe shoes (one pair should be running shoes for overnight trips)
- ☐ 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 (mandatory)
- ☐ Water bottle (mandatory)
- ☐ Sunscreen (minimum 30 SPF)
- ☐ UV Protective/Swim Shirt
- ☐ 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)
- ☐ 30L dry bag for canoe trips
- ☐ Small sleeping bag for trip
- ☐ Silly Costume for the First Night of Camp campfire!
- ☐ Acoustic musical instruments
- ☐ Concordia Day Colours (red, green, black, and blue clothing & accessories)

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.

SESSION DATES

Two-Week Overnight Sessions			
Session A	Sun, July 3 – Fri, July 15, 2022	**Session C**	Mon, August 1 – Sat, August 13, 2022
Session B	Sun, July 17 – Fri, July 29, 2022	**Session D**	Mon, August 15 – Sat, August 27, 2022
LDP 1 Sessions			
LDP 1 Session A	Sun, July 3 – Fri, July 15, 2022	**LDP 1 Session C**	Mon, August 1 – Sat, August 13, 2022
LDP 1 Session B	Sun, July 17 – Fri, July 29, 2022	**LDP 1 Session D**	Mon, August 15 – Sat, August 27, 2022
LDP 2 Sessions			
LDP 2 (July)	Sun, July 3 – Fri, July 29, 2022	**LDP 2 (Aug)**	Mon, August 1 – Sat, August 27, 2022

DIRECTIONS AND TRANSPORTATION

Option A: Bus

For 2022, Camp Huronda will offer free return transportation from Toronto to Camp Huronda in Huntsville, ON, for all sessions. This option must be selected through your online account, or by confirming with our Camp Director. Pickup and Drop-off times for this bus option are below. Click on the location to view in Google Maps.

Lunch is NOT provided on the bus. Please ensure your camper has eaten prior to drop-off. Snacks and low supplies will be available.

For Session C only, Camp Huronda will also offer a free return transportation option from Ottawa to Camp Huronda in Huntsville, Ontario. Please note that this is only an option for Session C for the summer of 2022. This option must be selected through your online account, or by confirming with our Camp Director. We are asking those travelling by bus from Ottawa for this session that they pack a lunch for the trip. We will have snacks and low supplies provided but want everyone to be as comfortable as possible. Pick up and drop-off times and location for this bus option are below. Click on the location to view in Google Maps.

Note: Due to current COVID-19 requirements, spots may be limited on transportation to ensure appropriate spacing. Additionally, bus operation is subject to change pending requirements for COVID-19.

Bus Information – Locations to be confirmed

All Session and All Campers - TORONTO

Drop-Off Time First Day of Camp	Pick Up Time Last Day of Camp	Bus Location
12:00 pm	11:30 am	John Polyani Collegiate Institute 640 Lawrence Ave W, Toronto, ON M6A 1B1

Banting Session C ONLY - OTTAWA

Drop-Off Time – First Day of Camp (Monday, August 1)	Pick Up Time – Last Day of Camp (Saturday, August 13)	Bus Location
9:00 AM	1:30 PM	Stephen Leacock Public School 25 Leacock Dr, Kanata, ON K2K 1S2

Option B: Parent/ Guardian Drop off and Pick up

The majority of our campers are dropped off on-site at Camp Huronda. Parents/Guardians have the opportunity to meet with the medical and program staff to discuss their child's stay at camp during this time as well as getting a chance to see the site.

This summer there will be STAGGERED DROP OFF TIMES to make the check in process as efficient as possible. For the summer of 2022, drop-off times will be done by age. This is age as of the program (as indicated on registration forms). **Please do not arrive early for drop off as we will be preparing for arrival**. Participants that arrive early will be asked to return after drop-off time. We ask for your patience during the drop-off process. All participants will meet with their primary physician during the medical check-in process, as a way for us to best serve our participants.

Directions to Camp Huronda can be found here.

Please note, dogs will not be allowed on the camp premises, with the exception of service dogs. In efforts to maximize the camp programming we ask that parents/guardians depart camp no later than 3:30pm.

Drop-Off Time	Session A, B, C and D	LDP Participants
	Campers Ages 7-10 12:00pm	ALL LDPs (LDP1 & LDP2) 2:00pm
	Campers Ages 11-13 1:00pm	
	Campers Ages 14-15 2:00pm	

Pick-Up Time	ALL Campers 9:30 am – 10:30 am	ALL LDPs (LDP 1 & LDP2) 9:30 am – 10:30 am

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 Huronda, 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 activities at Camp Huronda and select two activities for specific skill development during their stay at Huronda. Please refer to the Camp Huronda specific website for a complete description of skill areas.

Camp Huronda Cabin Rotation Activities	Adventures, Archery, Axe Throwing, Art, Canoeing & Kayaking, Music, Static Course, Low Ropes, High Ropes Elements, Mountain Biking, Outdoor Living Skills, Pottery, Swimming, Huronda Hero's
Skill Development Activities	Target Sports, Art, Canoeing, Climbing, Kayaking, Mountain Biking, Outdoor Living Skills, Pottery, Swimming, Land sports, Music
Cabin Overnights and Canoe Trips	All camper's participant in an age appropriate overnight wilderness trip. Trip nurses and medical supervision are provided to all Huronda trips. Youngest Campers – Overnight On-Site OR on the Ridge Middle Campers – Overnight on Lake Waseosa at Beaver Dam Intermediate and Senior Campers – 3 to 4 night Canoe Trip in Algonquin Park or Haliburton Highlands Water trails
Evening Programs	Every night at Camp Huronda the whole camp community comes together to take part in activities like capture the flag, camp wide games and many other themed activities.

SUN SAFETY

Camp Huronda 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. With this, we encourage our participants to do the same. If your camper loves the waterfront and all the activities it has to offer, we encourage you to pack a UV protective water/swim shirt, also known as a rash guard. Extra t-shirts also do the trick! This helps keep our participants sun safe while enjoying all the activities camp has to offer.

LAUNDRY

All Camp Huronda participants will have mid-session laundry service. Campers are not required to bring their own laundry detergent for this process. Each camper will be provided with a bag to fill with items they wish to be washed. These bags will be returned with the cleaned items the following day. Due to this laundry service and the outlined suggested packing list, we encourage people to not overpack as space can sometimes be limited in cabins for storage. Additionally, Camp Huronda does have on-site laundry facilities, operated by Staff. Should your camper require any washing throughout the session (bedding, clothing, etc), our camp staff are happy to support in this process to ensure our campers are as comfortable as possible!

OUT-TRIPS

All Camp Huronda campers will participate in an out-trip of some capacity. The length varies, depending on age group. Trips range from 1 night on camp property for our youngest participants up to 5-day wilderness canoe trips. Participants have the opportunity to sleep in tents, cook over a campfire, and practice some of their outdoor living skills in a fun and exciting way. Physical abilities and medical needs of all campers in every cabin are considered when planning each trip. Each trip is lead by experienced staff trained in off-site procedures and protocols, and all off-site trips are accompanied by a medical staff member. Out-trip protocols and schedules are subject to change pending required COVID-19 conditions.

TYPICAL DAY SCHEDULE

Campers can expect to participate in all the programs areas throughout their camp session. Days are spent in activities both with your cabin group and with the larger camp community. Cabin rotations are scheduled for each cabin, so participants know in advance where they will be going every day. Separate from this, campers sign up for two different skill areas each week. This gives everyone a chance to spend more time in areas they love or are looking to perfect their skills in! And finally, the two free choice time periods during the day are done through sign-up. Campers will sign up for a program area or specific activity they want to go to during that time.

7:00 AM	Wake-ups begin (age dependent) Testing & Insulins
7:40 AM	Gradual Breakfast
8:30 AM	Cabin Clean Up
9:15 AM	Cabin Rotation #1
10:15 AM	Snack
10:30 AM	Cabin Rotation #2
11:30 AM	Morning Free Choice Time
12:00 PM	Lunch Testing & Insulins
12:30 PM	Lunch
1:15 PM	ZAP (Zero Action Program)
2:15 PM	Skills Period #1
3:15 PM	Snack
3:30 PM	Skills Period #2
4:45 PM	Dinner Testing & Insulins
5:30 PM	Dinner
6:30 PM	Evening Free Choice Time
7:15 PM	Camp Wide Evening Program
8:30 PM	Juniors – Test/Snack/Bed
9:00 PM	Intermediates – Test/Snack/Bed
9:30 PM	Seniors – Test/Snack/Bed

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.

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 Huronda 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 camphuronda@diabetes.ca. This email address is checked once daily and will be delivered to campers as promptly as possible. Please note this is a one-way email service, and campers are unable to respond to emails electronically.

The camp address is:

Camper's Name and Session
Camp Huronda
1252 South Waseosa Lake Road
Huntsville, ON P1H 2N4

COMMUNICATION HOME DURING CAMP HURONDA

- During your campers stay at Huronda you can anticipate a check in phone call on day 3 or 4 of your camper's time at camp. This call is designed to provide you with an update from our Assistant Camp Directors. 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 pick up date and mode of transportation.
- 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 Huronda 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 mealtimes, bedtime snack, 2-3 times during the night, and any additional times participants feel the need or want to. 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 waterfront activities.

Upon arrival at camp, the doctors will reduce the overall amount of insulin being given by 10-30%, 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 8-10 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. A letter from the camp physician will also be provided to outline any patterns, concerns, or recommendations based on their time 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 a needle-stick injury
- Is found to have head lice
- Is exposed to a contagious disease other than common viral illnesses, colds, etc.
- Receives a major alteration in their insulin regimen, eg. changing an insulin type

- Sustains an injury that requires specific treatment, eg. splinting, suturing, etc
- Is admitted to the Insul-Inn for longer than 24 hours, or has a protracted illness
- Is non-adherent with medical protocols, or self-administering insulin without consent
- Is exhibiting harmful behaviour towards self or others

CONTINUOUS GLUCOSE MONITORS

With the progression of diabetes treatment tools and technology, D-Camps management and medical teams are excited to report the beginning of officially integrating 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 CGM campers will continue to receive the same high-quality monitoring and medical attention as in previous years. CGM 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 pump 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.

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 G6/G5 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. Staff will connect with camper's multiple times during the day to ensure that data is properly collected from campers. In the evening, they will be stored at the in-cabin charging station for ease of access by the medical team night staff. Campers who use Dexcom receivers will have the option (at their own risk) to carry their receiver with them in a secure pouch during the day. At night, all receivers must be placed in the in-cabin charging stations for access by the medical team. Campers can elect to store their Dexcom with their counsellors in the approved waterproof container. Campers using CGM technology that communicates with their pump will continue as normal. 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.

Out-Trip

Due to the remote and intense nature of our Senior Camp and LDP multiday out-trips, all senior campers will have the option to use CGM technology, at their own risk. The staff at D-Camps will be contacting our senior campers who will depart for their trip within the first week of camp to ensure that an informed decision regarding sensor use can be made. Battery packs are available for use through camp, should a family select to continue to use CGM while on out-trip.

CAMP HURONDA OPEN HOUSE

We invite all new and returning participants to come and join us on Sunday, June 26, 2022, for a great day at Camp Huronda. From 11 am to 4pm we will open our doors, provide tours and have various activity areas open for you to try. This is a great opportunity to come spend some time at camp, participate in fun activities, and see the site if you have never visited before. Additionally, anyone who is interested in volunteering for the day to help us keep Camp Huronda beautiful is welcome to join us. There will be small volunteer projects around camp available for people to help support. Please note, Camp Huronda is happy to sign off on volunteer hours for any high school students. Open House will happen rain or shine and there will be a by donation BBQ lunch! The BBQ lunch will have gluten free and vegetarian options available as well.

Registration details will be released closer to. Check out the D-Camps Facebook & Instagram and communications through Diabetes Canada throughout the spring for further information.

Hope to see you there, all are welcome!