2027

CAMP HURONDA

D CAMPS



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A LETTER TO CAMP ALL LDPs AND FAMILIES

Dear LDPs, Families, and Guardians,

We are so excited that you will be joining us for our Leadership Development program (LDP) at Camp Huronda this summer. This information package is designed to be used in tandem with the general Camp Huronda Summer Camp Information Package and D-Camps Handbook.

The D-Camps LD programs are a transitional period between being a camper and becoming a leader at camp and beyond. Not only are the programs designed to provide youth with the skills necessary to become an effective camp counsellor, they also aim to promote personal growth and development, and a greater sense of self-esteem. The emphasis in LDP is on the development of both leadership soft skills in areas such as communication, camper care, and team building as well as physical hard skills, such as canoeing, camping, archery, etc.

Descriptions of these two programs are outlined below in the Ontario LD Program Options. Please reach out to us directly at camps@diabetes.ca to discuss further and chat through any of your questions as we want to ensure all participants continue to feel supported. 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
- Ontario Leadership Development Program Options
- LDP Programs and Activities
- Session Dates
- Directions and Transportation
- Communication Home
- Additional Medical Information & Communication
- LDP Diabetes Management
- Serving Diverse Participants
- Open House

From all of us at Diabetes Canada and Camp Huronda, we are excited that you are joining the D-Camps family!

Sincerely,
The D-Camps Team



Ashley Aubin
Camp Director
Ashley.Aubin@diabetes.ca

LAND ACKNOWLEDGEMENT

We gather with gratitude as guests on the ancestral lands and waters surrounding Lake Waseosa. We recognize that Camp Huronda is situated on the traditional territory of Robinson-Huron Treaty 61 of 1850, and serves as the traditional territory of several First Nations communities including the Mississauga, and Ashinabewaki. We are committed to protecting this land and showing our respect to the forests, lakes, and all inhabitants.
We will act on this commitment by teaching our campers the importance of this care. Through this learning, we aim to transform our respect into lasting, informed action for this place and all its inhabitants. We pledge to learn more about the deep history and enduring presence of the Indigenous peoples who have stewarded this land before us.

LEADERSHIP DEVELOPMENT PROGRAM 1 (LDP 1)

This two-week leadership development program is designed for 16-year-old participants and is offered every session throughout the summer at Camp Huronda. It is intended to be the first step of the two-part Huronda Leadership Development Program. LDP1 is the first stream of our 2-part Leadership Development program with a focus on the development of transferable soft skills such as communication, accountability, team building, and problem-solving as we set the foundation for Camp Huronda's LDP2 program. Additionally, we will be building key camping skills such as canoeing and outdoor living skills, in preparation for an off-site canoe trip. LDP1 will also feature opportunities to shadow camp staff in their program facilitation.

The Goals of the LDP1 Program:

- To understand fundamental leadership skills integrated into typical camp life.
- Concentrated hard skill development in the core elements of camp programming.
- To gain confidence in self-advocacy for living with diabetes.
- To have a fun, safe, and educational camp experience with a heightened accountability for respecting others.

LEADERSHIP DEVELOPMENT PROGRAM 2 (LDP 2)

Formerly, the only LDP option at Camp Huronda, this four-week program is for 17-year olds and encompasses all aspects of an exceptional Leadership Program. This includes building the hard skills participants will need to be successful camp staff, such as archery, high ropes and climbing, swimming, and camping skills as well as soft skills that are integral in developing as a future camp counsellor. This program focuses on the growth of counselling, facilitation, and teaching skills. The highlights of the Huronda LDP2 are Cabin Placements and a 4-5 day off-site trip. LDP2 will also hold opportunities for participants to work towards relevant camping certifications.

The Goals of the LDP2 Program:

- To gain confidence in leadership abilities, such as problem solving, facilitating activities, collaborating
- with diverse learning styles, and more.
- To recognize and engage in learning opportunities present in many aspects of camp life.
- To develop healthy, positive diabetes self-management techniques.
- To develop essential skills and abilities for future employment and volunteer opportunities.



Session Dates

LDP1 Sessions			
LDP 1 Session A	July 4 – July 16, 2027	**LDP 1 Session C**	August 2 – August 14, 2027
LDP 1 Session B	July 18 – July 30, 2027	**LDP 1 Session D**	August 16 – August 28, 2027
LDP 2 Sessions			
LDP 2 (July)	July 4 – July 30, 2027	**LDP 2 (Aug)**	August 2 – August 28

DIRECTIONS & TRANSPORTATION

Option A: Bus

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 at the time of registration. 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. 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.** This option must be selected through your online account at the time of registration. 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.



Note: Spots may be limited on transportation. To secure your spot please indicate this transportation option at the time of registration. Changes to transportation must be made no later than 2 weeks prior to the start of your session. Please let us know if there are any changes to your transportation at your earliest convenience.

BUS INFORMATION

All Session and All Campers - TORONTO

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

Session C ONLY - OTTAWA

Drop-Off Time – First Day of Camp	Pick Up Time – Last Day of Camp	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.

There will be STAGGERED DROP OFF TIMES to make the check in process as efficient as possible. 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 at their 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. Camp Huronda is located at 1252 South Waseosa Lake Road. Camp Huronda is located at 1252 South Waseosa Lake Road.
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

	LDP Participants
Drop-Off Time	**ALL LDPs (LDP1 & LDP2)** 2:00pm
Pick-Up Time	**ALL LDPs (LDP 1 & LDP2)** 9:30 am – 10:30 am

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.

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.

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 note SIM cards are removed from phones acting as receivers while at camp.
- ☐ Charging cords for pumps, CGMS, and/or receivers

Clothing – All campers will have mid-session laundry

- ☐ 8 pairs of socks
- ☐ Supply of underwear for the session
- ☐ 5 pairs of shorts
- ☐ 2 pairs of pants/sweatpants
- ☐ 8 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 for activities and overnight trips)
- ☐ 1 pair athletic sandals
- ☐ 1 waterproof rain suit (or jacket)
- ☐ 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
- ☐ Stuffed animal/comfort item (optional).
- ☐ 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.) (optional).
- ☐ Camera (cell phones with camera are NOT acceptable) (optional).
- ☐ Empty large plastic bags for wet & dirty clothes to come home in.

Optional

- ☐ Pen, paper, stamps (addressed & stamped envelopes/postcards).
- ☐ Small sleeping bag for trip
- ☐ Silly costume for campfire!
- ☐ Capture the Pump colors (blue and red, & accessories).
- ☐ Acoustic musical instruments
- ☐ Concordia Day colours (red, green, black, and blue clothing & accessories)



What Not to Bring	
× Food or snacks. × 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.	× 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.

OPENING DAY

Parking & Arrival

If you are dropping your camper off at site, upon arrival, we will have our staff at the entrance to welcome you to our camp and direct parking. For those travelling by bus, a D-Camps staff member will be there to greet you and check your camper in.

Check In

Opening day will feature a multi-step check in process including meeting your camper's counsellors and the medical team! Please come prepared with your Medical Update Form. Extra copies will be available for those without access to a printer. If your camper is bringing their phone to camp to support their diabetes management, please remove the SIM card and passcode (see CGM section for more details).

Security Passes

Upon arrival caregivers will also receive a "security pass" this is a form that includes our social media take over days as well as the date and time of camper pick-up. Caregivers or authorized pick up adults, are to return with their signed "security pass" as an additional layer of our child protection policy. Pictures of the security pass are also sufficient.

Lice Check

Upon arrival, all campers will participate in a standard lice check procedure to prevent any spread while at camp. In the event that a participant presents with lice, they will have the option to treat on-site with the support of our medical team or to treat at home with the opportunity to return to camp afterwards.

Camp Merchandise

We will have camp merchandise available for sale on both the opening and closing day of the camp session. We take all forms of Card, but unfortunately no cash at this time. Should your camper be travelling to and from camp both ways on the bus, we encourage families to send their camper with a pre-paid Visa card as an alternative. Sizes and selection may vary.



Goodbyes

We recognize that dropping your camper off at camp can be an emotional time for everyone. We remind caregivers that you will receive an update phone call within the first week of camp. With this, our staff are trained on navigating feelings of missing home and supporting campers through hard feelings. Caregivers of campers experiencing homesickness are encouraged to write letters or send mail to their camper (see mail and care packages section)

Swim Checks

On the first day of camp, all campers will participate in a swim check- regardless of returning status. This swim check will be conducted by our waterfront staff with support from the counselling staff. Our swim check consists of two lengths of the swimming area, followed by some light treading water to assess the swimming ability and comfort of each camper.

LDP PROGRAM AND ACTIVITIES

LDPs will be exposed to a wide variety of activities, but in particular, will be undertaking a great experience in developing leadership skills, soft skills like trust, team building, problem-solving and conflict resolution. Participants 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 theme events that involve the entire camp. Though many of the LDP programs are camp-based, the skills and ideas encountered are meant to be transitional into the home community as well. The variety of skill areas that D-Camps offer presents an ideal platform for LDP participants to begin exercising their leadership skills as they develop over the summer.

Some prospective LDPs may be unsure about the nature of a soft skills session, or its value. These sessions often take place away from the rest of camp, focusing on development of the LDP group. They are less active and involve elements of counselling and teaching, mixed with interactive and inquisitive learning. We may sit in a circle sharing experiences. We may play demonstrative games. We may break off into groups, and then come back together to share something we've created. Each session will have a theme (i.e. Values, Counselling Skills, Conflict Resolution), and there are countless ways the group might work together to come to terms with a new understanding of that theme. LDPs are encouraged to use skill sessions to develop new confidence within the group and connect better with each other. Engagement in skill sessions and continued learning beyond the close of a session is a quality of an effective LDP.

Hard Skill Development Activities	Archery, Art, Canoeing, Climbing, Kayaking, Drama, Mountain Biking, Outdoor Living Skills, Pottery, Swimming, Camp Counselling, Diabetes Management
Soft Skill Development Activities	Conflict Resolution, Problem Solving, Leadership, Teamwork, Community Living

LDP Canoe Trips	All LDPs will participate in an extended wilderness canoe trip. Trip Nurses and trained staff will be present. Camp Huronda LDP2: 5-to-6-night Canoe Trip in Algonquin Park Camp Huronda LDP1: 3 night trip
Camp Huronda LDP2 Certifications	Bronze Medallion, Basic First Aid, HIGH FIVE Principles of Healthy Child Development, Entry to the Duke of Edinburgh Silver Level Award

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. In the event that the delivery is delayed, please include a return address.

The camp address is: 1252 South Waseosa Lake Road, Huntsville, ON P1H 2N5. Please make sure your mail includes your camper's name!!

CAMP ACCOMMODATIONS

At Camp Huronda, our cabins are a traditional rustic wooden build with an open floor concept. While the floor plan may vary, every cabin contains bunk beds with single beds. Each camper will have access to a large drawer beneath their bunk and a small, tiered dresser for additional storage. Every cabin will also be equipped with a charging station for everyone's devices overnight. Our cabins are not temperature controlled, please be mindful of this when packing. Additionally, campers are welcome to bring their personal, temporary, decorations (e.g. pictures, battery operated fairy lights, etc.) to make their space feel more like home during their time at camp.



During the session, counsellors will be living inside the cabins alongside their campers. This is to ensure the 24h supervision of all participants and their support in diabetes management.

When cohabitating, space and privacy can be limited. With this in mind, each of our cabins has a portable changing station to ensure the comfort of all campers and staff. Campers are also welcome to change in the bathrooms should that feel more comfortable. While there are no bathrooms within the cabins, they are centrally located outside the cabins. These washroom and shower facilities were BRAND NEW for 2026!

TYPICAL DAILY 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.

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
12:15 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

WHAT'S IN THE SCHEDULE?

MEALTIMES & SNACKS

Our dietetic team will always have a carb board present ahead of meals and snacks, as well as a show plate for campers to get a sneak peek into what's on the menu! For every meal, campers will gather with their cabin groups for carb counting, with the support of both our counsellors and dietetic team.

Meals will be served using a family-style format. Counsellors will support with the serving of campers to ensure that carb-counts and portions are accurate. During lunch and dinner, campers are welcome to enjoy our salad bar that will contain a variety of different options! Similarly, we will have a variety of options regularly available at our breakfast bar in the mornings.



We recognize that food sometimes be a challenge for our campers, while we strive to offer a variety of different choices at each meal, we will always have supplementary items available upon request. Should you or your camper have any concerns surrounding meals at camp, please feel free to reach out to our Camp Director prior to the summer.

PROGRAMMING

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.

CABIN ROTATIONS



Each morning, campers will attend two areas at camp with their cabins (including their counsellors!) and participate in activities as a group. This is a great opportunity for bonding with peers and learning more about all the different areas at camp. Every cabin will have an opportunity to try each area and activity at least once. Cabin rotations are scheduled for each cabin, so participants know in advance where they will be going every day throughout the full session.

SKILLS

On the first day at camp, staff will put on a show and present some of the fun opportunities that campers can expect at each of the skill areas. Campers will select two areas per week for specific skill development during their stay at Huronda. This gives everyone a chance to spend more time in areas they love or are looking to perfect their skills in! Skills groups are mixed amongst the different cabins and allow for campers to build more connections.

FREE CHOICE TIME

Each day there are two free choice time periods that are done through sign-ups. Campers will sign up for a program area or specific activity they want to go to during that time. These are intended to be more self-directed and free play options, with a chance to participate in activities and challenges for various awards!

EVENING PROGRAM

At Camp Huronda, every evening holds an opportunity for camp-wide fun! Every night at Camp Huronda the whole camp community comes together to take part in themed activities. Campers will engage in both new and novel camp-wide games. Evening programs will range from high-energy running games to lower energy problem solving and teamwork games. Here are some of our classic evening programs, but for now- the others will remain a surprise!

Silly Costume Campfire

What better way to start off the session than with a campfire? But not your ordinary campfire! Staff and campers can expect to come prepared in their silliest costumes and to engage in some camp-wide sing along opportunities! This campfire will feature various interactive activities to shake out any first night jitters! Not interested in singing

along? Not to worry! We know that this can be out of the comfort zone for some campers, participation is encouraged, but spectators are welcome too.

Capture the Pump

In this D-Camps classic, campers will be separated into two teams (red and blue) and work to find and retrieve their team leader's missing pumps! Bringing red and blue apparel and accessories is recommended, but if not, we will also have face paint available.

Concordia

In this multi-part day, campers will be divided into 4 teams based off the four elements (earth, wind, water and fire). Participants will engage in team and individual competitions, spirit challenges and earn points for their team! This is a full day program that concludes with a reflective campfire.

Camp Show

Calling on any campers and staff interested in performing! This challenge by choice program allows us to showcase Camp Huronda's talented community. From comedy, skits and dances to music performances and magic shows, all acts are welcomed!

Banquet

To conclude our time at camp, we will host a special dinner ahead of our dance party and awards ceremony. Picture taking opportunities will be available! Please dress in anything you feel comfortable wearing.

PROGRAM AREAS

LAND SPORTS

The land sports area lends itself to a variety of sporting opportunities! The land sports program allows for a wide range of games and activities to focus on transferable skill development. Both drills and fun games of favourites like beach volleyball, baseball, soccer, basketball, road hockey, and more are all offered in the land sports area. Participants can expect to not only learn the official guidelines of games and sports but develop applicable skills in playing these sports and gain important skills like teamwork and effective communication.



ARTS AND CRAFTS



Our creative center is the perfect space for campers explore their to creative side, expand their knowledge of art techniques and history, all while using the beautiful setting of Camp Huronda for inspiration. This Program is a blend of novel camp activities like bracelet making and Nature pets, while learning about the newest art projects! This space welcomes all campers to take creative their creative liberties and expand out of their comfort zones.

SWIMMING & BOATING



Camp Huronda is located on lake Waseosa -the perfect backdrop for our beautiful waterfront! Complete with a shallow and deep end as well as a lily pad water trampoline, our certified staff provides lessons in diving, strokes, and much more. Our waterfront also features our boating program! All campers and staff will wear properly sized Transport Canada-approved personal flotation devices while canoeing and kayaking. Here participants will learn about water safety and different paddling strokes when using our fleet of kayaks and canoes!

POTTERY

Camp Huronda's creative center houses two kilns for firing pottery as well as a wide assortment of glazing supplies and molds. The pottery program will teach campers about different techniques as shape their creations from air dry clay or sign up for skills to test out the pottery wheels!

PERFORMING ARTS

In this new program addition, campers will learn about taking creative risks and build their confidence while learning about various elements of music, dance, and drama! Equipped with a full stage and extravagant costume closet, there are many fun opportunities in store at the camper lounge!

OUTDOOR LIVING SKILLS

In our outdoor living skills (ODLS) program, campers will get the opportunity to learn the tricks of wilderness Survival and earth education. Whether it be through learning how to safely build a fire, tying new and useful knots, or learning about your local surroundings, ODLS can teach every camper new outdoor skills.

CLIMBING

Camp Huronda's climbing program has a variety of different elements with plenty of adventure in store! Our site is fully equipped with a four-sided climbing tower as well as a two-tiered challenge course, complete with team elements, and low ropes elements. Campers can develop their climbing techniques all while building confidence in themselves and teamwork with others. All climbing elements are facilitated and supervised by Challenge Unlimited Inc. (CUI) certified staff. Using a challenge by choice framework, our staff encourage campers to step out of their Comfort zones and soar to new heights!

BIKES

Whether it's exploring our extensive trail system or navigating our obstacles course, will learn and develop their biking skills. Our mountain bikes instructor ensures that campers use a bike that is the correct size and that they are always wearing CSA-approved helmets. Camp Huronda has over 25km of trails of varying difficulties to ensure that all campers are appropriately challenged in addition to a pump track and different handling obstacles!

TARGET SPORTS

At our covered archery range, campers can improve their concentration and perseverance skills, rain or shine! A large selection of archery equipment for campers of all sizes provides The opportunity for campers to learn and practice archery skills under the direct Supervision of qualified staff members. Our oldest campers will also have the opportunity to try their hand at axe throwing!



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.

SUN SAFETY

Camp Huronda is proud to be a Sun Aware Camp. 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

LAUNDRY

All 2 & 4-week 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 our 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!

LOST AND FOUND

It is easy to forget or misplace things at camp. To help navigate this, we have a designated lost and found area that will be populated with any found items. Campers are encouraged to check the lost and found regularly, however families are encouraged to check this area during pick-up as well. To be proactive, we suggest that families consider labelling all of their camper's items ahead of their session. Should a labelled item be left at camp, we will be sure to send it back to the person it belongs to!

INCLUSION AT D-CAMPS

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 able we are 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 prevents a child from experiencing a traditional overnight summer camp experience. D-Camps follows Pride Camping Association's best practices that are directed toward any 2SLGBTQ+-identified youth and those from 2SLGBTQ+ 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.

All 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.



At D-Camps, our camp community is committed to assigning counsellors to cabins that we feel best align with their leadership styles, regardless of gender. Counsellors are placed in specific cabins to best support the needs of all participants – which sometimes includes mixed-gendered counselling teams. With this, all cabins are supported with privacy tents and appropriate changing accommodations for everyone.

If you have any questions or require any additional support accommodations, please contact our Camp Manager or Camp Director to discuss the support we can provide. Inclusion profiles are available for families to complete through camps@diabetes.ca to ensure we can provide the most supportive and inclusive experience for all participants.

PHOTOGRAPHY & SOCIAL MEDIA

During each session, our staff team will do their best to capture pictures of the many memories and moments for friends, families, and caregivers to share in this experience. While we will be posting many of these pictures on our social media platforms, with the hustle and bustle of camp life, it can be challenging to post regular updates. Each session will have a scheduled social media takeover to share a snapshot into what's happening around camp! Other pictures can be expected to follow the session and into the summer. In the event that you would not like your camper to be photographed while at camp, please be sure to indicate this in your registration forms. You can find us on Instagram at @dc_dcamps and Facebook at DC.dcamps.

COMMUNICATION HOME DURING WHILE AT CAMP

- During your campers stay at Camp 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 Senior camp team. 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 or email to confirm pick up date and mode of transportation.
- We work hard to post photo updates throughout your camper's time with us. There will also be a scheduled Instagram takeover day every camp session, which will be shared in your pre-camp reminder emails and included on the security passes.
- Please feel free to contact us should you have any questions while your camper is with us. Contact information for our Camp Director and more will be shared in pre-camp emails.

LDP DIABETES MANAGEMENT

Participant health is one of our key priorities for the LDP Program. Our team of Doctors, Diabetes Educators, Registered Nurses, and Registered Dietitians are dedicated to the wellbeing of your child. This includes helping your LDP to manage their diabetes, as well as looking after other medical needs. LDPs undergo the same regimen of blood glucose monitoring and careful carb-counting as the rest of camp. They receive the same oversight from our medical staff with their insulin delivery, and many opportunities to discuss variations in their blood sugar with professionals. We highly encourage our LDP participants to see their time at camp as a learning experience



regardless of their diabetes management path. Leadership Development and Medical staff will co-operate to create a culture of LDP accountability and role model behavior. Monitored self-care will be stressed. As part of their transition towards potential camp staff, LDPs will become camp leaders both formally and informally. Role-modelling effective diabetes management, promoting a positive attitude towards treatment in other campers, and maximizing their physician visits will all be important aspects of the leadership expectations.

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 do scheduled glucose checks 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 may 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 ideal 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 10-20%, 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 6-8 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 camper's glucose/insulin record sheet will be provided at the end of the session along with a note from our doctors.

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/guardians 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.

CONTINUOUS GLUCOSE MONITORING & DIABETES TECHNOLOGY

With the progression of diabetes treatment tools and technology, we welcome continuous glucose monitoring (CGM) devices and technologies, including open-source automated insulin delivery (AID) system, commonly known as DIY or looping technology. As Diabetes Canada has long advocated for the importance of autonomy for people with diabetes, our healthcare teams are keen to support the continuation of care in a camp setting. For any participants using "looping" technology at camp there is the expectation that parents/guardians/participants will take time to review their settings with their medical team at intake. As there are a variety of apps/interfaces, it is important to not only understand where and how the settings currently live, but also the understanding the participants have with the interface. It is the expectation and requisite that participants looking to use looping at camp have a strong comprehension of their interface.

D-Camps medical staff and volunteers will continue to operate in compliance with Diabetes Canada Clinical Practice Guidelines (CPGs). Regardless of system, 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. Families may also remove the SIM card prior to arriving at camp.

Campers will be sent home with a summary note of their time and diabetes management while at camp. We recognize that as diabetes management has become more digital for some, families and caregivers are used to having more frequent access and monitoring to information. Should you have any specific questions about your child's diabetes management while at camp, please reach out to our team and we would be happy to help you. Medical use for monitoring and treatment of CGMs is up to the discretion of the camps medical team.

As with pump site changes, the nature of summer camp often results in more 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. We do stock adhesives to help with the wear of these devices, however, if your camper has a preferred adhesive, please include this in the supplies you send to camp.

It is important to note that all broadcasting features or pairing to caregiver functions are not allowed while at D-Camps. This includes, but is not limited to, Tidepool, Loop, Night Scout technology, Dario share, Dexcom Follow App, and iPhones with multiple recipient features enabled. Campers who use smartphone technology with their CGM or other 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.

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.



CANCELLATION/REFUND POLICY

ON/BEFORE FEBRUARY 28, 2027 – Full refund of all fees less a **$25 cancellation fee** (per program).
MARCH 1 - MAY 31, 2027 -Full refund of all fees less a **$100 cancellation fee** (per camper).
AFTER JUNE 1, 2027 – All fees are non-refundable.
Notification of cancellation is required in writing or via email and must be received by the D-Camps Administrative Coordinator.
There will be no refund made for any participant leaving D-Camps during any program/session, including in an instance where the participant is removed from the camp program at the choice or request of the participant or the participant's parent/guardian or for reasons of homesickness or behaviour that violates our code of conduct or compromises safety. In the case of illness or injury incurred at Camp, a prorated refund will be reviewed and applied by the camps team. There will be no refund or reduction of fees for campers arriving late or leaving early.
If you decide to cancel your camp registration or have questions about registering, please contact us at: camps@diabetes.ca

CONTACT INFORMATION

If you have questions about the Camp Huronda program or will be arriving late to Camp, please contact Ashley Aubin, Camp Director, at Ashley.aubin@diabetes.ca
During the camp season, emails can also be sent to camphuronda@diabetes.ca for the purpose of camper mail.

Please note this inbox is not monitored outside of summer. The office line for Camp Huronda is 705-789-7153. Please note this line is only monitored late May – early September.

Our Administrative Coordinator can be reached at camps@diabetes.ca to support with any questions related to registration, financial assistance or changes to completed forms.
Any other questions can be directed to our Information and Support Team at 1-800-226-8464 or info@diabetes.ca





CAMP HURONDA OPEN HOUSE

New to camp? Interested in checking out the site before the summer?
We invite all new and returning participants to come and join us on Sunday, June 20, 2027, 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.

Folks may register for this FREE event closer to
through a RSVP link! While more details will be shared closer to, you can also 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!

P.S. We will host a virtual information session in the spring. Details will be shared with all registered participants and recordings will be available!