

2023 LDP CAMP GUIDE



**DIABETES
CANADA**

DCAMPS

dcamps.ca | 1-800-BANTING

[dc_dcams](https://www.instagram.com/dc_dcams) | [dc_dcams](https://www.facebook.com/DC.dcams) | [DC.dcams](https://www.facebook.com/DC.dcams)

Dear LDPs and Families,

We are so excited that you will be joining us for our Douwana Leadership Development program (LDP) at Camp Douwana this summer.

The D-Camps LDP is a transitional period between being a camper and becoming a leader at camp, and beyond. Not only is the program designed to provide youth with the skills necessary to become an effective camp counsellor, it also aims 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.

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
- What to Expect as an LDP
- LDP Diabetes Management
- Camp Facility and Registration

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

Sincerely,

The D-Camps Team



Lauren Linklater

Senior Manager D-Camps

lauren.linklater@diabetes.ca

263- 378 - 7854



Morgan Tobin

Camp Director, Atlantic Canada

morgan.tobin@diabetes.ca

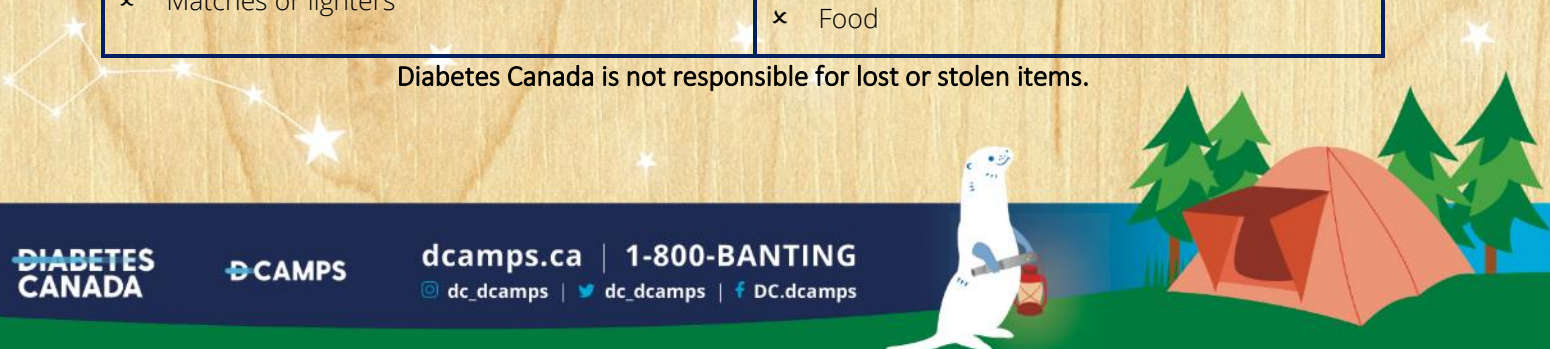


PACKING LIST

Please label everything your participant brings to camp.

MEDICAL		
<input type="checkbox"/> Insulin <input type="checkbox"/> Insulin Pens & Pen tips or Syringes <input type="checkbox"/> Pump Supplies (labelled) <input type="checkbox"/> Other medications (must be in original containers, given to medical staff during registration)	<input type="checkbox"/> Extra Pump Battery <input type="checkbox"/> CGM (sensors, transmitter, receiver) – please read the D-Camps Guide to see how these tools work at camp.	
<p>Please pack enough medical/diabetes management supplies for the duration of the session. Camp Douwana will supply lancets, blood glucose meters, testing strips, and ketone testing supplies. Camp Douwana will also supply emergency medical supplies, like glucagon.</p>		
CLOTHING		
<input type="checkbox"/> Supply of underwear and socks for the session <input type="checkbox"/> 4 pairs of shorts <input type="checkbox"/> 4 pairs of pants/sweatpants <input type="checkbox"/> 9 t-shirts <input type="checkbox"/> 2 sets of pajamas	<input type="checkbox"/> 2 sweatshirts <input type="checkbox"/> 1-2 long-sleeve shirts <input type="checkbox"/> 2 pairs of shoes (one pair should be running shoes) <input type="checkbox"/> 1 pair athletic sandals	<input type="checkbox"/> 1 waterproof raincoat <input type="checkbox"/> 1 pair rubber boots <input type="checkbox"/> 2 swim suits (Athletic fit, no bikinis please) <input type="checkbox"/> Nice clothes for Banquet
SUN SAFETY		
<input type="checkbox"/> 1 hat with brim (mandatory) <input type="checkbox"/> Water bottle (mandatory)	<input type="checkbox"/> Sunscreen (minimum 30 SPF)	<input type="checkbox"/> UV Protective/Swim Shirt <input type="checkbox"/> Sunglasses
CAMP STUFF		
<input type="checkbox"/> Sleeping Bag & Pillow <input type="checkbox"/> Insect repellent <input type="checkbox"/> Toiletry Kit (soap, shampoo, facecloth, toothbrush, toothpaste, comb, deodorant, etc.)	<input type="checkbox"/> 2 lightweight towels (easy drying) <input type="checkbox"/> Backpack (for camera, rain gear, water bottle, notebook, etc.) <input type="checkbox"/> Camera (cell phones with camera are NOT acceptable) <input type="checkbox"/> Empty plastic bags for wet & dirty clothes <input type="checkbox"/> Flashlight/Headlamp	OPTIONAL
<input type="checkbox"/> Pens and paper <input type="checkbox"/> Silly Costumes <input type="checkbox"/> Musical instruments <input type="checkbox"/> Games <input type="checkbox"/> Personal Alarm Clock		
WHAT NOT TO BRING		
<ul style="list-style-type: none"> × 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 	<ul style="list-style-type: none"> × <u>ANY</u> non-medical electronics with the exception of digital camera × Smartphones (unless being used as a Dexcom G6 receiver – follow up required) × Nightscout or similar devices × Food 	

Diabetes Canada is not responsible for lost or stolen items.



WHAT TO EXPECT AS AN LDP

LDPs will be exposed to a wide variety of activities, but in particular, will be undertaking a great experience in developing leadership skills and 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 much of the LDP program is camp-based, the skills and ideas encountered are meant to be transitional into the home community as well.

Throughout *the first part of the week*, programming takes place away from the rest of camp, focusing on the personal development of the LDP group. This program involves elements of counselling and teaching, mixed with interactive and inquisitive learning. We may play demonstrative games or break off into groups, and then come back together to share something we've created. Each session will have a theme (initiative, problem solving, goal setting, counselling skills, conflict resolution, etc.) There are countless ways the group might work together to come to terms with a new understanding of that skill. LDPs are encouraged to use skill sessions to develop confidence within the group and connect better with each other to be a source of peer support in and outside of the camp setting.

A large part of *the second part of the week* involves shadowing counsellors and instructors. With the counsellor shadowing experience, LDPs will learn many skills to help with camper care, such as how to help campers missing home, situations involving bullying, and being a positive type 1 diabetes role model. The instructor shadowing experience will give the LDPs an introduction to camp programming, which includes our daily sessions (sports & games, arts, swimming, archery, canoeing etc.), electives, evening and night programs, and campfire. The LDPs will use the skills they've learned to plan and implement a campfire and an end-of-week party for the whole camp. The Leadership Directors will be giving the LDPs constructive feedback throughout the duration of the program so that they can work on improving their own personal leadership skills.

LDP DIABETES MANAGEMENT

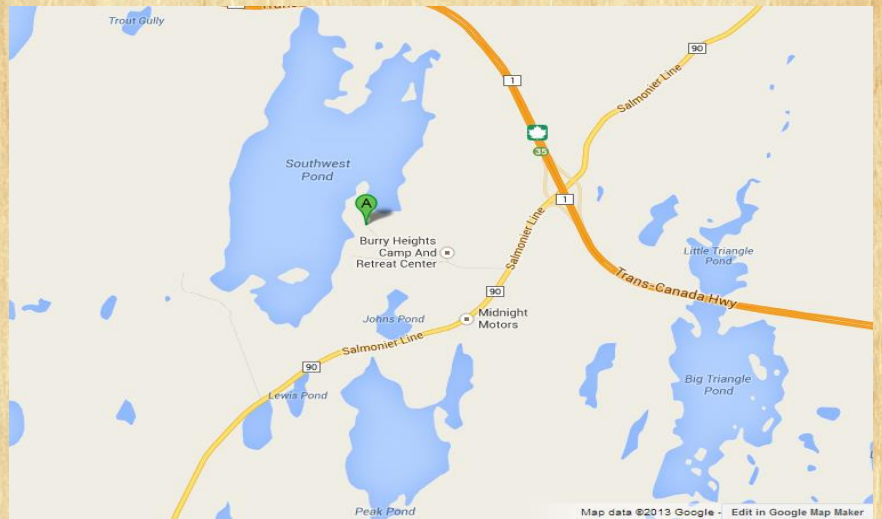
Participant health is one of our key priorities for the LDP Program. Our team of Doctors, Diabetes Educators, Registered Nurses, and Registered Dietitians are dedicated to the wellbeing of your child. This includes helping your LDP to manage their diabetes independently, as well as looking after other medical needs. LDPs undergo the same regimen of blood glucose monitoring, careful carb-counting, and insulin delivery as the rest of camp, yet they will be in charge of their own day-to-day diabetes management. They will be required to log their daily diabetes management activity and check in with the Healthcare Team at least once a day to ensure they are following the proper diabetes management procedures.

We highly encourage our LDP participants to see their time at camp as a learning experience regardless of their diabetes management path. As part of their transition towards potential camp staff, 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 LDP expectations.



CAMP FACILITY AND REGISTRATION

Diabetes Canada has operated Camp Douwanna continuously since 1964. Camp Douwanna 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 Douwanna is held at Memorial University in St. John's Newfoundland. LDPs will stay in dorm rooms with fellow participants and participate in a variety of programs around camp.



Drop Off

6:00 PM, SATURDAY JULY 22TH

Pick Up

10:00 AM FRIDAY JULY 28ND

SECURITY PASS

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

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

