

# CENTRAL OHIO DIABETES ASSOCIATION

## DAY CAMP and CAMP HAMWI

### PARENT MANUAL

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## INTRODUCTION

This manual is intended as a resource of information to better prepare you for your child participating in the Central Ohio Diabetes Association Camp Program.

Central Ohio Diabetes Association's Mission Statement: *One in ten people in our community will develop diabetes to detect their condition, prevent onset and complications and learn to live well with the challenge of diabetes.*

### Day Camp Program

The Central Ohio Diabetes Association offers a day camp in June for youth with diabetes ages 3-7 and a day camp ending with an overnight campout also in June for youth with diabetes ages 8-12. Hoover-Y Park, located south of Columbus, provides a natural setting for young campers to explore the outdoors. Our program uses the Right Angle Cabin, which includes a full kitchen, eating area, sleeping facilities and front entrance room. Modern bathroom facilities are located within easy walking distance of the cabin. We also have access to the entire campgrounds which includes picnic shelters, hiking trails, a playing area and large recreation fields. Youth with diabetes can enjoy fun and educational activities together while following the guidelines of proper diabetes care. The program is structured to provide the opportunity for siblings and parents to also be involved in the day camp experience.



For over 23 years, Central Ohio Diabetes Association's Day Camps have offered this exceptional opportunity for a summer camp experience for youth with diabetes. In addition to enjoying traditional camp challenges, campers participate in activities designed to improve their coping with a chronic condition and knowledge about their diabetes. Learning sessions include topics covering exercise, nutrition, insulin administration, and blood glucose monitoring. ***Central Ohio Diabetes Association's Day Camp Programs encourages independent diabetes management while providing medical staff to help educate and assist campers when necessary.***

Through group experience, the campers discover an appreciation for each individual's differences and the positive feeling of group accomplishments. Central Ohio Diabetes Association's Day Camps strive to create an accepting community, building each campers self-esteem and feeling of personal worth. The group environment allows the campers to learn from other people with diabetes the coping skills needed for every day management of their diabetes.

Planned activities are designed to entertain this very special age group. Games, arts and crafts, nature projects, special events are only a few of the many fun and exciting scheduled activities. Diabetes education sessions are hands-on lessons appropriate for these age groups. ***Campers and staff bring their own lunch, but Central Ohio Diabetes Association' supplies milk and a morning and afternoon snack.***

## Kids Camp (ages 3-7)

Kids Camp was designed for the youngest campers. Siblings are welcome to attend. All week we do activities and have discussions about animals and nature. Daily hands-on diabetes education sessions will teach campers the importance of good diabetes management now and for a lifetime.

## Stepping Stones (ages 8-12)

An introductory camping program for youth with diabetes who want to explore what camping is all about before committing one week at residential camp. Campers will enjoy a taste of camp life with a 3 day, day camp experience ending with an overnight camp out. The Stepping Stones program is designed to assist campers in learning more about themselves and their diabetes while having fun and making friends with other youth.

## Camp Hamwi Program

Camp Hamwi is a summer residential camp program sponsored by the Central Ohio Diabetes Association serving youth with diabetes ages 7-17. The Central Ohio Diabetes Association established Camp Hamwi in 1968.

Central Ohio Diabetes Association utilizes the Camp Mohaven facility located in the Mohican Valley near Danville, Ohio. The Camp Mohaven property includes 660 acres of land with two miles of river frontage on the Mohican River. The camp is equipped with modern living and dining facilities. The main camp area includes a spacious dining hall/lodge, an arts and crafts building, a large L-shaped swimming pool, a nature building, a large barn and open field for horses, a basketball court, an archery range, two playing fields, and a health center for medical emergencies. Living units are simple wooden cabins housing 6-8 campers plus one or two counselors.

For over 49 years, Camp Hamwi has offered this exceptional opportunity for a summer camp experience for youth with diabetes. ***In addition to enjoying traditional camp challenges, campers participate in activities designed to improve their coping with a chronic condition and knowledge about their own diabetes.*** Learning sessions include topics covering exercise, nutrition, insulin administration, and blood glucose monitoring. Camp Hamwi encourages independent diabetes management while providing medical staff to help educate and assist campers when necessary.



Through a group living experience, the campers discover an appreciation for each individual's differences and positive feeling of group accomplishments. Camp Hamwi strives to create an accepting community, building each campers self-esteem and feeling of personal worth. The group environment allows the campers to learn from other people with diabetes the coping skills needed for everyday management of their diabetes.

In addition to the activities that educate the campers, the camp program offers a variety of activities to encourage growth of new skills and explore each individual’s potential.

Traditional activity options include:

Horseback Riding	Swimming	Archery	Volleyball	Soccer
Canoeing	Arts & Crafts	Drama	Dance	Outdoor Living
Softball	Basketball	Hiking	Group Games	

However, each summer staff bring new activity possibilities through their unique talents.

**Junior Challenge (ages 7-12)**

Western horseback riding, archery, swimming, water games, crafts, sports, games, a talent show, and campfires are a few of the activities that make this program full of wholesome fun and delight. Special program highlights are planned from year to year.



**Senior Challenge (ages 13-17)**

In addition to the same activities juniors participate in, seniors also have a high ropes/adventure challenge course, river canoeing, initiative games and a dance.

**Camp Scholarships**

Central Ohio Diabetes Association offers scholarships based on financial need. ***NO CHILD HAS EVER BEEN TURNED DOWN FOR LACK OF ABILITY TO PAY.*** Scholarships are only for children with diabetes.

**CAMP POLICIES**

**Refund Policy**

The deposit is non-refundable. Cancellations after July 1, 2017 will not receive a refund on any payments made for camp.

**Search and Seizure**

Camp Staff reserves the right to search and/or seize a camper’s belongings if there is reasonable suspicion in accordance to Camp rules and guidelines.

## Lost and Stolen items

**Central Ohio Diabetes Association DOES NOT TAKE RESPONSIBILITY FOR LOST OR STOLEN ITEMS.** You and the camper assume all risk of any loss or theft. Please keep this in mind when packing for camp.

## No Technology Policy

Camp is a **NO Technology Zone**, which means campers should leave all their devices at home.

## Contraband

Please leave at home:

Cellphones	Pocket Knives	Weapons	Expensive Jewelry
Silly String	Sports Equipment	Pets	Matches/Lighters
Cigarettes	Alcohol	Radios/CD Players	iPods/iPads/Tablets
Gameboys	Blood Glucose Meter	Laptops/Notebooks	Kindles/E-readers

We do allow some options for leisure time such as books, pen and paper, and disposable cameras.

***\*There is electricity in cabins. Campers are welcomed to bring a fan and extension cord since cabins can get stuffy at night***

## Store Account

A store account is set up for each camper to allow them to purchase items at the camp store. The camp store sells stamps, stationery, Camp Hamwi souvenirs, personal items (you may have forgotten), soft drinks, etc. Parents may wish to deposit \$5-\$20 in camper's account for their store purchases. At the end of the week, any remaining balance is returned at checkout.

## Laundry

There are no laundry facilities available at camp. Please pack enough clothing for your child for the week. Mark all your child's belongings with their full name.

## Send Home Policy

CODA and Camp reserve the right to require a camper be returned home if the camper is unable to adapt to the camp environment or due to camper misconduct. Please note that misconduct does include offensive language. ***Campers and parents need to sign a Participation Agreement stating they will follow our rules.***

## Food at camp

Please **DO NOT** send food, beverages, candy, gum etc. with your camper.

## Dress Code

Socks and closed toe and heel shoes are worn at all times, except to and from the pool or shower house; then flip flops or sandals may be worn.

River shoes (an old pair of tennis shoes or water shoes you do not mind getting wet with river water and mud) is required for anyone participating in canoeing. Socks are not to be worn while canoeing.

Long pants and closed toed hard-soled shoes with heels are needed for horseback riding.

Long pants are required for high ropes/zip line.

***Our staff will enforce the dress code, and campers wearing clothing deemed inappropriate will be asked to change.*** Inappropriate camp attire may include, but is not limited to:

- *Excessively loose or low pants/shorts*
- *Excessively short or tight shorts*
- *Offensive language/ gestures on clothing*
- *Spaghetti Strap, Halter, or other revealing tops*
- *Pajamas for daytime use*
- *Thong underwear/swim suits*
- *String bikinis or Speedo swimsuits*

Camp Hamwi staff reserve the right to have your child change any clothing deemed inappropriate. This also includes the “dance” on Friday night of Senior Challenge.

## Menstruation

The camp experience can often trigger either an early cycle or the onset of menses. Please make sure your daughter is prepared with supplies and knowledge. Emergency supplies will be provided.

## Rule of Three

In order to provide a healthy and safe environment for both campers and staff, Camp Hamwi has adopted a rule of three policy. It is mandated that all staff insure that when they are with a camper there is always another person present. The rule of three replaces the buddy system; no two campers are to be alone together

Parents/guardians please **DO NOT** call camp unless it is an emergency. Please know if there is an issue or concern staff will contact you. No news means good news.

## **COUNSELORS AND STAFF**

The camps are operated under the direction of Central Ohio Diabetes Association's Social Service Director with assistance from volunteers. Counselors include volunteers from Camp Hamwi Counselor – in-Training program, teens and camp alumni. Counselors gain experience working with young children, leading activities, and helping with diabetes management. Volunteer nurses assist with diabetes care and emergency first aid when necessary, preparing and distributing snacks and providing diabetes education.

The medical staff tries to take advantage of this openness to learn by teaching the campers skills that will help them better manage and cope with their life-long disease. The counseling staff set the stage and help campers have a normal camping experience while being aware of their special needs; providing a safe and fun camping experience for the children. The medical staff also attempts to teach the campers how to manage their diabetes at camp so that they do not have to sit out on any activity because of their blood sugar being too high or too low. We do not want diabetes to be an excuse for not participating, so we try to prevent problems by adjusting insulin dosages and meals/snacks.

### **Medical Staff**

For each week of diabetes camp, medical staff will be onsite, and will include Pediatric Endocrinologists, Pediatric Fellows, Pediatric Residents, Nurse Practitioners, and/or Registered Nurses. Each camper and cabin is assigned a medical staff member who supervises the campers' glycemic control and diabetes management while at camp.

### **Camp Staff**

Camp staff are selected based on their dedication to working with youth, skills, maturity, leadership ability, sense of humor, and an appreciation of the outdoors. Camp staff include:

- *Cabin counselors*
- *Program staff*
- *Social workers*
- *Nurses*
- *Dietitians*
- *Student dietitians*
- *Physicians*

Carefully screened staff undergo comprehensive training to prepare them to be successful counselors, able to assist with good diabetes management. Many of the staff have diabetes themselves. A majority of counselors are Camp Hamwi Alumni.

### **Cabin Setup**

Two counselors will be assigned to each cabin. There are up to eight campers per cabin. There is also one medical person assigned to each cabin.

## Counselors in Training

For individuals entering their senior year of high school, or having just graduated, and looking for an opportunity to develop their leadership potential, the CIT program offers a training program designed to increase their awareness of counselor responsibilities.

## MEDICAL INFORMATION

*For our Camp programs, a physical exam three months prior to camp of your child is mandatory.*

### Hypoglycemia/Low Blood Sugar

Often called, “insulin shock”, hypoglycemia occurs when the blood sugar drops very rapidly. It can happen if an individual using insulin eats too little, does not eat enough, is getting too much insulin or exercises too much. This condition must be treated quickly because it can lead to unconsciousness.

A low blood sugar is an emergency that requires prompt action on camp counselors’ part and the part of the medical staff. Camp counselors are trained to familiarize themselves with the symptoms of low blood sugar. A trained staff member is present at all activities to treat hypoglycemia.

### Hyperglycemia/High Blood Sugar

Our medical goal at camp is to help campers maintain therapeutic blood sugar control. By doing so, it helps prevent long-term complications that result from consistent hyperglycemia (high blood sugars) over long periods of time. Any episodes or trends of hyperglycemia experienced at camp are recorded and then discussed with the parents/guardians at the conclusion of camp. Hyperglycemia can result from not having enough insulin in the system, from being ill, or from times of stress. In some cases, the onset of hyperglycemia is gradual, and, if left untreated, may progress to a diabetic coma. High blood sugar levels do not represent an emergent situation unless the camper feels ill and is spilling moderate to large ketones in the blood or urine.

### Ketone Testing

When a camper’s blood sugar is above 300 mg/dl, s/he will check either his/her blood or urine for the presence of ketones. If s/he is spilling moderate to large ketones, as evidenced in the blood or urine test, the medical staff will be notified and the camper will temporarily sit out of activities. ***The medical staff will attempt to correct the problem with extra insulin, rest, and fluids. If it is determined after assessment by a camp physician that the camper is experiencing dangerously high levels of ketones/diabetic ketoacidosis (DKA), it may become necessary for the camper to be treated at a hospital.***

## Blood Sugar Testing

Blood sugars are tested routinely, before each meal and at bedtime. Anytime it is suspected that a camper is having a low blood sugar or insulin reaction, a Blood Glucose test is performed. Medical staff do nightly round Blood Glucose tests to detect low blood glucose levels at night during the Stepping Stones overnight and every night at Camp Hamwi.

## Insulin and other Medications

Camp Hamwi furnishes all diabetes medical supplies (insulin/insulin pens, pen needles, glucometers, testing strips, and alcohol swabs), with the exception of Symlin, Byetta, Victoza, and supplies for insulin pumps. ***It is not necessary for campers to bring any insulin or testing supplies from home. Pump supplies and other prescription medications brought to camp MUST be brought in their original packaging.*** All prescription medications will be given to the doctor or RN at check-in. Any camper who has been hospitalized (for any reason) in the past month, will require a letter from his/her doctor, releasing the child to attend camp. This letter must be presented at check-in. Additionally, any camper who has received mental health counseling for any reason in the past six months, will require a letter from the treating professional, which releases the child to attend camp, and must be presented at check-in.

## Homesickness

It is natural for any youth in a new environment, particularly for the first time to feel nervous and miss family and friends. Homesickness can even cause physical symptoms-especially that first day. Make sure your child understands they might feel this way and the only cure is to get involved. Homesickness is typically mild. Staying busy and doing fun, physical activities reduces homesickness. Homesickness is part of normal development. Calling home actually worsens homesickness.

## NUTRITION

Achieving good blood glucose levels is a balancing act between food, insulin, and physical activity. Campers' carbohydrate and insulin needs vary depending on their physical activity. A Registered Dietitian is on site at Camp Hamwi 24 hours a day during camp. Nutrition education sessions are part of the campers' experience.

Campers complete a meal card before each meal to estimate the total carbohydrate they plan to eat so that their blood glucose and insulin dose/bolus is balanced. Using the meal cards is helpful in learning or strengthening carb-counting skills. The RD is present at each meal to answer their questions, review their meal cards, and provide guidance.