



**Little Shots Day Camp Manual**  
*Last Revised January 2023*

Dear Campers and Parents,

Welcome to DYS Little Shots Day Camp! The positive atmosphere at DYS Camps helps build confidence while teaching diabetes management skills in a recreational setting. DYS Campers will meet peers with similar challenges and build friendships that last a lifetime.

The majority of DYS Camp Staff are either type 1 or have a family member who is type 1. DYS has taken the time and effort to select only the most experienced individuals as camp staff. Many of the DYS Camp Staff were campers once themselves and chose to come back and volunteer their time as Counselors.

Please know that if there is a problem or issue with your camper, you will be contacted by the DYS Camp Staff.

**Please be sure to share any allergy information, behavioral issues, or simple concerns with the DYS Camp Staff prior to camp!**

Review the Camper Manual carefully, and call (419) 291-1234 or e-mail us at [camp@dys4kids.org](mailto:camp@dys4kids.org) if you have any questions.

While your child is at camp, keep up with the daily activities and fun updates by following DYS on the “Remind App” where we will posting text message and photo updates from camp.

***Thank you!***

Cindy Presser  
DYS Program Director

## **PRIOR TO CAMP:**

Prior to attending camp, you must complete all of the online registration materials found on CampWise. If you do not have reliable online access, please call the office and they can take care of it over the phone.

You also must complete the forms sent to you following your registration. If you need additional copies, they are available for download from our website or from the DYS office.

Your child MAY NOT participate in camp activities until the following forms are received.

- Physical Form, signed by a physician
- Injection or Pump download form
- Clear copy of Insurance Card
- Any Due Balances on Account
- Online Registration and Consent Forms

Please call 419.291.1234 or email [camp@dys4kids.org](mailto:camp@dys4kids.org) if you have any questions about obtaining these documents. If your camper is a patient at ProMedica Pediatric Endocrinology in Toledo, we are able to obtain a physical with no further action on your part. Insurance cards can be a clear picture, scanned and then sent to the aforementioned email address. The Code of Conduct form is available on the DYS website and hard copies will be available during check in. Please review this document with your camper(s) before signing.

## **LODGING**

The Ronald McDonald House of Northwest Ohio has offered to house families coming to Little Shots Day Camp Ohio from outside of Toledo. You must fill out a registration form and have a background check. Please email [camp@dys4kids.org](mailto:camp@dys4kids.org) if you are interested or have any questions. ***Deadline to submit referral is July 1, 2023.***

## **REFUND POLICY**

Cancel on or prior to June 15<sup>th</sup> = full refund

Cancel June 16-30 =  $\frac{3}{4}$  refund

Cancel July 1-5 =  $\frac{1}{2}$  refund

Cancel on or after July 6<sup>th</sup> no refund.

No Refund for campers sent home for misconduct.

## **CAMPER CHECK-IN:**

### ***OHIO CAMPERS:***

Arrive at Olander Park, 6930 Sylvania Ave., Sylvania, Ohio

- **Check In begins at 8:00 am on Monday July 10<sup>th</sup>, 2023**
- Coming before 8:00 am will not expedite your check-in process.
- **PLEASE MAKE SURE YOUR CAMPER HAS HAD A GOOD BREAKFAST BEFORE ARRIVING EACH MORNING AT CAMP, WE WILL NOT BE PROVIDING BREAKFAST**

Proceed to the **Nederhouser Community Hall**

### ***MICHIGAN CAMPERS:***

Arrive at ProMedica Farms, 1201 Sheperd Rd., Tecumseh, Michigan

- **Check In begins at 8:00 am on Monday July 31<sup>st</sup>, 2023**
- Coming before 8:00 am will not expedite your check-in process.
- **PLEASE MAKE SURE YOUR CAMPER HAS HAD A GOOD BREAKFAST BEFORE ARRIVING EACH MORNING AT CAMP, WE WILL NOT BE PROVIDING BREAKFAST**

Proceed to **check in tables just past the parking lot**

### **On the first day of camp:**

- Review all paperwork with the DYS staff, double check signatures and sign your camper in.
- Answer general health questions with nurse/staff.
- Review with assigned medical staff, including the previous week's insulin/blood sugar record.
- Label ALL medications your camper will need during the day and leave with DYS staff for storage in locked tackle boxes
- Label glucose meter and carrying case (Note: glucose meter will stay with your camper)
- Review your child's nutrition information with the dietician

Proceed with your child to their assigned table

- Meet the counselors
- Quickly kiss your camper goodbye- *Quickly*

### **After the first day of camp**

- Check in at the table in front of Nederhouser Community Hall
- Counselor will take them to their assigned group.

## **CAMPER CHECK-OUT:**

*Arrive at the same location you checked in at*

- **Check Out is at 3:45PM at Little Shots in Ohio and 2:30 PM at Little Shots in Michigan**
- Come to the table in front and check out
- A nurse will review your camper's day with you
- A counselor will bring you your camper
- You will get a daily slip outlining what we did that day, your camper's blood sugars, and anything your camper needs for the next day

***You must go through the checkout line and sign your camper out! Your camper will be brought out to you by a counselor.***

**FAMILY COOKOUT – Thursday, July 13th (OH) and Thursday, August 3rd (MI):** Our Family Picnic and Awards Program will be held after checkout. The Awards Program will begin after checkout and prior to dinner. **You are responsible for your child after you have checked them out.**

### **ACTIVITIES/DAILY SCHEDULE**

Diabetes education as well as a dietary lessons will be mixed with recreational activities in a strict daily schedule. Activities are easily adapted to a variety of weather conditions; **camp operates rain or shine.**

### **KEEPING UP WITH CAMP - REMIND**

Stay up to date about all things camp with the “Remind” app.

For Ohio campers: text **@dysoh2023** to **81010** to set it up.

For Michigan campers: text **@dysmi2023** to **81010** to set it up

Or you can download the “Remind” app and ask to “join a class”. Our class code is the same as what you would text.

### **INSULIN DOSING POLICY**

Make sure your camper understands that ***insulin is only administered under the direct supervision of DYS medical personnel.*** This applies to insulin pumps and injections; at all times. DYS Staff will always discuss appropriate dosing with your camper and use every meal and administration time as a teachable moment.

We strongly suggest that your camper be well regulated on their intensive regimen at least two weeks prior to camp. The week before camp is not an appropriate time to initiate intensive management, particularly starting an insulin pump.

**DESCRIPTION OF CARBOHYDRATE COUNTING PROCEDURES:** At every meal and snack each camper (with or without diabetes) will complete a carbohydrate calculation sheet. They will list the number of portions, add the carbohydrates, and calculate their insulin requirements. This is a very important way to teach campers how to read labels & fine-tune their carb counting skills.

### **FOOD AT CAMP**

**DO NOT** send food, beverages, candy, gum, etc. with campers. Gum causes litter that small animals may try to eat. Sweets are also an unnecessary temptation for campers. Snacks will be provided by DYS. DYS can accommodate for food allergies and gluten free campers.

### **CAMP CUISINE**

Lunch will be served in the Dining Hall, cafeteria style. Campers will be choosing what they want to eat prior to mealtime. Campers (with the guidance of DYS staff) will be responsible for calculating the amount of carbohydrates they will eat at each meal. The calculations will be double checked by medical personnel before insulin coverage is given. Campers will be encouraged to try new foods and eat balanced meals.

Activities and blood sugar results may necessitate adjustment in your child's meal plan, particularly extra food for any vigorous activities we have planned. You will be notified at checkout of any changes to be continued at home.

## **MEDICATIONS**

1. **Insulin Pump:** All those on an insulin pumps will need to bring the following:
  - Insertion sets & reservoirs, one for each day of camp
  - Extra tape
  - Extra batteries
  - Fresh pump site and tubing (be sure to have a fresh site and tubing for the first day of camp)
  
2. **Insulin:**  
**You do not need to bring any insulin to camp! All insulin is generously provided by Sanofi-Aventis, Novo Nordisk, Eli Lilly, and BD to be used at camp! Pens, injection devices, pen needles will all be provided!! Do not bring!**
  
3. **Glucose Meter:**  
**Each camper *MUST* bring his or her own glucose meter with strips.** We will provide all lancets and backup meters and strips that have been donated but may not have your child's particular brand. We ask campers bring their own backpack to carry their testing supplies at all times. Please clearly label your child's meter and meter case with your child's full name. Campers are not permitted to bring their own lancet devices to camp, both because of sanitary and safety reasons. We will remind you to take your campers' lancet before going to camp.
  
4. **Continuous Glucose Monitors:** This year we are utilizing a new software to help our staff remotely monitor your child's blood sugars during camp using their smartphone as the receiver. Campers will use CGM within product specifications at camp, and some alarm parameters may be changed to avoid frequent alarms. Medical staff will make you aware of these changes if they do happen. ***While at camp, share/follow features will remain on and camp staff will be following your child during camp hours.***
  
5. **Other prescription medications:**  
If your child takes prescription medications routinely or as needed, please send enough for the entire week in their original prescribed container. All medications will be administered by DYS Medical personnel. **Please do not send over the counter medications unless they have been prescribed by your camper's doctor and have a pharmacy label!**

## **CAMP MEDICAL AND COUNSELOR STAFF**

Our medical staff is comprised of our camp physician or nurse practitioner, certified diabetes educators, and nurses who are all knowledgeable in the care and treatment of type 1 diabetes.

Camp is staffed primarily by trained medical personnel and young adult counselors who have diabetes. Every one of our staff members is subject to a background check and drug screen. New staff members also are required to supply references. Our staff is held to high standards.

If staff cannot comply with the values and policies of Hot Shot Camp, they will be removed from camp.

### **LOST/STOLEN ITEMS**

Neither Olander Park nor DYS is responsible for the loss or theft of a camper's property. You and the camper assume all risk of any such loss or theft. Please keep this in mind when packing for camp. Be sure to check our lost and found box for any lost items. All items not claimed by Labor Day will be donated to charity.

### **DAILY PACKING LIST**

Please label all items with camper's full name.

- Copy of the recent week's blood glucose readings and insulin doses.
- Injection/Pump dosing form
- Diabetes supplies – see "MEDICATIONS" section above
- DYS will give you a sheet of paper at Check out with what to pack for the next day
- Sunscreen (non-aerosol)
- **Tennis Shoes or sandals with a secure back strap**

Examples of a sandal with a **NOT SECURE** back strap:



Examples of a sandal with a **SECURE** back strap:

