

DYS

**Diabetes Youth
Services**



Resident Camper Manual

Revised January 2023

Dear Campers and Parents,

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

The majority of the DYS Camp Staff are either living with type 1 diabetes (T1D) or have a family member who lives with T1D. DYS has taken the time and effort to select only the most experienced people as camp staff. Many of the DYS Camp Staff were campers once themselves and chose to come back and volunteer their time as Counselors. I am lucky enough to have been involved with DYS since 2002 and can attest that camp can make a world of difference to a T1D, to make you feel supported in a safe and welcoming atmosphere for all.

Please know 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 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 be posting text message and photo updates from camp.

Thank you!

Cindy Presser
Director, Program Development

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 any 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 Form or Download of Pump
- Clear copy of camper insurance card
- Code of Conduct Form, signed by camper and parent/guardian
- Any due balances on account
- Online registration and consent forms

Please call 419.291.1234 or email 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.

REFUND POLICY

Cancel on or prior to May 15th = full refund

Cancel May 16- May 31 = $\frac{3}{4}$ refund

Cancel June 1- June 10 = $\frac{1}{2}$ refund

Cancel on or after June 11th no refund.

No Refund for campers sent home for misconduct.

TRANSPORTATION

You MUST indicate a transportation method both to and from camp in your child's online profile. If you have trouble choosing a method, please contact the office. There are three options for transportation, and you must indicate a to and from option.

DYS Office – 2100 W. Central Ave, Toledo, OH 43606

Recreation Unlimited – 7700 Piper Rd., Ashley, OH 43004

CHECK IN Schedules

DYS Office

2100 W. Central Ave., Toledo, OH

MIDDLE SHOTS: (June 23)

Arrive at the DYS office at the times designated:

- Campers with last name beginning with **A - M = 2:00pm**
- Campers with last name beginning with **N - Z = 2:45pm**

PLEASE ARRIVE ON TIME! The buses will be leaving PROMPTLY @4:00 pm

BIG SHOTS: (June 19)

Arrive at the DYS office at the times designated:

- Campers with last name beginning with **A-I = 8:30 am**
- Campers with last name beginning with **J-R = 9:00 am**
- Campers with last name beginning with **S- Z = 9:20 am**

PLEASE ARRIVE ON TIME! The buses will be leaving PROMPTLY @10:30 am

Proceed to **Front Lobby Desk/Large Conference Room** to check in. Vendors will be present from Tandem, Dexcom, and OmniPod to meet with parents.

Recreation Unlimited

7700 Piper Rd., Ashley, OH

MIDDLE SHOTS: (June 23)

Check in at camp begins at 5:30 pm

BIG SHOTS: (June 18)

Check in at camp begins at 11:30 am

Go to the **main building**, staff will be waiting for you.

CHECK OUT

DYS Office

2100 W. Central Ave., Toledo, OH

MIDDLE SHOTS: June 26

BIG SHOTS: June 23

Please arrive at the DYS office by **1:45 pm** for ***Middle Shots and Big Shots*** to greet your camper as they arrive from camp!

Park in the same lot where you dropped your camper off. The Diabetes Center building will be open for bathroom access.

When picking your camper up, remember to bring your passport from Check In!

Recreation Unlimited

7700 Piper Rd., Ashley, OH

MIDDLE SHOTS: June 26

BIG SHOTS: June 23

Please arrive at camp by **11:45 am** for ***Middle Shots and Big Shots*** to check your camper out.

Park in the same lot where you dropped your camper off. Proceed to the main building and we will be waiting for you.

When picking your camper up, remember to bring your passport from Check In!

PHONE CALLS

Campers are not permitted to use the camp phone or cell phones unless their cell phone is being used with CampViews software. DYS reserves the right to hold (for safekeeping) any camper's cell phone or electronic device until the end of the week. **Leave all other electronic devices at home,** this includes MP3 players, iPods, iPad, laptops, cell phones, e-book readers, Gameboys, portable DVD players, PSP's, etc...

Do not tell your camper they can call home. This only confirms to your child that they can go home if he or she becomes homesick.

Checking Up: If needed, email DYS at camp@dys4kids.org or call the DYS office (419-291-1234), before Noon each day of camp and leave a message requesting that the staff be contacted to see how your camper is doing. DYS staff will then contact you after 4:00pm at the number you indicate and let you know how your child is doing. Please know if there is an issue or concern, the DYS Camp Staff will contact you. If there is an emergency, you may call the camp director at 419-479-8791.

MAIL:

All campers look forward to lots of cheerful letters from home. Daily mail delivery is an important part of each day at Resident Camp. It is usually best to emphasize good news and talk about their experiences rather than tell them how much they are missed and all the fun everyone else is having at home. It takes 2-3 days for mail to get to camp (or to get home). Many parents will leave letters with DYS Staff during check-in with the date you would like to have them delivered and save postage.

You may receive some mail from your child that is not cheerful. If so, remember campers often write home in homesick moments and even the act of writing may trigger some homesickness. Please be assured that every effort is being made to insure your child's health and happiness. If acute homesickness occurs, DYS Camp Staff will notify you.

Mailing Address:

Name of camper and date attending
Recreation Unlimited, DYS Camp
7700 Piper Rd.
Ashley, OH 43003

KEEPING UP WITH CAMP - REMIND

Stay up to date about all things camp with the "Remind" app. Text **@midshots23** or **@bigshots23** to **81010** to set it up. Or you can download the "Remind" app and ask to "join a class". Our class code is **@midshots23** or **@bigshots23**

ACTIVITIES/DAILY SCHEDULE

Each day will begin at 7:00 a.m., with lights out and all quiet by 11:00 p.m. Arts and crafts and a free swim are included in most days. Activities are easily adapted to a variety of weather conditions, i.e., if it is unusually warm additional swim time may be planned.

CAMPER MISCONDUCT

Recreation Unlimited and DYS reserve the right to require that a camper be returned home if the camper is unable to adapt to the camp environment or due to camper misconduct, **with no refund.** Please note misconduct includes the use of foul or offensive language. In past years, we have indeed sent campers home early for misconduct, so please emphasize to your camper that Recreation Unlimited and DYS rules **MUST** be followed and will be enforced. For more information, please refer to the DYS Code of Conduct.

CHILD ABUSE POLICY

Child abuse is a serious issue. Any concerns must be brought to the immediate attention of the Camp Director. The Camp Director will report to camp licensed personnel (physician, RN, psychologist, social worker). Licensed personnel are required by law to report within 24 hours abuse or suspected abuse to the Ohio Department of Health and Welfare or to law enforcement.

Abuse is defined as injuries inflicted upon a child by another and may include neglect, bruises, cuts, welts, burns, fractures, sexual contact, or other harm. These issues must be brought to the attention of camp licensed personnel and the decision to report will be at their discretion. Confidentiality will be maintained at all times.

Camp policy strictly forbids corporal punishment. Sexual contact of any kind with a camper is strictly forbidden and such behavior would be cause for immediate dismissal from the staff and appropriate authorities will be notified – regardless of the age of the camper, with or without consent. These policies are thoroughly discussed at camp staff orientation.

BULLYING:

Diabetes Youth Services does not tolerate bullying or harassment, including on the basis of all abilities and disabilities, experiences, races, ethnicities, socio-economic backgrounds, sexual orientations, gender identities or expressions, religion and non-religion, citizenship or immigration status, and any other category people use to define themselves or others. We strive to create inclusive environments that celebrate diversity and foster positive relationships.

Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt another. Bullying happens when a person or group of people want to have power over another and use their power to get their way, at the expense of someone else.

Bullying can also happen through cyber- space: with e-mails, text messaging, instant messaging, and other less direct methods. This type of bullying can also lead to persons being hurt during or between the camp seasons and be especially hurtful when persons are targeted with meanness and exclusion.

Unfortunately, persons who are bullied may not have the same ability to get the most out of their camp experience. Our leadership addresses all incidents of bullying seriously and trains staff to promote communication with their staff and their campers so both staff and campers will be comfortable alerting us to any problems during their camp experience and between camp seasons. Every person has the right to expect to have the best possible experience at camp, and by working together as a team to identify and manage bullying, we can help ensure that all campers and staff have a great summer Hot Shots Camp.

Although we do our best to watch for the signs of bullying and address them as they occur, it is not always possible see every instance of bullying. ***If your child is the victim of bullying or witnesses bullying, please encourage them to speak up.*** No one will know they were the ones who reported the incident. We cannot correct what we do not know, reporting from the kids is vital for Hot Shots Camp to address every issue.

DRESS CODE:

Please adhere to the same guidelines for dress as your child's school allows.

Inappropriate camp attire may include, but is not limited to:

- Excessively loose or low pants/shorts
- Spaghetti Strap, Halter, or other revealing tops
- Pajamas for daytime use
- Offensive language/gestures on clothing
- Sandals without a secure back strap
- Flip-flops (allowed **only** for showering)
- Swimwear that is not appropriately fitting/considered "too revealing" in a camp setting

DYS & Recreation Unlimited staff reserve the right to have your child change any clothing deemed inappropriate. This also includes the Big Shots dance.

Examples of sandals WITHOUT a secure back strap:



Examples of sandals WITH a secure back strap:



FOOD AT CAMP

DO NOT send food, beverages, candy, gum, etc. with campers. Such items invite small animals to invade sleeping areas. Gum causes litter that small animals may try to eat.

CASH

Please **do not send** any cash with your camper! There is nowhere for campers to shop or spend money, so there is no reason to send any.

SEARCH AND SEIZURE

During the check in process, a Toledo Police Officer will be present to search any bags going to camp. If anything is found in the search process that is not allowed, the confiscated items will be returned to the parents or guardians dropping their camper off. DYS Camp Staff reserves the right to search and/or seize a camper's belongings if there is reasonable suspicion in accordance with Recreation Unlimited and/or DYS rules and guidelines.

CAMP CUISINE

Meals will be served in the Dining Hall, cafeteria style. Campers will be choosing what to eat prior to mealtime. Campers will be responsible for calculating the amount of carbohydrates they will eat at each

meal. The calculations will be verified by medical personnel before insulin coverage is given. Campers will be encouraged to try new foods and eat balanced meals.

INSULIN DOSING AND BLOOD SUGAR MONITORING

Make sure your camper understands that they will only administer their insulin under the direct supervision of DYS medical personnel. This applies to insulin pumps and injections, ***all the time***. Campers on pumps will be monitored very closely to prevent self-adjustments and will take a “pump vacation” while at camp if they continue to dose without supervision. DYS Staff will always discuss appropriate dosing with your camper and use every meal and administration time as a teachable moment. Your camper is extremely knowledgeable about what works for them, and DYS Staff are very knowledgeable about what works for most other people with diabetes... **working together is essential.**

We also do additional nighttime testing one hour after snack to catch any lows before bed. Any camper under 150 at bedtime receives an additional snack. Campers that are persistently low after midnight receive additional testing and food if needed.

Please realize with over a large group of diabetic campers, it is difficult to test and dose routinely more than six times per day. If blood sugars are running high or low, policy requires we do additional testing, but to do so routinely will be difficult for our staff to accommodate without a lot of “down time” for other campers.

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 with an insulin pump.

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 an interview, 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.

Medical Personnel are always available and can be contacted via radio should an emergency occur. Campers needing additional medical attention or treatment are taken to the nearby Grady Memorial Hospital in Delaware, Ohio. You will be notified if any additional treatment is needed.

All Recreation Unlimited staff are trained in Red Cross First Aid and CPR.

MEDICATIONS

1. **Insulin Pump:** All those on an insulin pump 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 their own glucose meter with 3 full bottles of strips. We will provide all lancets and backup meters and strips that have been donated but may not have your child's particular brand. Please clearly label your child's meter, meter case and backpack 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:** If the camper is on a CGM and chooses to use it at camp, DYS will use the CGM within product specifications. **We highly discourage remote monitoring of your child's blood sugar while at camp. Follow/share functions will be turned off at Check In and can be turned on at Check Out.** Please refer to our 2023 Camper Consents for more detailed information on using CGMs at camp.

Why do we ask you to turn off your share functions?

At the beginning of camp season, many new parents may be nervous about the idea of not monitoring your camper's BG levels while they are away from you. Rest assured, your camper is in the best care possible away from home as they are surrounded by certified endocrinology doctors, nurses, certified diabetes educators, dietary staff, and young adults who live with type 1 diabetes. **Your child and their diabetes are safe at camp!**

All your camper's blood sugars are recorded and once they are back home the share feature can be turned back off and all readings from the week can be viewed. Our goal at camp is to give caregivers the opportunity to relax and not worry about their child's blood sugar for a few days out of the year. If medical staff have a question or concern, we will always contact you. **Relax and take advantage of a much needed break!**

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. ONLY send enough medication for the time at camp, please do not send the entire bottle.** Your local pharmacy can give you extra bottles to store the remaining medication at home. 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!**

LOST/STOLEN ITEMS

Neither Recreation Unlimited 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.

Do **NOT** bring...

MP3/iPod, iPad, laptops, Gameboys, e-book readers, Portable CD/DVD Players, Hair dryers, Hand-Held Video Games, hand held electronic devices, Knives, Lighters, Matches, Fireworks, Mouthwash, Money/Cash, Insulin, Syringes, Food, Pop, Gum, Candy

If a camper brings any of these items to camp, they will be locked away for safe keeping and returned to you at check out.

Exciting Special Activities to Pack For

Talent Show: Does your camper play an instrument? Poetry? Painting? Singing? Skits? Dance? One evening at camp we will provide an opportunity for campers & staff to share their talents. The possibilities are endless and participation is optional. An audio player and microphone will be provided. Anything G Rated is allowed and enjoyed!

Roller Skating Outing: Shh! It's a secret! Considering our 2023 theme Through the Decades, we are taking Big Shots campers off-site to a nearby roller skating rink (Zoomer's Skate Club in Marion, OH). The entire building is reserved for a private DYS event with no other groups present. Campers will be transported via school buses with DYS staff present. Rink staff give everyone a demo on safe skating for those who have never been, and other activities will be available. Campers are encouraged to wear 80's themed apparel for this camp program. **No halters, spaghetti straps, short shorts/skirts, or revealing outfits.**

Dutch Auction: The Dutch Auction is a DYS camp tradition where campers and counselors are divided into groups and given various items to create a short skit. Each camper is permitted to bring 1-2 random items from home that they think could be used such as a simple prop or costume. It is best to make whatever you bring small enough that it doesn't warrant another suitcase/bag to carry it.

Camper Packing List

(This is BIG SHOTS list, please send similar items for MIDDLE SHOTS, just not as much.)

ANY AND ALL PERSONAL ITEMS SHOULD BE MARKED WITH THE CAMPER'S NAME.

- Diabetes supplies – see “MEDICATIONS” section above
- One piece of luggage (duffle bag is best) that is clearly marked with the camper's full name
- Flashlight
- Reusable face masks that properly cover both the nose and mouth (optional)
- 1 pair of Tennis Shoes, 2 pairs if possible
- 1 pair of sandals with a secure back strap (optional)
- 1 pair of Boots (for muddy, rainy days)
- 1 pair of Flip Flops (for showers and Pool)
- 8 - 10 pairs of Cotton Socks
- Raincoat/poncho
- 8 to 10 T-shirts
- Pajamas
- 1 Sweatshirt or Jacket
- 5 pairs of Shorts
- 8 to 10 pairs of underwear
- Bathing Suit
- 1 or 2 Bath Towels
- 1 Beach Towel
- Sleeping Bag (some prefer just taking a set of twin sheets with a light blanket)
- Pillow (with pillow case)
- Something special from home (picture, small stuffed animal)
- 80s themed apparel for Awards Ceremony and Party (make sure you can move!)
- 1 singular item to Tye Dye (100% cotton preferred to help dye stick) such as socks, pillowcase, t-shirt, etc.
- Personal items (clearly labeled):
 - Pump Supplies, other Prescription medications
 - Toiletries: Soap, Shampoo, Toothbrush, Toothpaste, Deodorant, Tampons, Sanitary Pads, etc.
- Tote Bag or backpack to carry meter at all times, and to take items to the pool
- Water Bottle
- Optional: Disposable Camera, Bandanna, Hat, Sunglasses, Frisbee, Playing Cards, journal and pen
- Props for the Talent Show (Big Shots)