



## Little Shots Day Camp Manual

*Last Revised February 2024*

### **Camp Mission**

Hot Shots Camp transforms the lives of campers by giving them the ability to engage in independent diabetes management, connect with a unique community of peers, and develop in mind, body, and spirit through our camping programs.

### **Camp Vision**

Hot Shots Camp aims to promote positive human development in a safe atmosphere. We welcome young people from diverse backgrounds to grow together and continue to become the best version of themselves.

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 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 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 and staff (myself included).

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  
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 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, front and back
- 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](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, on Campwise 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 at no cost. You must fill out a registration form with physician's signature and have a background check. Please email [camp@dys4kids.org](mailto:camp@dys4kids.org) if you are interested or have any questions. ***The deadline to submit a referral is July 1, 2024.***

## **CANCELLATION & REFUND POLICY**

If DYS cancels a program, camp, or event, DYS will refund in whole your deposit/payment. However, if a program, camp, or event is canceled due to an Act of God or other event outside of DYS' control, DYS may reschedule the event at a reasonable time and place, and with reasonable advanced notice to the participant. If a program, camp, or event participant cancels their participation, DYS will refund the payees' deposit/payment, minus any expenses incurred by DYS in connection with the Participant.

If a participant cancels registration less than 2 weeks before the first day of their camp session they will be charged a \$25 cancellation fee/person. If a participant does not notify DYS of cancellation before the first day of programming (no call no show), a \$50 cancellation fee will be added to their account. ***We will not be able to allow payments for registration fees or any scholarships to be applied for future Retreats or Camp sessions until that balance has been taken care of.***

## Refund Policy

***You must call or email the DYS office to cancel your registration.*** We will give full refund minus a \$10 processing fee if refund request is more than 2 weeks from first day of camper's session. Please allow 5-7 business days after your request has been confirmed to allow processing back into your account.

No Refund for campers sent home for misconduct.

## CHECK IN Schedules

### **OHIO CAMPERS:**

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

- **Check-In begins at 8:00 am on Monday, July 8<sup>th</sup>, 2024**
- 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** | **When you enter the park turn right and follow signs, park in the last parking lot**

### **MICHIGAN CAMPERS:**

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

- **Check-in begins at 8:00 am on Monday, July 22<sup>nd</sup>, 2024**
- 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.
- 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 each morning from 8:30-9:30A
- Drop camper off at table with counselors

**CHECK-OUT Schedules**

*Arrive at the same location you checked in*

- Ohio Campers: Check-out is at 3:45 PM
- Michigan Campers: Check-out is at 2:30 PM
  - 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 11<sup>th</sup> (OH) and Thursday, July 25<sup>th</sup> (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 dietary lessons will be mixed with recreational activities in a strict daily schedule. Activities are easily adapted to a variety of weather conditions; the **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 **@dysoh2024** to **81010** to set it up.

For Michigan campers: text **@dysmi2024** 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. Sweets are also an unnecessary temptation for campers. Snacks will be provided by DYS. DYS can accommodate for food allergies and gluten-free campers. Please be sure to note if your camper is a picky eater on the Nutrition Information Form when completing registration.

## **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 adjustments 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 pump will need to bring the following:
  - Insertion sets & reservoirs, one for each day of camp
  - Charging cord
  - 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 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 to 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 are held to high standards.

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

### **LOST/STOLEN ITEMS**

Neither Olander Park, ProMedica Farms 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 2 weeks after the last day of camp will be donated.

### **DAILY PACKING LIST**

Please label all items with camper's full name.

- 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:



### **Exciting Activities to Pack For**

**Ice Skating:** We are excited to bring this tradition to both Ohio and Michigan camp sessions in 2024! Please be sure to give your camper warm clothing- hats, gloves, long pants, etc. for some time on the ice.

**Swimming:** We will have water activities available for both sessions; Ohio campers will enjoy inflatable water slides and Michigan campers will walk next door to the YMCA for swim time in the wading pool.