



## **Resident Camper Manual**

*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 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 and staff (including myself).

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 before 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 be posting text messages and photo updates from camp.

***Thank you!***

Cindy Presser  
Director, Program Development

## **PRIOR TO CAMP:**

Prior to attending camp, you must complete all 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 if on Multiple Daily Injections at Camp
- Clear copy of camper insurance card, front and back
- Code of Conduct and Recreation Unlimited Liability Form, signed by camper and parent/guardian
- Any due balances on the 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 can 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.

## **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 a full refund minus a \$10 processing fee if the refund request is more than 2 weeks from the first day of the 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.

## **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 17)

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**

### BIG SHOTS: (June 20)

Arrive at the DYS office at the times designated:

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

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

Proceed to **Front Lobby Desk/Large Conference Room** to check-in. Vendors will be present from multiple diabetes organizations.

## Recreation Unlimited

7700 Piper Rd., Ashley, OH

### MIDDLE SHOTS: (June 17)

Check-in at camp begins at 11:30 am

### BIG SHOTS: (June 20)

Check-in at camp begins at 5:30 pm

When you enter the property go to the Life Center- the large building on the rightmost side with rocking chairs in front. Staff will be waiting for you.

When you arrive at Check-In, you will be directed to the following stations:

- General Check In
- CGM/ Phone Check
- Medication & Meter Check
- Lice Check
- Bag Search with Lucas County Sheriff's Deputies

We will also have a Pop-Up Shop with exclusive apparel and opportunities to meet with reps from Tandem, Dexcom, Omnipod and more!

# CHECK OUT

## DYS Office

2100 W. Central Ave., Toledo, OH

**MIDDLE SHOTS: June 20**

**BIG SHOTS: June 24**

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 ID to show to camp staff for camper release.*

## Recreation Unlimited

7700 Piper Rd., Ashley, OH

**MIDDLE SHOTS: June 20**

**BIG SHOTS: June 24**

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 ID to show camp staff for camper release.*

## **TECHNOLOGY AT CAMP**

More and more campers are using different methods of technology to manage their diabetes. The following policies were created with great thought to take advantage of developing technologies while still maintaining a safe environment and instilling a culture of disconnecting to reconnect at camp.

## **CELL PHONES**

If your camper uses a Dexcom CGM, DYS staff will be able to view their blood sugar from their smart devices. To utilize this function the following is needed:

- Cell phones are only to be used as a medical device. We will not allow campers to make phone calls, send text messages, take pictures, etc. on their cell phones.
- You must provide your camper's Dexcom Share login information in the online medical forms. This is included in all other online forms on Campwise.
- Notifications and any interactive voice response technologies such as Siri functionality will be turned off (with the exception of CGM or pump alerts) while at camp. DYS Staff reserve the right to check a camper's notification setting to ensure these settings are staying on during their time at camp.
- Cell phones will be secured in personal pouches to prevent access to phones unless being used as a medical device. DYS Staff will be able to unlock bags with special magnets. Campers may carry their phones on their person, but can choose to give phones to their counselors if they prefer.
- **If a camper is found to be violating this policy at any point, DYS Staff reserve the right to confiscate the camper's cell phone for safekeeping which will be returned to the parent/guardian of said camper at check out. This is a one-strike policy with no warnings given.** If a camper is on the Omnipod 5 system and does not have access to a PDM they will go into Manual Mode for the remainder of their time at camp.
- If pouches are found to be damaged, the parent/guardian of the camper assumes the cost of replacing the protective pouch in full, ranging from \$20-\$25. Camper will not be able to participate at another Hot Shots Camp session until the balance is paid in full.
- This policy is subject to change at the discretion of DYS Staff. We will review this policy in full at the Parent Orientation session 2 weeks prior to camp.

## **OTHER SMART DEVICES**

**We highly encourage you to leave all other electronic devices at home.** This includes MP3 players, iPods, iPads, laptops, smart watches,, headphones, e-book readers, etc. Campers are allowed to wear a smart watch so long as it does not connect to data.

**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](mailto:camp@dys4kids.org) or call (419-291-1238), before Noon each day of camp and leave a message requesting the staff respond 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 419-291.1238.

## **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 5-7 days for mail to get to camp (or to get home). **To ensure all mail is received while the camper is present, we highly recommend giving mail to DYS Staff at Check-In.**

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 every effort is being made to ensure 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 **@midshots24** or **@bigshot24** to **81010** to set it up. Or you can download the "Remind" app and ask to "join a class". Our class code is **@midshots24 or @bigshot24**

**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. At Big Shots, we will have open programming- allowing campers to travel in groups to multiple options of activities in a set time. 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 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 to 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
- Spandex shorts or other excessively tight clothing
- Spaghetti Strap, Halter, or other revealing tops
- Pajamas for daytime use
- Offensive language/gestures on clothing
- Sandals, Crocs
- 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. In honor of the 2024 theme: Olympics we will have 'togas' for campers to wear if they do not have acceptable clothing.**

**Examples of sandals WITHOUT 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 Lucas County Deputy 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. We always plan for gluten-free campers and can accommodate vegetarian diets. Please note if your camper is a 'picky eater' on the Nutrition Registration Form.

## **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 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, the policy requires we do additional testing, but to do so routinely will be difficult for our staff to accommodate without a lot of "downtime" 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**

- 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)
- 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!**
- 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.
- 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 allow caregivers 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. Counsleors and staff will create a Lost and Found Box and campers will have the opportunity to look for items before they return home. All items not claimed 2 weeks after camp will be donated.

**Do NOT bring...**

iPads, laptops, e-book readers, portable CD/DVD Players, hair dryers, hand-held video games or 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 safekeeping 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!

**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.

**Middle Shots Toga Party:** In honor of our 2024 theme Olympics, we will celebrate the end of camp by honoring the attire of ancient Greece while engaging in fun activities at camp. Campers do not need to bring any additional items as we can [turn their bed sheets into togas!](#) If you would like to bring additional props for that evening you are welcome to do so as long as you can easily move around.

**Big Shots Ice Skating:** In Honor of our 2024 theme Olympics, we will celebrate the end of camp by partaking in an off-site ice-skating activity. Campers will be transported with staff via school bus, about a 30-minute drive one way on the last full day of camp. ***Please remember to bring warm clothing with you so you don't freeze!***

## Middle Shots Camper Packing List

**ANY AND ALL PERSONAL ITEMS SHOULD BE MARKED WITH THE CAMPER'S NAME.**  
**DO NOT PACK YOUR WHOLE ROOM!**

- 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 water bottle
- 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)
- 4-5 pairs of cotton socks
- Raincoat/poncho
- 3-4 T-shirts
- Pajamas
- 1 sweatshirt or jacket
- 3 pairs of shorts
- 4-5 pairs of underwear
- Bathing suit
- Swimming Goggles
- 1 or 2 bath towels
- 1 beach towel
- Set of twin sheets (will be used during final party, loose sheets are ideal but fitted also work)
- Light blanket or sleeping bag
- Pillow (with pillowcase)
- Something special from home (picture, small stuffed animal)
- 1 singular item to tie-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
- Optional: disposable camera, bandana, hat, sunglasses, frisbee, playing cards, journal & pen

## Big Shots Camper Packing List

**ANY AND ALL PERSONAL ITEMS SHOULD BE MARKED WITH THE CAMPER'S NAME.**  
**DO NOT PACK YOUR WHOLE ROOM!**

- 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 water bottle
- 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
- Set of twin sheets with a light blanket or sleeping bag
- Pillow (with pillowcase)
- Something special from home (picture, small stuffed animal)
- Any additional warm items for ice skating- gloves, hats, thick socks, etc.
- 1 singular item to tie-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
- Optional: disposable camera, bandana, hat, sunglasses, frisbee, playing cards, journal & pen