SUMMER CAMP GUIDE 2016
A guide to D-Camps...

TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>LETTER TO CAMPERS AND FAMILIES</td>
<td>3</td>
</tr>
<tr>
<td>ABOUT D-CAMPS</td>
<td>4</td>
</tr>
<tr>
<td>• THE CDA CAMPING PROGRAM</td>
<td>4</td>
</tr>
<tr>
<td>• GOALS OF D-CAMPS</td>
<td>4</td>
</tr>
<tr>
<td>ABOUT OUR STAFF</td>
<td>5</td>
</tr>
<tr>
<td>• PROGRAM</td>
<td>5</td>
</tr>
<tr>
<td>• MEDICAL</td>
<td>5</td>
</tr>
<tr>
<td>MEDICAL SUPERVISION AT CAMP</td>
<td>6 &amp; 7</td>
</tr>
<tr>
<td>BEHAVIOUR AT CAMP</td>
<td>8</td>
</tr>
<tr>
<td>D-CAMPS POLICIES</td>
<td>9</td>
</tr>
<tr>
<td>• BULLYING AT CAMP</td>
<td>9</td>
</tr>
<tr>
<td>• ELECTRONICS</td>
<td>9</td>
</tr>
<tr>
<td>• WHAT NOT TO BRING</td>
<td>10</td>
</tr>
<tr>
<td>• TELEPHONE</td>
<td>10</td>
</tr>
<tr>
<td>• VISITOR’S</td>
<td>10</td>
</tr>
<tr>
<td>CAMP STORE</td>
<td>11</td>
</tr>
<tr>
<td>• ONLINE</td>
<td>11</td>
</tr>
<tr>
<td>• ONSITE</td>
<td>11</td>
</tr>
<tr>
<td>CAMP FEES</td>
<td>12</td>
</tr>
<tr>
<td>CANCELLATION/REFUND POLICY</td>
<td>12</td>
</tr>
<tr>
<td>ADDITIONAL CAMP FORMS</td>
<td>12</td>
</tr>
<tr>
<td>SUPPORTERS</td>
<td>12</td>
</tr>
</tbody>
</table>
A LETTER TO CAMPERS AND FAMILIES

Dear Camper and Family,

You are about to embark on an amazing adventure at camp this summer. We are so excited that you will be joining us in our 63rd summer! This year, you will have the opportunity to meet new friends, try exciting, new activities and learn more about diabetes management.

Camp is an exciting and fun-filled place, packed with new friends, adventures, songs, campfires, games, and many other unforgettable experiences.

This Camp Guide is going to help you understand the things about D-Camps that are consistent across the country. Things like our policies and philosophies. For camp specific information about pick-up times, location and packing lists please see our website to review the Camp Information Guide for the Camp your child is attending.

It is very common for both the children and their parents/guardians to have feelings of anxiety and nervousness prior to the start of camp. That is a normal part of the process. We hope that once you have read through this Camp Guide and have taken a look at the Camp Information Package for the camp your child is attending you will have a clear picture of what to expect at camp.

If you have any questions or concerns after you have read this guide please do not hesitate to contact us.

Sincerely,

The D-Camps Team!
ABOUT D-CAMPS
THE CANADIAN DIABETES ASSOCIATION’S CAMP PROGRAM

The Canadian Diabetes Association’s camping tradition began in 1953 with the establishment of Camp Banting in Eastern Ontario. Since that time our camp program has grown extensively and the Association currently operates twelve camp programs across nine provinces. From the beginning, the focus of the Canadian Diabetes Association’s camping programs has been to provide children living with type-1 diabetes opportunities to enjoy an authentic camp experience in a medically accommodating environment with a dedicated team of medical professional.

Our campers get the chance to meet and interact with other children and staff living with type 1 diabetes – what a great opportunity! Many of these relationships develop into lifelong friendships with others facing similar challenges as your camper.

Through attending camp we are confident your child will gain independence in managing their diabetes and feel empowered to continue the healthy practices they learned at camp, and know that they are not alone in living with type 1 diabetes.

At the Canadian Diabetes Association and D-Camps we believe that our camp and youth programs are for all children and youth living with type 1 diabetes regardless of ability, colour, ethnicity, exceptionality, gender identity or expression, race, religion, and/or sexual orientation

If you have any questions about how we can best support your child at our programs please contact our Camp Manager or Camp Coordinator. We would be happy to discuss how we can best accommodate you and your camper to have a great experience.

THE GOALS OF D-CAMPS

- Teach independent, self-management of diabetes
- Nurture friendships
- Improve self-esteem
- Provide a safe, fun and educational camp experience
ABOUT OUR STAFF

Program Staff

Every year, the Canadian Diabetes Association recruit, screen and train a staff team focused on ensuring the best possible experience for your camper. Every member of the seasonal staff team has been interviewed by a member of the management team, has two current references on file, have First Aid and CPR training, and has a completed background check with the CDA. All staff participate in a pre-season training program, led by full-time members of the D-Camps Team. The training program is designed so that all members of the staff team are equipped to teach the program areas at our facilities are knowledgeable about CDA policies and procedures and are ready to help your camper get the most from their experience attending a D-camp. Staff are also trained by the Medical Director on type 1 diabetes, how to test blood sugars, and how to recognize and treat lows/highs. Many of our staff team live with type 1 diabetes and are living in the cabin group with your camper. Because we provide 24 hour supervision this creates endless opportunities for your camper to learn and relate to a young adult role-model living with type 1 diabetes.

Medical Staff

Our medical staff team consists of physicians, nurses, and dietitians. These professionals provide top-notch medical care to the campers and staff, and are a key part to the operation of D-Camps. They are always on hand for your camper, whether you are new to diagnosis or your camper is approaching adulthood, they are a great resource.
MEDICAL SUPERVISION AT CAMP

Your child’s health is one of our key priorities at camp. Our team of Doctors, Diabetes Educators, Registered Nurses, and Registered Dietitians are dedicated to the wellbeing of your child. This includes helping your child to manage their diabetes, as well as looking after other medical needs as required.

Blood Glucose Monitoring

Generally speaking, campers are much more active at camp than when they are at school or home. This new schedule may make it more challenging to maintain blood glucose levels.

Please note that all blood glucose monitoring supplies are provided for campers while at camp. Campers will monitor their blood glucose using meters, single-use lancets, and testing strips that are all provided by D-Camps. That we are able to provide through the generous support of our industry partners. This allows for the highest level of blood glucose reading consistency while at camp. Blood testing is supervised by D-Camps staff members and any assistance required by your camper will be accommodated.

Night-Time Blood Glucose Testing

Your child’s blood glucose is tested before bed and children whose blood glucose is out of a safe range will be tested and treated throughout the night by trained staff. We recognize campers’ need for quality sleep and our medical team works very hard to minimize any disruption to campers’ sleep. Our staff make every attempt to complete night time testing and treatment in cabin and without waking campers. There may be situations where campers must be woken up to be tested or treated, and isolated situations where campers may have to spend time in the Health Centre to ensure blood sugar stabilizes to a safe level.

Medications

If your child uses any medication other than insulin, please be sure to send the necessary amount for their stay at camp. All medication MUST be in its original container, with a clear label identifying the medication, medication dose and your child’s name on it. Upon arrival at camp please check all your campers’ medication in with the Medical Staff Team.

Diabetes Education

The opportunity to meet, learn, and play with other people living with diabetes is of enormous benefit. Older campers and staff members living with diabetes provide role models for younger campers who are developing confidence to manage their diabetes. Learning opportunities happen everywhere at camp - whether it’s a doctor discussing insulin dosages, a dietician ensuring a meal plan is just right, or a cabin group discussing different types of insulin pumps. The sense of community created by being surrounded by people with type 1 diabetes is an amazing aspect of the D-Camps experience.
**BEDWETTING**

Bed-wetting is a common occurrence at camp. As our counselors sleep in the same cabin as their campers, there is always a friendly face available to help change bedding in the middle of the night. In the morning, bedding will be bundled up discreetly and taken to our laundry area for washing. If your child has a history of bed-wetting talk to your child about what to do if they wet the bed. Please send extra sheets and blankets for bedding, as they are much easier to wash than a sleeping bag and consider sending Pull-Ups if this is a strategy you would like us to use for your child at camp.

**MISSING HOME**

Missing home is a common experience for many children. While at camp, your camper will be supported by excellent staff who are trained to work with you camper around their anxieties of being away from home and help them to be more comfortable at camp. If you suspect that your child may become homesick while at camp, please consider these helpful hints:

- Encourage your child’s independence throughout the year. Before camp, try to have your child sleep over at a friend or family member’s house.
- If your child thinks that you are unsure about camp, they will become unsure themselves. Be confident!
- Acknowledge that you will miss your child but *emphasize* the fun they will have while away. For example, you can say “I am going to miss you, but I know that you will have a good time at camp. We are so excited you get to go to camp”.
- Don’t bribe. Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child’s new found confidence and independence.
- Pack a personal item from home, such as a stuffed animal.
- Generally we discourage campers calling home. In the vast majority of cases, this only increases the feeling of homesickness that campers experience. Please do not promise your child that they can call home from camp.
- Our D-Camps Family Camp program may be a good introduction to our camping program and may give your child a better understanding of what they will do at camp for week while possibly making new camp friends. It is also great for adults who are nervous about sending their child to camp for all the same reasons!
BEHAVIOUR AT CAMP

Awesome Behaviour at Camp
The focus of our camp is on teaching independence and self-management of diabetes, facilitating friendships, improving self-esteem of our campers, all in a safe, fun, educational setting. To ensure all campers get the most out of camp, we expect everybody to:

✓ Cooperate with staff and fellow campers
✓ Treat everybody at camp with respect
✓ Have a positive attitude
✓ Try new things
✓ Follow camp rules, including activity rules, cabin rules and all camp rules

Unacceptable Behaviour at Camp
In order to ensure all campers are safe at camp, the following behavior is unacceptable. Campers who display any of the behaviour listed below will be asked to stop. If the behavior continues and/or escalates after being spoken to by their counselor, the camp director will speak with the camper. The camp director may call home to consult parents/guardians about the behavior. If a camper cannot change their behavior the camp director may dismiss the camper. No refunds will be provided for campers who are dismissed due to behavioural concerns and guardians are responsible for picking up their camper if they are dismissed.

Examples of unacceptable behaviours are:

× Bullying
× Swearing
× Play-fighting or wrestling
× Causing physical or emotional harm to himself, herself or another person
× Risking the safety of self, other campers and/or staff
× Not listening and cooperating with camp staff, resulting in an unsafe camping program
× Endangering self and/or another by misuse of medical supplies
× Non-compliance to the prescribed medical or dietary regime
× Consumption of alcohol, illegal drug use and/or tobacco products
**CAMP POLICIES**

**BULLYING AT CAMP**

At camp, bullying is not acceptable and will not be tolerated.

Unfortunately, people who are bullied may not have the same opportunity to get the most out of their camp experience. Our camp staff are trained to deal with bullying, and will work with campers to prevent it at camp. If bullying does occur at camp, we will treat the situation seriously. If a camper bullies another camper, they will be asked to stop and provided strategies to change their behaviour. If their behaviour does not change, the camp director may dismiss the camper from camp.

**CAMP IS AN UN-PLUGGED COMMUNITY**

And we are proud of it!

We believe strongly that part of a healthy camp experience is providing campers with the opportunities to strengthen their sense of independence. D-Camp programs emphasize community living in a supportive and healthy natural setting. Electronic devices often remove or detach a camper from this community and natural setting.

Our experience is that campers thrive best at D-Camps when they learn to develop relationships and negotiate challenges with those around them. We believe that the success of each child at D-Camps is greatly enhanced through the absence of electronic devices.

“The artificial needs created by new electronic technologies – to see and hear everything the instant it happens – are not always developmentally appropriate needs for our children. To wait a few days for a traditional letter to arrive gives parents and children alike the time to reflect, form new relationships, solve problems independently and understand their emotions. In these ways, unplugging the digital umbilical promotes health growth and self-reliance.”

Dr. Christopher Thurber, Child Psychologist

Digital Cameras are the only non-medical electronic devices permitted at camp. iPhones, Blackberries, Android phones and other smartphones cannot be used as digital cameras while at camp.

At camp, non-medical electronic devices are not permitted. These include:

- Cell phones
- iPhones, Blackberries, Android phones other smartphones
- Hand-held gaming devices and laptops
- iPods or MP3 players
- Any other non-medical electronic device

Electronic devices will be removed from campers and held in the Camp Office until the end of camp. D-Camps will not be responsible for damage or loss of electronic devices at camp.
WHAT NOT TO BRING TO CAMP

The following items are not allowed at camp:

- Alcohol, non-prescriptions drugs, drugs not prescribed to the camper, tobacco products
- Knives, including camping or Swiss army knives
- Valuable or precious items
- Matches or lighters
- Food
- Non-medical electronics with the exception of digital cameras.

VISITOR’S POLICY

We discourage families from visiting their children while at camp. Camp is a unique opportunity for your camper to develop independence in a supportive environment. It may be tempting to visit your child while they are at camp but in our experience this can be disruptive, increase homesickness and cause jealousy in other campers. If a visit to camp is required due to unforeseen circumstances please contact the D-Camps team to arrive for appropriate preparation.
CAMP CLOTHING SALES

Online Store

When you order through our online store, your camper will receive their camp-brand items during the session at camp! Our online store sells a variety of camp items. Please take a look at what is offered in the online store here.

All online orders must be completed by May 31st, 2016. This ensures that we have enough time to process orders for all twelve of our camps.

Should you wish to exchange a size we will be happy to do so if we have your size in stock.

Onsite Store

There is also the opportunity to purchase camp clothing and merchandise at camp or when you drop-off your camper.

Cash or credit cards are the accepted methods of payment when purchasing items on drop-off or pick-up day.

Should you wish to exchange a size we will be happy to do so if we have your size in stock.
ADDITIONAL CAMP FORMS
There are multiple forms that we require in order to have the information needed to provide your camper with the best experience possible. To access the additional forms through your online account please click here.

CAMP FEES
We understand that every family’s budget is different. We have developed a three-tiered pricing program to help cover costs for those who need financial support. Regardless of the amount paid your child’s experience at camp will not change.

Even at tier one; roughly half of the costs of camp are subsidized by the Canadian Diabetes Association. Please choose the tier that represents what your family can afford for a D-Camps experience. We truly appreciate your support in helping us continue to provide memorable camping experiences to children with type 1 diabetes across Canada.

If tier three will be a challenge for you and your family to afford please fill out the ‘Financial Assistance Form’ in the registration process. If you have decide to pay tier one, two or three please note you do not need to fill out the ‘Financial Assistance Form’.

CANCELLATION/REFUND POLICY
Camp fees (less deposit) are fully refundable. Notification of cancellation is required in writing or via email, and must be received by the Camp Registrar no later than four weeks prior to the camp start date to receive a refund. Cancellation requests made later will be considered on a case by case basis. If a child has to leave camp for unforeseen circumstances please discuss refund options with the D-Camps staff team.

Please note that cancellations must be made directly through the Camp Registrar and cannot be made through area branch offices or other Association staff. Families who do not cancel will still be required to pay the balance of their camp fees.

If you decide to cancel your camp registration or send in paper version of forms please contact:

Natalie Tius
Registrar, Camp & Youth Programs
Canadian Diabetes Association
360-1385 W 8th Avenue
Vancouver BC V6H 3V9
natalie.tius@diabetes.ca or 1-800-BANTING