

2019 CAMP GUIDE



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A LETTER TO ALL LDP PARTICIPANTS AND FAMILIES

Dear LDPs, Families, and Guardians,

We are so excited that you will be joining us for our Leadership Development program (LDP) at Camp Huronda this summer. This information package is designed to be used in tandem with the general Camp Huronda Summer Camp Information Package and D-Camps Handbook.

The D-Camps LD programs are a transitional period between being a camper and becoming a leader at camp and beyond. Not only are the programs designed to provide youth with the skills necessary to become an effective camp counsellor, they also aim to promote personal growth and development, and a greater sense of self-esteem. The emphasis in LDP is on the development of both leadership soft skills in areas such as communication, camper care, and team building as well as physical hard skills, such as canoeing, camping, archery, etc.

We are very excited to be continuing our expansion to the LD program at Camp Huronda. In the summer of 2017, we introduced the LDP 1 program, offered only in the month of July. Once again for 2019, we will be offering this two week long, LDP 1 program every session, for the entire summer. Descriptions of these two programs are outlined below in the Ontario LD Program Options.

Before you start packing your suitcase, please read our D-Camps Guide and this Information Package. It is full of information that will prepare you to have the best camp experience possible. Some of the important information included in this package is:

- Packing List
- Ontario Leadership Development Program Options
- LDP Programs and Activities
- Session Dates
- Directions and Transportation
- Communication Home
- Additional Medical Information & Communication
- LDP Diabetes Management
- Serving Diverse Participants
- Open House and Volunteer Work Day

From all of us at Diabetes Canada and Ontario D-Camps, we are excited that you are joining the D-Camps family. If you have any questions or concerns please contact Lauren directly at 226-378-7854 about camp at any time.

Sincerely,

The D-Camps Team



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Manager
Camp Huronda

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PACKING LIST

DO NOT OVERPACK. Despite the length of the LDP sessions, pick out the essentials and avoid bringing too many of one item. Please label everything your participant brings to camp. Please include a packing list with the corresponding quantities if you would like your camper to use when packing at the end of camp.

MEDICAL		
<input type="checkbox"/> Insulin (enough for the entire session)	<input type="checkbox"/> Pump batteries	
<input type="checkbox"/> Insulin Pens	<input type="checkbox"/> CGM (sensors, transmitter, receiver) – please connect with the Camp Director to learn how these tools work at camp	
<input type="checkbox"/> Pump Supplies (labelled)		
<input type="checkbox"/> Other medications (must be in original containers)		
<p>You know your camper best. Please pack enough medical/diabetes management supplies for the duration of the session. Camp Huronda will supply syringes, pen needle tips, lancets, blood glucose meters, testing strips, and ketone testing supplies. Please remember to pack supplies for traveling to and from camp. Camp Huronda will also supply emergency medical supplies, like glucagon.</p>		
CLOTHING – all campers will have mid-session laundry		
<input type="checkbox"/> 7 pairs of socks	<input type="checkbox"/> 2 sweatshirts	<input type="checkbox"/> 1 waterproof rain suit
<input type="checkbox"/> Supply of underwear for the session	<input type="checkbox"/> 1-2 long-sleeve shirts	<input type="checkbox"/> 1 pair rubber boots
<input type="checkbox"/> 3 pairs of shorts	<input type="checkbox"/> Flip flops or sandals	<input type="checkbox"/> 2 swim suits (no tie up bikinis please)
<input type="checkbox"/> 2 pairs of pants/sweatpants	<input type="checkbox"/> 2 pairs of closed-toe shoes (one pair should be running shoes for overnight trips)	<input type="checkbox"/> 2 sets pajamas
<input type="checkbox"/> 7 t-shirts	<input type="checkbox"/> 1 pair athletic sandals	<input type="checkbox"/> Nice clothes for final banquet
		<input type="checkbox"/> LDP2: jeans and a white top
SUN SAFETY		
<input type="checkbox"/> 1 hat with brim (mandatory)	<input type="checkbox"/> Sunscreen (minimum 30 SPF)	<input type="checkbox"/> UV Protective/Swim Shirt
<input type="checkbox"/> Water bottle (mandatory)		<input type="checkbox"/> Sunglasses
CAMP STUFF		
<input type="checkbox"/> Sleeping Bag	<input type="checkbox"/> 2 lightweight towels (easy drying for swimming and showers)	OPTIONAL
<input type="checkbox"/> Additional sheets/blankets (optional)	<input type="checkbox"/> Daypack (for camera, rain gear, waterbottle, etc)	<input type="checkbox"/> Pen, paper, stamps (addressed & stamped envelopes/postcards)
<input type="checkbox"/> Pillow	<input type="checkbox"/> Camera (cell phones with camera are NOT acceptable)	<input type="checkbox"/> 30L dry bag for canoe trips
<input type="checkbox"/> Insect repellent	<input type="checkbox"/> Empty large plastic bags for wet & dirty clothes to come home in	<input type="checkbox"/> Small sleeping bag for trip
<input type="checkbox"/> Toiletry Kit (soap, shampoo, facecloth, toothbrush, toothpaste, comb, deodorant, etc)		<input type="checkbox"/> Silly Costume for the First Night of Camp campfire!
<input type="checkbox"/> Flashlight/headlamp		<input type="checkbox"/> Acoustic musical instruments
		<input type="checkbox"/> Concordia Day Colours (red, green, black, and blue clothing & accessories)
WHAT NOT TO BRING		
<input checked="" type="checkbox"/> Alcohol, non-prescription drugs, drugs not prescribed to the camper, tobacco products, electronic smoking devices	<input checked="" type="checkbox"/> <u>ANY</u> non-medical electronics with the exception of digital camera	
<input checked="" type="checkbox"/> Knives, including camping or Swiss army knives	<input checked="" type="checkbox"/> Smartphones (unless being used as a Dexcom G5 receiver – follow up required)	
<input checked="" type="checkbox"/> Valuable or precious items (i.e. jewellery)	<input checked="" type="checkbox"/> Nightscout or similar devices	
<input checked="" type="checkbox"/> Matches or lighters		
<input checked="" type="checkbox"/> Food		

Diabetes Canada is not responsible for lost or stolen items.



LEADERSHIP DEVELOPMENT PROGRAM OPTIONS

LEADERSHIP DEVELOPMENT PROGRAM 1 (LDP 1)

This relatively new two-week leadership development program is designed for 16-year-old participants and is offered every session throughout the summer at Camp Huronda. It is intended to be the first step of the two-part Huronda Leadership Development Program. It focuses on developing hard skills, such as canoeing and outdoor living skills, and laying the foundation for Huronda LDP2. The highlights of this program are a two to three-night white water canoe trip and certification, and opportunities to shadow camp staff in their program facilitation.

THE GOALS OF THE LDP1 PROGRAM:

- To understand fundamental leadership skills integrated into typical camp life
- Concentrated hard skill development in the core elements of camp programming
- To gain confidence in self-advocacy for living with diabetes
- To have a fun, safe, and educational camp experience with a heightened accountability for respecting others

LEADERSHIP DEVELOPMENT PROGRAM 2 (LDP 2)

Formerly, the only LDP option at Camp Huronda, this four-week program is for 17-year olds and encompasses all aspects of an exceptional Leadership Program. This includes building the hard skills participants will need to be successful camp staff, such as archery, high ropes and climbing, swimming, and camping skills as well as soft skills that are integral in developing as a future camp counsellor. This program focuses on the growth of counselling, facilitation, and teaching skills. The highlights of the Huronda LDP2 are Cabin Placements and a 5-6 day canoe trip in Algonquin Park. Given that 2017 was the introductory year for the LDP1 program, there was a transitional process in terms of age requirements for participants. In 2019, and in all future years, the age requirement for LDP2 is 17 years old.

THE GOALS OF THE LDP2 PROGRAM:

- To gain confidence in leadership abilities, such as problem solving, facilitating activities, collaborating with diverse learning styles, and more
- To recognize and engage in learning opportunities present in many aspects of camp life
- To develop healthy, positive diabetes self-management techniques
- To develop essential skills and abilities for future employment and volunteer opportunities



LDP PROGRAM AND ACTIVITIES

LDPs will be exposed to a wide variety of activities, but in particular, will be undertaking a great experience in developing leadership skills, soft skills like trust, team building, problem-solving and conflict resolution. Participants will receive individual instruction from our staff members in order to help them develop new skills and allow them to take part in cabin group activities and to participate in games and theme events that involve the entire camp. Though much of the LDP programs are camp-based, the skills and ideas encountered are meant to be transitional into the home community as well. The variety of skill areas that D-Camps offer presents an ideal platform for LDP participants to begin exercising their leadership skills as they develop over the summer.

Some prospective LDPs may be unsure about the nature of a soft skills session, or its value. These sessions often take place away from the rest of camp, focusing on development of the LDP group. They are less active and involve elements of counselling and teaching, mixed with interactive and inquisitive learning. We may sit in a circle sharing experiences. We may play demonstrative games. We may break off into groups, and then come back together to share something we've created. Each session will have a theme (i.e. Values, Counselling Skills, Conflict Resolution), and there are countless ways the group might work together to come to terms with a new understanding of that theme. LDPs are encouraged to use skill sessions to develop new confidence within the group and connect better with each other. Engagement in skill sessions and continued learning beyond the close of a session is a quality of an effective LDP.

Camp Huronda LDP1 Certifications	ORCKA Flat Water 3 - Tandem Canoeing Certification, ORCKA White Water Canoeing Certification, Entry to the Duke of Edinburgh Silver Level Award
Camp Huronda LDP2 Certifications	Bronze Medallion/Cross, Standard First Aid with CPR C, HIGH FIVE Principles of Healthy Child Development, Entry to the Duke of Edinburgh Silver Level Award
Hard Skill Development Activities	Archery, Art, Canoeing, Climbing, Kayaking, Drama, Mountain Biking, Outdoor Living Skills, Pottery, Swimming, Camp Counselling, Diabetes Management
Soft Skill Development Activities	Conflict Resolution, Problem Solving, Leadership, Team Work, Community Living
LDP Canoe Trips	All LDPs will participate in an extended wilderness canoe trip. Trip Nurses and trained staff will be present. Camp Huronda LDP1: 5 to 6 night Canoe Trip in Algonquin Park Camp Huronda LDP2: 3 night white water Canoe Trip



SESSION DATES

LDP SESSIONS

LDP 1 Session A	Sun, June 30 – Fri, July 12, 2019	LDP 1 SESSION C	Mon, July 29 – Sat, August 10, 2019
LDP 1 SESSION B	Sun, July 14 – Fri, July 26, 2019	LDP 1 SESSION D	Mon August 12 – Sat, August 24, 2019
LDP 2 (JULY)	Sun, June 30 – Fri, July 26, 2019	LDP 2 (AUG)	Mon, July 29 – Sat, Aug 24, 2019

DIRECTIONS AND TRANSPORTATION



OPTION A: BUS

For 2018, Camp Huronda will offer free return transportation from Toronto to Camp Huronda in Huntsville, ON, for all sessions. This option must be selected through your online account, or by confirming with our Camp Director, Lauren Linklater. Pickup and Drop-off times for this bus option are below. Click on the location to view in Google Maps.

Lunch is NOT provided on the bus. Please ensure your camper has eaten prior to drop-off. Snacks and low supplies will be available.

For Session C only, Camp Huronda will also offer a free return transportation option from Ottawa to Camp Huronda in Huntsville, Ontario. Please note that this is only an option for Session C for the summer of 2018. This option must be selected through your online account, or by confirming with our Camp Director, Lauren Linklater. We are asking those travelling by bus from Ottawa for this session that they pack a lunch for the trip. We will have snacks and low supplies provided, but want everyone to be as comfortable as possible. Pick up and drop-off times and location for this bus option are below. Click on the location to view in Google Maps.



BUS INFORMATION

All Session and All Campers

**Drop-Off Time
First Day of Camp**

12:00 pm

**Pick Up Time
Last Day of Camp**

11:30 am

Bus Location

[John Polanyi Collegiate Institute](#)
640 Lawrence Ave W, Toronto, ON M6A
1B1

Session C ONLY

**Drop-Off Time - First Day
of Camp
(Monday, July 29th)**

9:00 AM

**Pick Up Time - Last Day
of Camp
(Saturday, August 10th)**

1:30 PM

Bus Location

To be announced at a later date.

OPTION B: PARENT/ GUARDIAN DROP OFF AND PICK UP

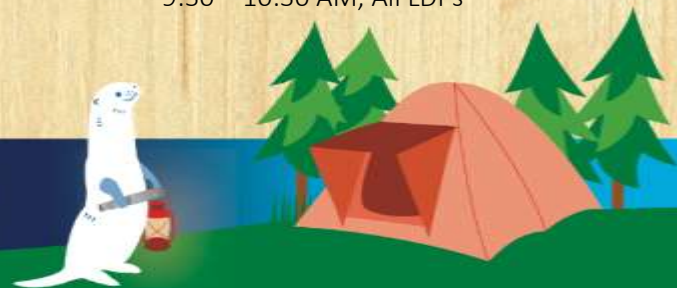
The majority of our campers are dropped off on-site at Camp Huronda. Parents have the opportunity to meet with the medical and program staff to discuss their child's stay at camp during this time as well as getting a chance to see the site.

This summer there will be STAGGERED DROP OFF TIMES to make the check in process as efficient as possible. For the summer of 2018, drop-off times will be done by age. This is age as of the program (as indicated on registration forms). **Please do not arrive early for drop off as we will be preparing for arrival.** Participants that arrive early will be asked to return after drop-off time. We ask for your patience during the drop-off process. All participants will meet with their primary physician during the medical check-in process, as a way for us to best serve our participants.

Directions to Camp Huronda can be found [here](#).

Please note, dogs will not be allowed on the camp premises, with the exception of service dogs. In efforts to maximize the camp programming we ask that parents/guardians depart camp no later than 3:30pm.

SESSION	DROP OFF TO CAMP (FIRST DAY)	PICK UP FROM CAMP (LAST DAY)
Huronda LDP1 "A" Session	Sunday, June 30 th , 2019 2:00 PM, ALL LDPs	Friday, July 12 th , 2019 9:30 – 10:30 AM, All LDPs
Huronda LDP1 "B" Session	Sunday, July 14 th , 2019 2:00 PM, ALL LDPs	Friday, July 26 th , 2019 9:30 – 10:30 AM, All LDPs
Huronda LDP1 "C" Session	Monday, July 29 th , 2019 2:00 PM, ALL LDPs	Saturday, August 10 th , 2019 9:30-10:30 AM, All LDPs
Huronda LDP1 "D" Session	Monday, August 12 th , 2019 2:00 PM, ALL LDPs	Saturday, August 24 th , 2019 9:30 – 10:30 AM, All LDPs
Huronda LDP2 July	Sunday, June 30 th , 2019 2:00 PM, ALL LDPs	Friday, July 26 th , 2019 9:30 – 10:30 AM, All LDPs
Huronda LDP2 August	Sunday, July 29 th , 2019 2:00 PM, ALL LDPs	Saturday, August 24 th , 2019 9:30 – 10:30 AM, All LDPs



LDP DIABETES MANAGEMENT

Participant health is one of our key priorities for the LDP Program. Our team of Doctors, Diabetes Educators, Registered Nurses, and Registered Dietitians are dedicated to the wellbeing of your child. This includes helping your LDP to manage their diabetes, as well as looking after other medical needs. LDPs undergo the same regimen of blood glucose monitoring and careful carb-counting as the rest of camp. They receive the same oversight from our medical staff with their insulin delivery, and many opportunities to discuss variations in their blood sugar with professionals.

We highly encourage our LDP participants to see their time at camp as a learning experience regardless of their diabetes management path. Leadership Development and Medical staff will co-operate to create a culture of LDP accountability and role model behavior. Monitored self-care will be stressed.

As part of their transition towards potential camp staff, LDPs will become camp leaders both formally and informally. Role-modelling effective diabetes management, promoting a positive attitude towards treatment in other campers, and maximizing their physician visits will all be important aspects of the leadership expectations

SUN SAFETY

Camp Huronda is proud to be an official Sun Aware Certified Camp by the Melanoma Network of Canada. This certification recognizes our practices in both teaching and reinforcing sun safe behaviours. Included in this certification is our commitment to training our staff based on the principles of applying broad spectrum sunscreen, wearing light weight clothing and wide brimmed hats, wearing UV protective sunglasses, and seeking shade in the heat of the day. With this, we encourage our participants to do the same. If your camper loves the waterfront and all the activities it has to offer, we encourage you to pack a UV protective water/swim shirt, also known as a rash guard. Extra t-shirts also do the trick! This helps keep our participants sun safe while enjoying all the activities camp has to offer.



SERVING DIVERSE CAMPERS

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

To ensure that we can provide the best experience to all of our participants we ask that families complete all registration forms as fully and truthfully as possible. The more we know about our participants the better we are able to support their needs.

If you have any questions about the fit of your child at our programs please contact our Camp Manager or Camp Director to discuss the support we can provide.



MAIL AND CARE PACKAGES

Everyone enjoys receiving mail, so please write! Mail is delivered to camp daily and we do our best to ensure prompt camper delivery. Send letters prior to or during the first few days of camp to ensure delivery. Letters that do not arrive until after the session has ended will be returned to sender. Packages that come in to Camp Huronda will be screened for food and allergens. Outgoing mail will not be read and incoming packages are only opened to ensure no food products are sent.

E-mail can also be sent to campers through camphuronda@diabetes.ca. This email address is checked once daily and will be delivered to campers as promptly as possible. Please note this is a one-way email service, and campers are unable to respond to emails electronically.

The camp address is:

**Camper's Name and Session
Camp Huronda
1252 South Waseosa Lake Road
Huntsville, ON P1H 2N4**

COMMUNICATION HOME DURING CAMP HURONDA

- During your campers stay at Huronda you can anticipate a check in phone call on day 3 or 4 of your camper's time at camp. This call is designed to provide you with an update from our Assistant Camp Directors. We are more than happy to discuss any questions or concerns you may have at this time!
- Prior to Camp departure parents/guardians can also expect a call to confirm pick up date and mode of transportation.
- Please feel free to contact us should you have any questions while your camper is with us.

MEDICAL INFORMATION AND COMMUNICATION

The medical team at Camp Huronda strives to provide the best care possible for all our campers and counsellors living with diabetes, but that care can be complex in the camp setting. Interactions between campers and medical staff occur frequently, and we monitor glucose levels at meal times, bedtime snack, 2-3 times during the night, and any additional times participants feel the need or want to. We have established protocols aimed at providing a consistent and safe approach to glucose levels that are out of target; however, the approach to glucose control at camp necessarily will differ from that of home. Safety is our most paramount concern, and our protocols are designed specifically with that in mind. We know from decades of experience that children at camp will engage in play activities that are highly variable in intensity and often unpredictable based on camper choice, but in general most children are overall more active at camp than they are at home or school. This variable activity, along with unpredictable changes in weather and dynamic programming, makes maintaining good glucose control at camp challenging across a spectrum of ages and interests. Children who use an insulin pump are also impacted by other variables including but not limited to pump site problems and waterfront activities.



Upon arrival at camp, the doctors will reduce the overall amount of insulin being given by 10-30%, especially during the first few days and nights of camp. Our target glucose during the day is 5-7 mmol/L and during the night is 8-10 mmol/L. Our doctors review glucose patterns daily and will lower insulin when glucose levels are trending low, and will increase insulin when glucose levels are trending high. A photocopy of your child's glucose/insulin record sheet will be provided at the end of the session, and you will undoubtedly note high variability from day to day, and often even from meal to meal. It is not our routine to notify parents about fluctuating glucose levels or the presence of ketones as long as the doctor and your child both agree on a plan to address concerns and that the situation is not causing your child to be unhappy at camp. A letter from the camp physician will also be provided to outline any patterns, concerns, or recommendations based on their time at camp. Aside from diabetes care, likewise we do not necessarily report all minor non-diabetes related medical concerns, for example, minor injuries that do not require special care, or transient complaints such as headache or abdominal pain that resolve. We plan for your child to have a fun and safe experience at camp, but our staff will contact you directly if your child:

- Is having problems with glucose control that would be considered atypical for camp
- Is transported out of camp for medical care at a hospital, clinic, dental office, etc
- Is being started on a prescription medication
- Experiences a hypoglycemic seizure
- Sustains an injury that requires specific treatment, eg. splinting, suturing, etc
- Is admitted to the Insul-Inn for longer than 24 hours, or has a protracted illness
- Sustains a needle-stick injury
- Is found to have head lice
- Is exposed to a contagious disease other than common viral illnesses, colds, etc.
- Receives a major alteration in their insulin regimen, eg. changing an insulin type
- Is non-adherent with medical protocols, or self-administering insulin without consent
- Is exhibiting harmful behaviour towards self or others





OPEN HOUSE AND VOLUNTEER WORK DAY

We invite all new and returning participants to come and join us on Sunday, June 23rd, 2019, for a great day at Camp Huronda. From 11 am to 4pm we will open our doors, provide tours and have various activity areas open for you to try. This is a great opportunity to come spend some time at camp, participate in fun activities, and see the site if you have never visited before. Additionally, anyone who is interested in volunteering for the day to help us keep Camp Huronda beautiful is welcome to join us. There will be small volunteer projects around camp available for people to help support. Please note, Camp Huronda is happy to sign off on volunteer hours for any high school students. Open House will happen rain or shine and there will be a by donation BBQ lunch! The BBQ lunch will have gluten free and vegetarian options available as well. No registration is required for this event, we just ask folks to stop by our check-in table so we can set you up with nametags and schedules for the day.

Hope to see you there, all are welcome!

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