

# Parent & Camper Handbook



## REFERENCE GUIDE

*This handbook will help you prepare for your camping adventure. Our hope is that each of our campers has a wonderful, positive experience. This book will explain some of the ways in which we hope to make that happen.*

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| 5 <b>Behavior Issues</b> – What to expect if a camper goofs up at camp                             | 7 <b>Meals</b>  |
| 4 <b>Chapel Service</b> (Non-Denominational)   | 3 <b>Medical Lecture, Education &amp; Rewards</b>   |
| 3 <b>Classes/Sessions</b> – Active and passive, sessions special sports equipment for some classes | 5 <b>Medical Routines and Supplies</b> – Routines, supplies, pump users, pump supplies, Sick Call |
| 7 <b>Clothing &amp; Other Stuff to Bring</b> – Things NOT to bring                                 | 4 <b>Merit Tickets</b>  |
| 4 <b>Contact Info:</b> Keeping up with your camper - email, phone                                  | 6 <b>Parent Notifications</b> of illness or accident  |
| 3 <b>Dance</b>   | 5 <b>Rules</b> to Keep Camp Safe & Fun  |
| 3 <b>First Day Activities</b> – Settling in, big Brother/ Sister, camper orientation, campfire     | 3 <b>Spirit Stick</b>   |
| 4 <b>Homesickness</b> – adjusting to camp  | 7 <b>Visitor Policy</b> – Only invited guests or enrolled campers allowed                         |
| 6 <b>Laundry Service</b>   |   |

## FIRST DAY ACTIVITIES

We do a lot on registration day. Of course, we do a lot every day, but registration day is especially important. Campers get settled in and they get to know the other campers and their counselors. Shortly after the parents leave, there is a cabin orientation where introductions are made, our daily routine is explained, and the rules of camp are outlined.

**BIG BROTHER/SISTER.** To help ease the transition from home to camp, every camper is assigned a big sibling who is one of the counselors in training in the camper's cabin. The big sibling is a person the camper can go to if he or she is having any problems at camp. Several times during camp the sibling groups spend time together as a unit doing things like writing letters, or talking about specific issues related to diabetes. We call this time "Family Time."

After supper, there will be a movie followed by a Welcome Campfire. Parents, we will be on facebook live at the campfires and all kinds of events so be sure to like the page and hit receive notifications to stay updated.

## CLASSES / SESSIONS

We have lots of classes and activities! Classes are divided into two categories: actives and passives. Active classes are those where our campers expend a lot of energy. For example, Sports Games and Pool both involve a lot of exercise, and participation in those classes will normally result in lower blood sugar. Passive classes, on the other hand, are more relaxed. Crafts and Small Groups don't involve much exercise, but they are still a lot of fun. If campers don't like the classes or sessions, they are given alternative games to choose from. We want to make sure that every camper has a great time at camp.

## DANCE

Our dance is tons of fun! Prizes are awarded for trying your best and trying new things on the dance floor.

## SPIRIT STICK

The Spirit Stick is very special. Each night at dinner the counselors are given a survey to answer for another cabin and the ballots are tallied. The highest score will result in that cabin being the bearer of the Spirit Stick.

## CAMP FREEDOM MED, MEDICAL EDUCATION and MEDICAL PRIZES

We have medical education classes by age group throughout the session. At our nightly debriefing, campers are randomly selected to answer review questions. Answer correctly and win a great prize! At the end of the session a written exam is given to each camper and the camper with the highest score in each cabin will win an even bigger prize! So as you can imagine, it's a great idea to pay attention during my lecture!

## CONTACT INFO: KEEPING UP WITH WHAT'S GOING ON

Parents, if you're wondering how your son or daughter is doing at camp, there are several ways to find out.

- Email – Email is distributed after lunch. Campers hand write their responses and send them to the office to scan and email back to you.
- Phone calls – calls to campers are allowed in cases of emergency

## MERIT TICKETS

Merit tickets are one way we reward our campers for positive contributions in the cabin, in classes and throughout the day. They're great! They're free! And you can buy stuff with them like sugarfree gum, diet drinks, and stuff every evening (no money allowed, just tokens).

## CHAPEL SERVICE (NON-DENOMINATIONAL)

Sunday morning, counselors and campers conduct a non-denominational chapel service. The service is produced by the other campers and centers on the campers Code of Living.

## ADJUSTING TO CAMP

For many campers, being away from home for the first time can be challenging. The Camp Freedom program is very well suited to overcome these challenges. Our counselors are specially trained to help each camper overcome any anxieties they may develop at camp and become comfortable with the environment around them. If your child shows signs of missing home, our counselors will contact you and keep you updated on their progress. In most cases, these anxieties disappear quickly after campers adjust to their new routines and begin forming connections with other campers.

## RULES TO KEEP THINGS SAFE AND FUN

- For the protection of all our campers, we ask that campers never be in a dorm without a counselor (ie. Between classes/activities).
- We ask that you **do not** bring money to camp. If you bring money, please turn it in to your counselor for safekeeping.
- Please do not bring valuable items (like expensive electronics or jewelry) or irreplaceable or sentimental items. Camp Freedom is not responsible for lost or damaged items.
- Please do not bring snacks or drinks of any kind like diet drinks, sugar-free gum, sugar-free candy, sunflower seeds, etc. Snack items and drinks will be provided in sufficient quantities by Camp Freedom. If a camper brings these items inadvertently, we ask that he or she turn them in to their counselor. They will be returned on closing day.
- We ask that campers practice good citizenship while at camp. This includes the prohibition of profanity. Any clothing or personal items that bear inappropriate language, offensive symbols or an inappropriate message will be taken up by the camper's cabin leadership staff. We do not allow campers to wear clothing advertising alcohol or tobacco.
- We ask that campers not bring any personal music to camp including CD's, iPods or MP3 players. Of course, musical instruments to rock the dorm would be okay.
- Male campers may not wear earrings. All other body piercings (such as tongue, nose, naval, etc.) are not permitted for either male or female campers. Unnatural hair color is also prohibited. We ask that our older male campers not wear beards, goatees, or mustaches while at camp.
- Sagging pants or jeans should not be worn.

- Inappropriate physical contact (i.e. anything other than holding hands) between campers or between staff members is not allowed.
- The use or possession of any form of tobacco, alcohol, or illicit drugs will not be tolerated.
- Pocket knives, weapons, wallet chains, water guns or water balloons are not allowed to be kept with campers. If brought to camp, these items should be turned in to the counselor. Hazardous personal sports equipment must be kept secured by the counselor until needed for a program activity.
- No devices with internet connection including laptops, PSPs, or iPads are allowed. If you decide to bring Gameboys or other electronic devices, they should not be used outside of the dorms.
- No cell phones. And, sorry, you cannot use your cell phone for picture taking – you'll have to bring a separate camera for that.
- Campers may not bring animals to camp without prior authorization from the Camp Director's office.
- We ask that campers wear footwear at all times when outdoors.

## BEHAVIOR ISSUES

Believe it or not, we have had campers goof up a little at camp before. Counselors handle the majority of these small problems with as much patience as possible. However, if a camper commits a really serious offense, the situation will be handled by our senior program staff.

Depending on the situation, the program staff may deem it necessary to contact the camper's parents and place the camper on a behavior agreement. This agreement is between the camper, his parents and the camp. It states that the camper agrees to adhere to the camp policies and further violations will necessitate terminating the camp experience immediately to that camper.

Some offenses (such as bringing drugs/alcohol/tobacco to camp, hitting or fighting, or sexual harassment of other campers or staff) are considered so serious that campers committing these offenses are sent home immediately.

## MEDICAL ROUTINES AND SUPPLIES

Routine diabetes supplies, including insulin, syringes, test strips, meters and alcohol swabs are provided by the camp. Other prescribed or over-the-counter medications that are routinely taken by the camper must be provided to us in their originally prescribed packaging or we cannot accept them.

All insulin dosing and adjustments are performed under the supervision of the attending camp physician, insulin doses and diet adjustments are made by the medical staff to insure optimal control and safety of the camper.

Pump users: To insure the safety of pump users the camp has adopted a policy of using an insulin injection for a bolus when a pump user has a blood sugar above 250mg/dl. If two consecutive readings are above 250mg/dl, the insertion site is changed. All pump insertion sites are changed at least every 72 hours.

Pump supplies: if your child is on a pump, be sure to send all pump supplies including tubing, preps, insertions kits, batteries, etc. (We provide the insulin.) With your camper going in and out of the water several times daily, it may be necessary to send enough supplies for daily changes. Be sure to mark all your supplies, as any unused supplies will be returned to you. Be sure to ask for leftovers when you pick up your child.

CGM users: Camp Freedom staff members are trained to use Medtronic, Freestyle and Dexcom continuous glucose monitors. While at camp, CGMs are used for nighttime monitoring and some mealtime dosing (if your device is FDA approved). Finger stick blood tests are required for treatment of reactions and at designated intervals for CGM calibration as recommended by the FDA. CGMs will report to local receivers, but cannot be connected to cell phones while at camp. In addition, local receivers will only be synched to CGM's in cabins and at special events. If your child is on a CGM, be sure to send enough supplies to last the entire session.

Sick call: Not feeling well? Our medical staff is on duty 24 hours a day. Sick call is scheduled every day after breakfast for campers who are not feeling well to go and get checked out.

#### PARENT NOTIFICATION of ILLNESS or ACCIDENT

Whenever a camper has a medical condition necessitating parental input parents/guardians will be notified by telephone as soon as possible. Examples would be: a severe insulin reaction, a need for hospitalization, or a need for special laboratory tests or X-rays. Any medical expenses incurred outside of camp (laboratory, x-ray, etc.) are the responsibility of the camper's guardian.

Camp Freedom's medical team is dedicated to the promotion of excellent diabetic control. As such, we have a somewhat limited ability to care for other issues such as pneumonia, other significant infections, and serious injuries. To better meet the needs of our campers, we will contact parents if their child has presented to our medical staff with a significant illness. This would include, for example, fevers lasting more than 48 hours, breathing problems, persistent cough or congestion, or continued complaints of belly pain for over 72 hours. During our phone conversation, we will discuss the option of having the family pick up the camper in order for him/her to be seen by the child's primary care physician. We can also offer to take the camper to a local pediatrician, but the family will be responsible for payment of any services rendered. Of course, the key to this plan is effective communication and we will endeavor to update all families regarding the medical status of their children as they present to the Camp Freedom onsite medical staff.

#### LAUNDRY SERVICE

Laundry service is available, but because of the short duration of camp we recommend sending a bag for wet or soiled clothes for laundry to be done at home. Campers do not wash their own laundry.

#### CLOTHING & OTHER STUFF TO BRING

Label everything! You may bring your belongings in a trunk or plastic tub with lid. Keep in mind there is limited space in the dorms so it is advised that only the necessary items be brought.

- Clothing: 2-3 pairs of shorts, 1 pair of jeans, 2-3 tee shirts, 4-6 pairs of socks & underwear, 1-2 swimsuits, a light jacket, 1 pair of tennis shoes, 1 pair of flip flops and personal toiletries.
- Linens: 1 set twin sheets, a light blanket or small twin bedspread or a sleeping bag, a pillow and pillowcase, 2-3 towels, and a laundry bag.
- Medicine/Pump Supplies: all routinely taken medicine (prescribed or over-the-counter) in its original packaging, and all pump/CGM supplies other than insulin.
- Optional: camera, rollerblades/skateboard with helmet and pads.
- THINGS NOT TO BRING: food of any kind, inappropriate clothing with offensive language/symbols or tobacco/alcohol advertising, music playing devices (mp3 players, iPods,

iPads), cell phones, internet devices. Also, do not bring expensive items or sentimental items as Camp Freedom is not responsible for lost, broken, or missing items.

#### VISITOR POLICY

For the safety and privacy of our campers, we ask that only invited guests or enrolled campers visit Camp Freedom. All visitors should report to Volunteer Station upon arrival (other than opening day). Non-staff/non-campers are never allowed to walk the grounds without a Camp Freedom authorized guide.

Although we don't have a parent/family visitation day, we encourage parents to keep in touch by calling the main office and visiting the facebook page.

#### MEAL PLANS

On registration day, our dieticians will help you choose the right meal plan for your child. This is also the time to tell us about food allergies. A meal plan may be adjusted while your child is here if the camper's needs are not being met, or if the diet is too small or too large. In any case, we also have a free food salad bar during meal times and snacks throughout the day so that no camper is left hungry.

Sometimes we have a camper who does not like one of the items on the menu – hard to believe, right? For instance, just like this, we have an exchange system whereby campers can trade food they don't like for tastier food of equal nutritional value.