

# GUIDE TO TEEN WINTER CAMP February 18 - 20, 2023

## WELCOME

Diabetes Camping and Educational Services is excited for you to experience our teen winter weekend at Camp Conrad Chinnock. At Camp, you'll have an opportunity to interact and socialize with others who fully understand Type 1 diabetes, while sharing related stories, fears, emotions and past experiences. Attendees will also experience some snow play, leadership building, listen to inspiring speakers on the triumphs and challenges of life with diabetes and encounter other traditional camp activities. It's our goal that teens leave camp with a sense of belonging as we are so excited to host this weekend for them again.

## GENERAL INFORMATION

If you should have any questions about the Winter weekend, please contact:

[info@diabetescamping.org](mailto:info@diabetescamping.org)

Phone: (844) 744-2267

Bus stop address: Don Day Community Center, 14501 Live Oak Avenue, Fontana, 92337. **(All campers must ride the bus to and from Camp)**

Physical address: Camp Conrad Chinnock 4700 Jenks Lake Road East, Angelus Oaks, CA 92305



## COVID-19 TESTS

Our operation procedures for our winter camps have gone through a review resulting that every attendee, staff member, and volunteer will need to be tested for Covid-19 regardless of vaccination status.

- **Each camper must bring an unopened rapid acting Covid-19 test to the bus stop. Campers will test upon check-in.** Please do not interact with anyone until you have been cleared with a negative result by our Medical staff.

## ATTENTION PARENTS

We will be conducting sessions throughout the weekend geared towards self-improvement and team building. For one of the activities YOUR help is needed! Please have someone in the camper's family, whether they have diabetes or not, to write a positive, uplifting letter expressing what makes you proud of them. The letter will be given to your teen on the last night at camp. We will be collecting the letters when you check-in at the bus stop. Make sure the letter is in a sealed envelope with the teen's first and last name on the front.

## BROWN BAG-IT!

As a part of our weekend icebreakers, we ask that each teen to bring one brown lunch bag filled with items that represents them. Select five unique items that your teen would like to share with others. Remember, everything must fit in the brown bag. You can use pictures, souvenirs, trophies, small items, etc. to use to represent them.

## DEPARTURE ON SATURDAY, FEBRUARY 18, 2023

Meet at the parking lot of the Don Day Community Center (14501 Live Oak Avenue, Fontana, 92337) at Southridge Park in Fontana at 9:00AM to take the bus. This is the same location used for summer camp. Please, bring a morning snack; lunch will be served at camp. For the health and safety of our campers we currently are not allowing drop-offs at Camp. It's important to be on time, as we leave quickly for camp from the bus stop.

Please refer to the enclosed map. Directions: take Interstate 10 towards Fontana, (between Interstates 15 and 215). Exit Cherry Avenue and proceed southbound about two miles. The center is at the corner of Cherry and Live Oak Avenues.

Proper face masks must be worn at all times for all individuals within our area during check-in.

We ask that only (1) one parent / legal guardian be present at check-in to avoid large grouping.

If you are running late to the bus stop, please immediately call our main office at (844) 744-226

## RETURN ON MONDAY, FEBRUARY 20, 2023

The bus will leave camp at 10:00AM from Camp Conrad Chinnock and will return to the parking lot at the Don Day Community Center between 11:00AM and 11:30AM.

## LUGGAGE RESTRICTION

Each person will be limited to one carry-on duffel or soft suitcase, sleeping bag, pillow, and diabetes supplies. Do not bring your skis, snowboards, or any modifications of either item!

## CAMP STORE

You may place credit in the store through your Camp Account online. Cash is not accepted. Through your Camp Account, you will also be able to see your camper's funds during the weekend and add additional money if desired.

- The camp store offers a variety of no- or low-carbohydrate (sugar-free) snacks and drinks, such as diet soda, sunflower and pumpkin seeds, and beef jerky. These can be purchased in limited quantities daily.
- Other items include sweatshirts, hats, toiletries (toothbrush, deodorant, shampoo, etc.), toys, lights, water bottles, etc. Those items range in cost between \$1 and \$40.
- A group Camp picture can be pre-ordered online for \$10.

## GROUP PICTURE

If you would like to have an 8" x 10" group photo and did not order one during registration, please go to Camp Minder or registration site and order one prior to Camp. We will take \$10 cash or check (made payable to Diabetes Camping & Educational Services) at check-in at the bus stop.

## FOOD

Our lovely chef and her dedicated kitchen staff will provide all food, including snacks. Leave the junk food at home! If you are on gluten-free foods, please add the additional meal charge in the amount of \$25 within Camp Minder In-Touch account.

## DIABETES MANAGEMENT OPTIONS

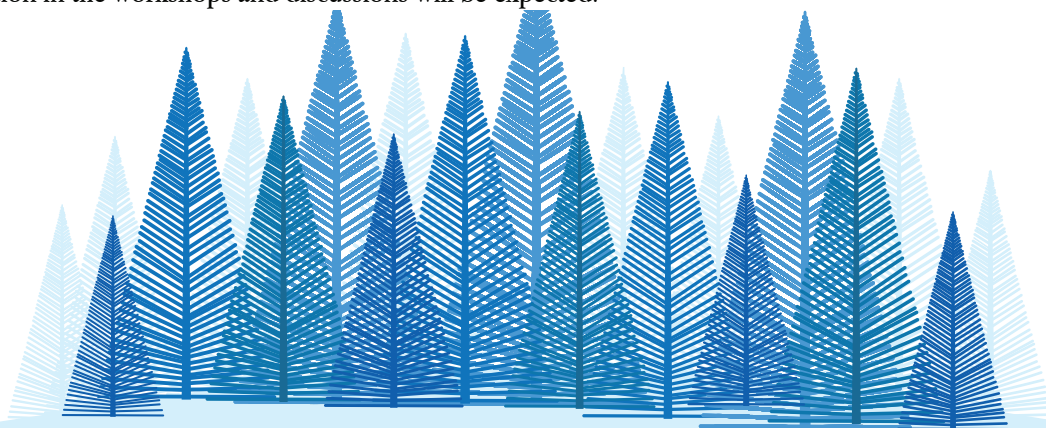
At Teen Winter Camp, there are options for how the camper's diabetes will be managed. As all of the campers are teens, and many are taking care of their own diabetes at home, we would like them to have the option to do this at camp. We would like this to also be an excellent learning experience for all attendees. If your teen is capable of handling all of their diabetes care at home now, we would like to see them continue to do that at camp for this particular weekend.

## ACCOMODATIONS

Your accommodations during your stay at Camp Conrad Chinnock will include the following amenities: luxurious heated dormitory room; your own bunk bed; newly renovated camp bathroom; and comfortable couches in the staff lodge. Paired with stimulating conversation and lively entertainment, who could ask for more?

## FUN WITH FRIENDS

The weekend will include many group building activities, some relating to diabetes, others on building a cohesive group among the weekenders, and exploring issues in today's world. There will be times to sit with friends, but participation in the workshops and discussions will be expected.





## FUN IN THE SNOW

Camp is at 6,800 feet, so listen to snow reports for the San Bernardino Mountains at or below that level. Temperatures may range between 20 and 50 degrees. For current weather conditions, go to <http://www.bensweather.com/>.

## BUS STOP DIRECTIONS

\*As a reminder Diabetes Camping and Educational Services no longer permits campers to be dropped directly off at Camp Conrad Chinnock, all campers must check-in at the bus stop in Fontana.

- 1.) Take Interstate 10 towards Fontana, which is between Interstates 15 and 215.
- 2.) Exit Cherry Avenue and proceed southbound about two miles.
- 3.) Turn left on Live Oak Ave.
- 4.) The Don Day Community Center will be on your right, across from the McDonalds.

## MEDICATIONS AND DIABETES MANAGEMENT

All diabetes supplies you will need for the weekend must be brought with you. Camp will provide glucagon, and other emergency items. If you are on other medications, they need to be brought and checked in with the Medical Team.

Campers with diabetes must bring the enclosed blood-testing log. This will be in addition to your own personal logbook. The purpose of the blood-recording log is in the event of an emergency situation, the medical team will have a copy of your previous week's blood glucoses and insulin doses. This would allow the medical team to make an educated decision on what therapy to deliver if you were unable to participate in the decision-making process. This is a mandatory form! There will be no if, ands or buts. Campers will not be allowed to board the bus if the paperwork is not checked in at the time of arrival. NOTE: teens WITHOUT diabetes who are taking medications must complete the "medications" section of the form. If you lose the form, photocopy your logbook, make a new one on notebook paper, or generate one on the computer. Fill it out as you test the few days prior to camp! The medical team will be checking with you and overseeing your management during the weekend. This is a requirement of the Chief Medical Director as well as the Board of Directors. There's no way around it!

## ILLNESS

Illnesses spread quickly in the camp environment, especially during the winter months. For the safety of all Camp guests and staff, please do not send your teen to Camp if they are ill. You may contact our business office to discuss other options regarding attendance and payment.

## WHAT ELSE IS HAPPENING FOR THE WEEKEND

Our program team has an adventurous weekend planned for everyone! The days at Camp will feature leadership development, group competitions, snow play, campfires, time to chat and relax with each other, and other entertaining activities.

Camper's Name \_\_\_\_\_

## DIABETES MANAGEMENT OPTION

At Camp Conrad-Chinnock's Teen Winter Camp, there are options for how the camper's diabetes will be cared for. As all of the campers are teens, and many are taking care of their own diabetes at home, we would like them to have the option to do this at camp also. We would like this to also be an excellent learning experience for them. If your child is capable of handling all of their diabetes care at home now, we would like to see them continue to do that at camp.

**The diabetes care options are as follows:**

### SELF-ADJUSTMENT OPTION

The camper will make all insulin-dosing decisions at shot time on their own or with consultation with their counselor or other campers. A diabetic staff or medical staff member will confirm the dose drawn up in the syringe along with the recorded blood glucose and recorded insulin dose. The camper will keep the insulin and testing equipment in their cabin. Testing and insulin injections will be done as a cabin group with counselor present. The camper will keep accurate records of both blood glucose and insulin given on the camp record cards. If the camper has any questions at test/shot time, the Session Medical Director (a Pediatric Endocrinologist), will be available at camp. At least once a day, the Session Medical Director will review the glucose/insulin records and any suggestions for future adjustments will be written on the record cards. It is expected that the camper will utilize the Session Medical Directors input when making the next insulin decision.

With this system, the camper has full responsibility for taking a reasonable and safe insulin dose as shot time. It can be a good learning experience by getting daily feedback from the camp physician. Use this option if you are comfortable with your camper making such decisions on his or her own. Upon daily review, the Pediatric Endocrinologist may remove this option and place the camper under the 'extra medical help' option.

### EXTRA MEDICAL HELP OPTION

With this option the camper will continue to do all testing and recording in their cabin group, and will keep all testing equipment, insulin and syringes in their cabin. After testing and recording their blood sugars, the camper will take the test sheet to the Session Medical Director to discuss and set an insulin dose for that shot. This method will decrease the risk of an inappropriate dose of insulin being given. Choose this option if your camper does not regularly adjust insulin on his or her own at home.

**PLEASE ENROLL MY CHILD IN THE FOLLOWING DIABETES CARE PROGRAM:**

☐ Self-Adjustment      ☐ Extra Medical Help

Camper's Name \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



## TEEN WINTER CAMP PACKING LIST

**Limit of one duffel bag and one sleeping bag with pillow**

- ☐ **Brown Bag-It!** (Select five unique items that your teen would like to share with others)
- ☐ Diabetes supplies (including insulin, syringes, blood testing equipment, etc.) We unfortunately don't supply insulin or testing supplies for Winter Camps.
- ☐ 1 bottle of glucose tabs
- ☐ Insulin pump supplies (tape, insertion sets, battery, etc.)
- ☐ Other medications you are currently taking
- ☐ Flashlight
- ☐ Sleeping bag
- ☐ Pillow
- ☐ Personal hygiene supplies
- ☐ Bath towel
- ☐ Heavy, water-resistant jacket or coat
- ☐ Insulated, water-resistant gloves/mittens (two pairs)
- ☐ Warm socks (bring extra pairs)
- ☐ Two pairs of shoes or boots (water-resistant recommended, but not required)
- ☐ Warm, winter-rated clothing
- ☐ Hat or stocking cap
- ☐ A positive attitude!
- ☐ **The blood testing/insulin dose log within this packet**



BLOOD TESTING/INSULIN DOSE LOG

Must be completed prior to check-in!

DATE	BREAKFAST		LUNCH		DINNER		BEDTIME		NOTES					
	DOSE	BG	DOSE	BG	DOSE	BG	DOSE	BG						
2/16/2023														
2/17/2023														
2/18/2023														
2/19/2023														
2/20/2023			XXXXXXXX	XXXXXXXX										
BASAL	RATE	TIME												
#1 (midnight)														
#2														
#3														
#4														
#5														
#6														
#7														
#8														
#9														
Medications (include dose)														