

Kakhamela LDP Guide

2023



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A Letter To Camp Participants and Families

Dear Leadership Development Participants,

We are so excited that you will be joining us at Camp Kakhamela this summer. It is hosted at the beautiful YMCA Camp Elphinstone on the Sunshine Coast.

We have an awesome program planned this summer and we can't wait to share it with you. You'll get to try some amazing activities, meet new friends, and learn more about type 1 diabetes. We hope that by the end of your time at camp, you will have gained confidence, new skills, have a greater appreciation for the outdoors, and have a better understanding of how to manage your own type 1 diabetes.

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:

- Purpose of the LDP Program
- Dates and Transportation
- Packing List
- CGM Policy
- What to Expect as an LDP
- Mailing and Care Packages
- Serving Diverse Campers
- Cancellation and Refund Policy

From all of us at Diabetes Canada and Camp Kakhamela, we are very excited that you are joining the Camp Kakhamela family!

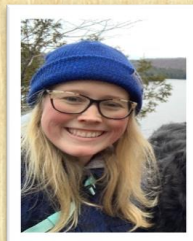
Sincerely,



David Dellio

Camp Director, Western Canada

David.dellio@diabetes.ca



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SR Manager, D-Camps

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PURPOSE OF THE LEADERSHIP DEVELOPMENT PROGRAM

Provides participants with the skills necessary to become a community leader and potential camp staff member in a supportive environment.

The Goals of the Leadership Development 1 Program:

- Understand core, fundamental leadership skills and values
- Understand essential camp programming and facilitation elements
- Build a sense of self through identifying personal goals
- Become a confident member of the diabetes community through advocacy, peer support and communication.
- To have a fun, safe, and educational camp experience awareness of their leadership responsibilities.

The Goals of the Leadership Development 2 Program:

- Grow confidence in leadership abilities, such as problem solving, facilitation, diverse communication techniques, teamwork, and more.
- Practice facilitation skills in camp programming
- Foster positive diabetes self-management strategies with increased role modeling responsibilities.
- Develop essential skills and competencies for future employment
- To support in providing a fun, safe educational camp experience by implementing the skills learned while also increasing their contribution to the greater camp community.

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DIRECTIONS AND TRANSPORTATION

Option A: Horseshoe Bay Ferry Terminal

Most of our campers are dropped off and signed into camp at Horseshoe Bay Ferry Terminal. A representative from Camp Kakhamela will be signing in campers and introducing them to their counselors. This will be happening outside at the passenger pick up/drop off area near the ticket booths. If you depart from Naniamo (Departure Bay) on the earliest ferry, you will make it in time for sign-in.

Session	Sign-in: Opening Day	Sign-out: Closing Day
LDP 1 & 2	Sunday, July 2nd, 2023 • 7:30am	Friday, July 14, 2023 • 3:00pm

Option B: Parent/Guardian drop-off and pick-up

For parents who wish to take their children directly to YMCA Elphinstone, please note the following:

- Drop off: Plan to arrive no earlier than 10:00 AM on opening day. Please park in the first parking lot on the right (Upper Lot).



- Pick up: Your camper will be ready to leave on closing day at 1:00 pm and must be met and signed out no later than 1:30PM. You are welcome to pick up your camper on the last day, tour the camp and enjoy the Sunshine Coast.
- Directions to YMCA Camp Elphinstone can be found [here](#).

Packing List

Please label everything your camper brings to camp. Lost items that are labeled can easily be returned if they are found. Please include a packing list with the corresponding quantities if you would like your camper to use when packing at the end of camp. Please note this list is simply a guideline or suggestion. Please pack clothing and items that make sense for your camper's time at camp. Additionally, this list is recommended for a 1 week stay at camp.

MEDICAL		
<input type="checkbox"/> Insulin (enough for the entire session)	<input type="checkbox"/> Pump batteries (AA/AAA)	<input type="checkbox"/> CGM (sensors, transmitter, receiver) – please connect with the Camp team to learn how these tools work at camp
<input type="checkbox"/> Insulin Pens		
<input type="checkbox"/> Pump Supplies (labelled) – sites, reservoirs, etc		
<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 Kakhamela 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 Kakhamela will also supply emergency medical supplies, like glucagon.</p>		
CLOTHING		
<input type="checkbox"/> 7 pairs of socks	<input type="checkbox"/> 3 sweatshirts	<input type="checkbox"/> 1 pair athletic sandals
<input type="checkbox"/> Supply of underwear for the session	<input type="checkbox"/> 2-3 long-sleeve shirts	<input type="checkbox"/> 1 waterproof rain suit
<input type="checkbox"/> 3 pairs of shorts	<input type="checkbox"/> Flip flops or sandals	<input type="checkbox"/> 1 pair rubber boots
<input type="checkbox"/> 2 pairs of pants/sweatpants	<input type="checkbox"/> 2 pairs of closed-toe shoes (one pair should be running shoes)	<input type="checkbox"/> 2 swimsuits (no tie up bikinis please)
<input type="checkbox"/> 6 t-shirts		<input type="checkbox"/> 2 sets pajamas
SUN SAFETY		
<input type="checkbox"/> 1 hat with brim	<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Sunglasses
<input type="checkbox"/> Water bottle		
CAMP STUFF		



<input type="checkbox"/> Sleeping Bag <input type="checkbox"/> Additional sheets/blankets – single size (optional) <input type="checkbox"/> Pillow <input type="checkbox"/> Insect repellent <input type="checkbox"/> Toiletry Kit (soap, shampoo, facecloth, toothbrush, toothpaste, comb, deodorant, etc) <input type="checkbox"/> Flashlight/headlamp	<input type="checkbox"/> 2 lightweight towels (easy drying for swimming and showers) <input type="checkbox"/> Daypack (for camera, rain gear, water bottle, etc) <input type="checkbox"/> Camera (cell phones with camera are NOT acceptable) <input type="checkbox"/> Empty large plastic bags for wet & dirty clothes to come home in	OPTIONAL <input type="checkbox"/> Pen, paper, stamps (addressed & stamped envelopes/postcards) <input type="checkbox"/> Silly Costume for the First Night of Camp campfire! <input type="checkbox"/> Acoustic musical instruments
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"/> Knives, including camping or Swiss army knives <input checked="" type="checkbox"/> Valuable or precious items (i.e. jewellery) <input checked="" type="checkbox"/> Matches or lighters <input checked="" type="checkbox"/> Food or snacks	<input checked="" type="checkbox"/> <u>ANY</u> non-medical electronics with the exception of digital camera <input checked="" type="checkbox"/> Headphones <input checked="" type="checkbox"/> Smartphones (unless being used as a Dexcom receiver – follow up required) <input checked="" type="checkbox"/> Nightscout or similar devices	

Diabetes Canada is not responsible for lost or stolen items.

We recommend packing belongings in suitcases/luggage or storage containers that can be identified by your camper. We suggest avoiding large garbage bags as they can rip or easily be mixed up during transport!

CONTINUOUS GLUCOSE MONITORING POLICY

With the progression of diabetes treatment tools and technology, we welcome continuous glucose monitoring (CGM) devices and technologies which are approved by Health Canada at D-Camps. **Devices and systems that are yet to be approved by Health Canada cannot be used at D-Camps.** We recognize that some of our participants are use to using CGM technology in their diabetes management and that this provides them with comfort and routine.

Transmitting functions will be turned off while at camp, and if a cellular device is used as a transponder, the SIM card will be removed for the duration of camp and kept in a secure location that will be returned come the end of the camp session.

Medical use for monitoring and treatment of CGMs is up to the discretion of the camps medical team, and we will provide you with an update of what this will look like closer to the camp season!



WHAT TO EXPECT AS A LEADERSHIP DEVELOPMENT PARTICIPANT

Leadership Development Program 1

LDP 1 is for youth who have turned 16 prior to June 30, 2023. In this program, participants will be led by our LDP team. The team will work with the participants (LDP 1s) to develop basic leadership skills such as conflict resolution, communicating clearly, setting goals for yourself and others, leading by example among other important attributes of a leader.

Skill development

- Developing and delivering programs in camp-wide programs
- Conflict resolution
- Problem solving
- Teamwork
- Communication
- Goal setting
- Leadership in a community setting
- Short term hands-on experience managing groups in a summer camp setting

Leadership Development Program 2

LDP 2 is for youth who have turned 17 prior to June 30, 2023. In this program, participants (LDP 2s) will be led by our LDP team. The team will work with the LDP 2s to further develop leadership skills with a focus on being a leader in the camp community. Skills like camper care, dealing with homesickness, planning and leading programs and games and being a positive type 1 diabetes role model. LDP 2s will be spending a substantial portion of their time at camp shadowing counselors in a cabin group. They will have the opportunity to use the skills they are developing and receive feedback from the D-Camps staff team.

Skill development

- Developing and delivering programs in camp-wide programs
- Long term hands-on experience managing groups in a summer camp setting under supervision of staff
- Ongoing mentorship to campers
- Planning and leading activities with guidance from staff
- Mindfulness, and self-management
- Goal setting at camp and throughout the year
- Leadership in a community setting



Mailing and care packages

Everyone enjoys receiving mail, so please write! Mail will be picked up a few times a week and delivered to your camper. 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. Any food, beverage, electronic devices, etc. received in care packages will be confiscated for the duration of camp. You can also drop off pre-written letters with our camps team on opening day to make sure they are given out right away!

The camp address is:

Camper's Name and Session

Camp Kakhamela c/o YMCA Camp Elphinstone

1760 YMCA Rd, Gibsons BC

V0N 1V6

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.

At D-Camps, we strive to create equal opportunities for individuals that may identify or be affiliated with any number of biological, social, and cultural categories. Additionally, D-Camps aims to be open and accessible to all participants, ensuring that identification and/or affiliation with the above categories does not act as a barrier, obstacle, or deterrent that presents a child from experiencing a traditional overnight summer camp experience. D-Camps follows Pride Camping Association's best practices that are directed toward any LGBTQ+-identified youth and those from LGBTQ+ families and aim to create and foster a more comfortable and fun environment, free of harassment, discrimination, hostility, isolation, and any other afflictions of systematic oppression. LGBTQ+ participants and families are welcome to speak to the Camp Director if any accommodations are needed, which will remain confidential. In addition to this, many general inclusive policies are in place to ensure the camp environment and culture is inclusive and supportive for any participants, staff, and volunteers, who have not readily indicated any specific identity or affiliation prior to the start of their involvement in our programs.

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.



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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 qualify for a refund. Cancellation requests made later will be considered on a case by case basis. Please note that cancellations must be made directly through the Camp Registrar and cannot be made through area branch offices or other Diabetes Canada 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: Diabetes Canada camps@diabetes.ca or 1.800.226.8464

Contact information

If you have questions about the Camp Kakhamela program or will be arriving late to Camp, please contact: David Dellio, Western Camps Director David.dellio@diabetes.ca



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