

2024

CAMP DOUWANNA

GUIDE



CAMP
DOUWANNA
D CAMPS



DIABETES
CANADA

D CAMPS

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A LETTER TO NEW AND RETURNING CAMPERS & FAMILIES

Dear D-Camps Families, Campers, and Guardians,

We are so excited that you will be joining us at Camp Douwana in our 57th year of operation. Camp Douwana, the Newfoundland division of Diabetes Canada has operated camps for children with diabetes since 1964.

We have a fantastic 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, develop new skills and learn more about diabetes. We hope that by the end of your time at camp, you will be more confident than ever before, have a greater appreciation for the outdoors, and have a better understanding of how to manage your own 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:

- Packing List
- Session Dates
- Directions and Transportation
- Camp Activities
- Serving Diverse Campers
- Mail and Care Packages
- Communication Home

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

Sincerely,

The D-Camps Team



Lauren Linklater
Senior Manager, D-Camps
226-378-7854



Morgan Tobin
Camp Director, Atlantic Canada
Morgan.Tobin@diabetes.ca



Land Acknowledgement

We recognize that our work takes place on traditional Indigenous territories across Canada. We also wish to acknowledge that Camp Douwanna, hosted at Max Simms Bishop Falls, is located on the traditional Indigenous territory of the Mi'kmaq and the Beothuk. We would also like to recognize the Inuit of Nunatsiavut and NunatuKavut and the Innu of Nitassinan, and their ancestors, as the original people of Labrador. Today, Newfoundland, is home to many Indigenous people, and we are grateful to have the opportunity to meet and work on this territory. We wish to express gratitude for the resources on this land we are using, and honour all the First Nation, Métis, and Inuit people who have been living on the land since time immemorial.

Diabetes Canada knows that land acknowledgement is only a first step in the essential act of reconciliation and relationship building with Indigenous peoples.

Camp Douwanna

Diabetes Canada has operated Camp Douwanna continuously since 1964. Camp Douwanna was originally run out of Burry Heights but a move in the mid-1980s brought the camp to Lion Max Simms Memorial Camp, until 2014 when we moved to our new home Lavrock. The past two years (2022 & 2023), Camp Douwanna operated from Memorial University in the heart of St. John's.

Exciting 2024 Update:

For the summer of 2024 Camp Douwanna will return to Max Simms Memorial Camp in Bishop Falls. We are excited to return to our former location. Camp Douwanna will continue to operate a one-week session for children and youth ages 7-15; as well as a Leadership Development program for youth ages 16 & 17. The return to this location will offer a traditional backdrop for camp memories this summer.



SUGGESTED PACKING LIST

Label everything your camper brings to camp. Lost items that are labeled items can easily be returned if they are found.

MEDICAL

- | | |
|---|---|
| <input type="checkbox"/> Insulin
<input type="checkbox"/> Insulin Pens
<input type="checkbox"/> Pump Supplies in a labelled Ziploc-type bag | <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 |
|---|---|

You know your camper best. Please pack enough medical/diabetes management supplies for the duration of the session. Camp Douwanna 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 Douwanna will also supply emergency medical supplies, like glucagon

CLOTHING

- | | | |
|--|--|---|
| <input type="checkbox"/> 6 pairs of socks
<input type="checkbox"/> supply of underwear for the session
<input type="checkbox"/> 2-3 pairs of shorts
<input type="checkbox"/> 1-2 pairs of pants/sweatpants
<input type="checkbox"/> 6 t-shirts | <input type="checkbox"/> 1-2 sweatshirts/long-sleeve shirts
<input type="checkbox"/> flip flops or sandals
<input type="checkbox"/> 2 pairs of shoes: one pair should be running shoes for overnight trips | <input type="checkbox"/> 1 pair athletic sandals
<input type="checkbox"/> 1 waterproof rain suit
<input type="checkbox"/> 1 pair of rubber boots
<input type="checkbox"/> 2 swim suits (<u>sport-style swim suits only</u>)
<input type="checkbox"/> 1-2 sets pajamas |
|--|--|---|

SUN SAFETY

- | | | |
|---|---|--|
| <input type="checkbox"/> 1 hat with brim (i.e. baseball hat)
<input type="checkbox"/> water bottle | <input type="checkbox"/> sunscreen SPF30 or greater | <input type="checkbox"/> swim shirt/rashguard
<input type="checkbox"/> sunglasses |
|---|---|--|

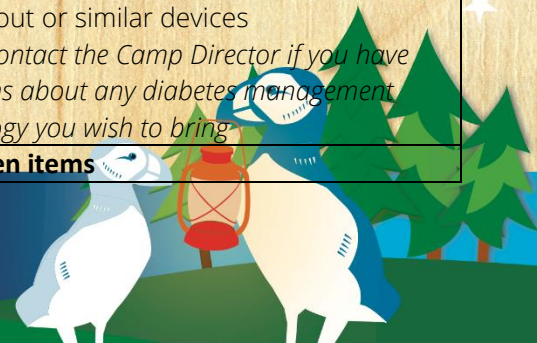
CAMP STUFF

- | | | |
|---|---|---|
| <input type="checkbox"/> sleeping bag or sheets & blanket for single bed
<input type="checkbox"/> pillow
<input type="checkbox"/> insect repellent (no aerosol spray please)
<input type="checkbox"/> toiletry kit (soap, facecloth, toothbrush, toothpaste, comb, deodorant, etc.)
<input type="checkbox"/> flashlight & extra batteries | <input type="checkbox"/> 1-2 lightweight towels
<input type="checkbox"/> day pack (for camera, rain gear, etc.)
<input type="checkbox"/> camera (cell phones with cameras 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 and stamped envelopes/postcards are great!)
<input type="checkbox"/> acoustic musical instruments |
|---|---|---|

WHAT NOT TO BRING

- | | |
|---|--|
| <ul style="list-style-type: none"> × Alcohol, non-prescriptions drugs, drugs not prescribed to the camper, tobacco products, electronic smoking devices × Knives, including camping or Swiss army knives × Valuable or precious items × Matches or lighters × Food | <ul style="list-style-type: none"> × <u>ANY</u> non-medical electronics with the exception of digital cameras × Smartphones, even if you use them for diabetes management outside of camp × Nightscout or similar devices × <i>Please contact the Camp Director if you have questions about any diabetes management technology you wish to bring</i> |
|---|--|

Diabetes Canada is not responsible for lost or stolen items



Dates and Registration

(Camp Douwanna, Lion Max Simms Memorial Camp- July 21st-26th 2024)

Start Date: Sunday, July 21st 2024 – (TIME TBD)

End Date: Friday, July 26th 2024 – 10:00 AM

Directions to Max Simms Memorial Camp can be found [here](#).

When and where do I register?

Registration on opening day occurs on **Sunday, July 21st**. Please proceed in your car to the parking lot and there will be a staff person there that will give you the details for the check-in process. **Please do not arrive earlier than your scheduled arrival time**, as we will still be preparing for campers to arrive. EARLY ARRIVALS WILL BE ASKED TO LEAVE UNTIL REGISTRATION TIME.

When do I pick up my child?

We ask all parents to be at camp for **Friday July 26th 2024** as we will be having a **parent's ceremony** and presentation for campers and families.

SECURITY PASS

As a security measure we will be requiring the parent/guardian who is picking up your child from camp to have the **SECURITY PASS** that will be given to you during registration. Your child will not be released without the appropriate security pass.

If you wish to pick up your child earlier, arrangements must be made with the Camp Director well before checkout.

Cancellation/Refund Policy

BEFORE FEBRUARY 29, 2024 – Full refund of all fees less a **\$25 cancellation fee** (per program).

MARCH 1 - MAY 31, 2024 -Full refund of all fees less a **\$100 cancellation fee** (per camper).

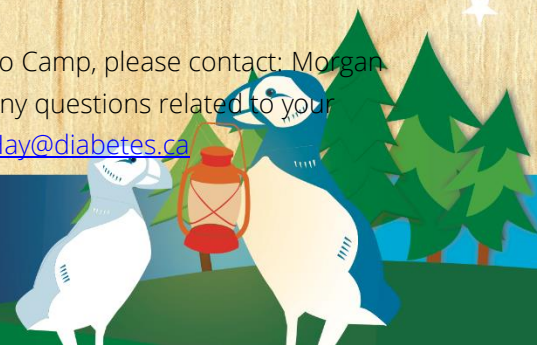
AFTER JUNE 1, 2024 – All fees are non-refundable.

There will be no refund made for any participant leaving D-Camps during any program/session, including for reasons of homesickness. In the case of illness or injury incurred at Camp, a prorated refund will be reviewed and applied by the camp's team. There will be no refund or reduction of fees for campers arriving late or leaving early.

Diabetes Canada, D-Camps reserves the right to collect any outstanding household balances and/or cancellation fees by processing the credit card on file. If at any time you would like to check your household balance, you may do so by logging into your CampBrain Registration [HERE](#). Additionally, you can contact our Camps Administrative Coordinator at 647-800-9837.

Contact information

If you have questions about the Camp Douwanna program or will be arriving late to Camp, please contact: Morgan Tobin, Camp Director, Atlantic Canada at Morgan.Tobin@diabetes.ca. If you have any questions related to your registration, please contact our Administrative Coordinator, Rebecca, at Rebecca.Hay@diabetes.ca.



Camp Activities

Campers will be exposed to a wide variety of activities. Campers will receive individual instruction from our staff members to help them develop new skills. Additionally, campers will take part in group activities and participate in games and themed events that involve the entire camp.

Through all of the camp activities, we emphasize creativity, imagination, and adventure while promising a safe fun-filled atmosphere for children that encourages personal growth and the development of self-confidence.

Campers will travel as a cabin to seven core activities throughout the day. Each activity is carefully planned and executed to the learning needs and styles of each age group. At camp, we do our best to promote cooperation rather than competition. If we do run an activity containing an element of competition, we focus on challenging campers to achieve their own goals rather than encouraging them to measure their success against those around them.

Cabin Rotation Activities

Art and Culture, Sports and Games, Swimming, Medical Sweet Talk, Outdoor Education, Photography, Music

Evening Program

Every night at Camp Douwana the whole camp community comes together to take part in activities like capture the flag, camp-wide games and many other themed activities. We end the week with a special banquet supper and party.

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 can 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. 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 and Care Packages can be given to the Camp Director or your child's counsellor on arrival day to be given to your camper throughout the week. We also recommend sending along some addressed & stamped postcards so your counsellor can write to you about their week. Please not letters will not be received before your camper comes home, however this exercise can help a camper missing home or allow them to share memories as they happen.

Any food, beverage, electronic devices, etc. received in care packages will be confiscated for the duration of camp.

Continuous Glucose Monitors:

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 will be using CGM/FGM 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!

Receiving Devices

It is important to note that all broadcasting features or pairing to caregiver functions are not allowed while at D-Camps. This includes Night Scout technology, Dario share, Dexcom Follow App, and iPhones with multiple recipient features enabled. Campers who use iPhone technology with their CGM/FGM devices will be required to remove their SIM card at the start of camp. Campers are not permitted to use iPhone/iPod features other than those for storing and reading CGM information. A Wi-Fi connection will not be available at camp. As with pumps and other valuable items at camp, we will do our best to ensure that there is no damage, but D-Camps cannot be held liable for replacing devices that are lost or damaged.

