

# 2022

# Family Camp

# Guide



**CAMP  
DOUWANNA  
D-CAMPS**



**DIABETES  
CANADA**

**D-CAMPS**

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# A Letter to Campers & Families

Dear families,

Congratulations! You are about to embark on an amazing adventure at Family Camp! We are very excited that you will be joining us for our 7th year of Family Camp in Atlantic Canada. This package has been designed to help you become more familiar with our program and allow you to prepare for your camp experience. Please take a few minutes to review the information contained.

We hope you will leave Family Camp with new skills, new experiences, new friends, and new confidence in the care and management of your diabetes. We guarantee you and your family will leave with a wealth of wonderful camp memories that are sure to last a lifetime.

Before you start packing your suitcase, please read this guide! 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 Lists
- Directions to Family Camp
- Activities at Family Camp

From all of us at Diabetes Canada and Douwanna Family Camp, we are really excited that you are joining the D-Camps family. If you have any questions or concerns, please contact Morgan at [morgan.tobin@diabetes.ca](mailto:morgan.tobin@diabetes.ca)



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# Dates and Registration

Diabetes Canada has operated Family Camp in Newfoundland since 2015. Douwanna Family Camp is held at Burry Heights, located on Salmonier Line just 45 minutes from St. John's.

## When and where do we register?

**Arrival: Friday September 23<sup>rd</sup> between 6:00 and 7:00 pm;** Registration takes place in the Main Building.

\*Dinner is not served on Friday night

**Departure Sunday, September 25<sup>th</sup> @ 2:00pm**

## When can we expect to be heading home on Sunday?

Family Camp checkout will be at approximately 2:00 pm on Sunday afternoon. We'll all try to look our best for our group photo, and have a quick closing activity before we head our separate ways and return home.

# DIRECTIONS & TRANSPORTATION

## From St. John's (East):

Follow Trans-Canada Highway 1W towards Clarenville/Gander, staying on the highway until you arrive to exit 35, marked Holyrood/Saint Mary's.

From there, turn left onto Salmonier Line/NL-90S, drive a little less than a kilometer and turn right onto a shared driveway to Burry Heights.

## From Gander (Central):

Follow Trans-Canada Highway 1E towards Clarenville/St. John's, staying on the highway until you arrive to exit 35 toward Saint Mary's/Irish Loop Drive/Holyrood.

From there, turn left onto Salmonier Line/NL-90S, drive a little less than a kilometer and turn right onto a shared driveway to Burry Heights..

## From Corner Brook (West):

Follow Trans-Canada Highway 1E towards Grand Falls-Windsor/Gander/Clarenville/St. John's, staying on the highway until you arrive to exit 35 toward Saint Mary's/Irish Loop Drive/Holyrood.

From there, turn left onto Salmonier Line/NL-90S, drive a little less than a kilometer and turn right onto a shared driveway to Burry Heights.



# About Family Camp

Douwanna Family Camp focuses on providing connection, support and community to families living with type 1 diabetes. At Family Camp we provide these opportunities for anyone in your child's care-giving community. That could be grand-parents, extended family or close friends. If there are people involved in the care of your child with type 1 diabetes they are welcome to attend.

Family Camp brings people together in a way that just doesn't happen in any other setting. Family Camp is a fantastic introduction or connection to the D-Camps experience. You and your family will get the opportunity to take part in camp programming within a community

Family Camp is a Great Fit for You If:

- ✓ You have a recently diagnosed child and are looking to connect with people who understand.
- ✓ You have years of experience and could be a valuable support to others.
- ✓ Someone in family lives with type 1 diabetes and you want to have a fun D-Camp experience!

## HEALTH CARE AT CAMP

Your family's continuing good health is important to us. Our Healthcare Team made up of Nurses and Dietitians will be available throughout Family Camp for consultation; however parents are responsible for the diabetes management of their family throughout the camp. For most children, camp provides much more physical activity than usual and therefore changes in blood glucose levels should be expected. In case of emergencies, D-Camps staff are certified in Standard First Aid and CPR C.

Please ensure that you have also packed adequate supplies of any other non-diabetes medications with you for your Family Camp session.

## WHAT TO EXPECT AT FAMILY CAMP

Over the course of your Family Camp experience, adults and children will have the opportunity to participate in a wide variety of activities and experiences. In everything we do at Douwanna Family Camp, we emphasize creativity, imagination, and relationship development in a safe, fun-filled atmosphere designed to encourage growth, learning, and the development of self-confidence.

Throughout the weekend, much of the camp program will be divided into three streams. One stream will be for children and youth. The second stream will be for adults, parents, and caregivers and the last stream is for families as a whole!



## CHILDREN'S ACTIVITIES

Program staff will plan and facilitate age-appropriate games and activities for the children at camp. Some of these activities include; arts and crafts, sports and games, archery and many more creative camp programs. These program staff will be made up of amazing D-Camps staff some of whom also live with type 1 diabetes. Family Camp creates endless opportunities for your child to learn and relate to a young adult role-model living with the illness. These staff will also be available to assist campers with testing and treating lows. For our little ones we offer a very popular "craft table" as well as a designated teen space and program for older attendees.

## ADULT ACTIVITIES

Adults, parents and caregivers will have the opportunity meet and connect with each other in various sessions throughout the weekend. These sessions are often led by adults living with type 1 diabetes, the medical team and leaders from the type 1 community. They include discussion groups, sharing experiences and team building activities. Often these sessions are seen as the highlight of the weekend. It is an opportunity to discuss life with type 1 in a caring, supportive and understanding group of peers.

## FAMILY ACTIVITIES

There will be a number of all- camp programs planned throughout the weekend that the whole family is able to participate in together. As a family, you will be able to participate in a wide variety of camp activities. These fun events are a great opportunity for the whole family to spend time together and feel like they are on a holiday. It might be the whole family taking part in Capture the Flag, a photo scavenger hunt or canoeing but no matter what it will be a great time! .

## Meals and Accommodations

### Cabins

Families will sleep in their own private 6-bed room within Burry Heights Burry Building. Each room has 4 or 6 beds and a sink. There are shared washroom facilities. *Be Sure To Bring Bedding!*

### Typical Meals

Burry Heights prepares three nutritious meals, as well as a number of snacks each day. All meals are served cafeteria style, unless provincial guidelines dictate otherwise. There is always food available if needed.

Breakfast – Cereal, toast, eggs, pancakes, fresh fruit, etc.

Lunch – Wraps, pizza, salad, vegetables, etc.

Dinner – Lasagna, salad, etc.



## More on food

A menu is prepared by our registered dietitian and the camp chef to reflect the planned activities and the younger palate. Food at camp is specially prepared with nutrition and diabetes care in mind. We are sensitive to the allergies of our families and are always ready to make food substitutions should the need arise. Some of our participants have special needs regarding other medical conditions and we pay close attention, making sure any specialties in their meals are available and prepared as required. Please feel free to consult nutrition staff on the day of your arrival with any issues related to meals. In respect to our facility, families shouldn't bring food from home to camp (in case of severe allergies.) Please don't hesitate to contact us at any point in time if you have any question regarding food or dietary concerns.

## SUPERVISION

Parents and guardians are responsible for the supervision of their children while at Camp. However, supervision will be provided during scheduled program activities. Parents are also responsible for their children's medical and dietary care, including their child's diabetes management, the dispensing of medication(s) and monitoring of personal supplies. Healthcare staff/personnel are on site to facilitate programming and to act as source of support for any consultation.

## Cell Phone Policy

Participants are welcome to bring electronic devices to Family Camp. We do ask that if you choose to use your cell phone, please step away from the group so as not to disturb the other participants. As well, there are many apps, websites and programs that participants can use to help manage their diabetes, and we encourage participants to share their favourite apps with others.

We cannot guarantee that there will be cell service on-site, nor can we guarantee that each family cabin will have access to a charging plug (although there will be plugs available in the main buildings).

We expect that all participants will use electronics responsibly, behave in a way that is respectful to others, and ask other's permission before sharing any information, photos or videos online



# PACKING LIST



## MEDICAL



- Insulin & Pump Supplies
- Meter(s)
- Other medications (must be in original container)



## CAMP STUFF



- Sleeping Bag (or sheets/blankets)
- Pillow
- Flashlight & extra batteries
- Toiletry Kit (soap, facecloth, toothbrush, toothpaste, comb, deodorant, etc.)
- lightweight towels (easy drying)
- Musical instrument
- Camera



## SUN SAFETY



- Sunglasses
- Sunscreen minimum 30 SPF (mandatory)
- Water Bottle(mandatory)



## CLOTHING



- 3-4 Pairs of socks
- 3 Pairs of underwear
- 2 Pairs of pants/Sweatpants
- 5 T-Shirts
- 2-3 T-Shirts
- 2Sweatshirts/ Long Sleeve Shirts
- 2 Pairs of shoes
- 1 set of hat and mittens
- 1 Rain jacket
- 1 Warm jacket
- 1 Sets Pajamas
- Rubber Boots

## X WHAT NOT TO BRING X

- Knives, including Swiss Army and pocket knives
- Alcohol, non-prescription drugs,
- Drugs not prescribed to the participant

Diabetes Canada and Brigadoon Village are not responsible for lost or stolen items, so please don't bring valuables to camp

