

2023 CAMP GUIDE



CAMP
BRIARDALE
D-CAMPS



DIABETES
CANADA

D-CAMPS

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A LETTER TO NEW AND RETURNING CAMPERS AND FAMILIES

Dear Camper and Family,

We are so excited that you will be joining us at Camp Briardale this summer. Camp Briardale is proud to be hosted by BB Camp on a private island in beautiful Lake of the Woods, ON.

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:

- Directions, Transportation and Dates
- Packing List
- Camp Activities
- Serving Diverse Campers
- Mail and Care Packages
- Continuous Glucose Monitors
- Cancellation and Refund Policy
- Contact Information

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

Sincerely,



David Dellio

Camp Director, Western

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Lauren Linklater

SR Manager, D-Camps

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DIRECTIONS, TRANSPORTATION, AND DATES

For 2023, Camp Briardale offers two-way bus transportation from the [Sunova Recreation Centre](#) in West St Paul, MB to camp. On opening day, families will have to bring a nut-free lunch, with the carbs counted, for their campers to eat on the bus. For directions, please click the link above to a Google Map of the address.

Families will have the opportunity to meet with the medical and program staff to discuss their camper's week during this time. Campers have been assigned an exact check-in time below. Please give yourself enough time to arrive. On the last day of camp, our estimated arrival time will vary depending on the bus your child is traveling on. Please check the times below to avoid confusion.

If you live in North-Western Ontario and plan to drop your camper off in Kenora, please be ready at the Kenora Town Dock at 12:30 pm on Opening Day (located beside the Shoppers Drug Mart on Main Street). Please make sure that your camper has already had lunch by the time you arrive. If you plan to pick your camper up in Kenora please be at the Kenora Town Dock no later than 11:30 am.

Please indicate your preference on the transportation from in the registration package,

Sunova Recreation Centre – West St. Paul, MB	Sign-in: Opening Day (Monday, August 21 st)	Sign-out: Closing Day (Saturday, August 26 th)
Campers Ages 7-11	9:30am	2:00pm
Campers Ages 12-15	10:15am	2:45pm
All LDPs	10:15am	2:45pm

Suggested 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"/> Insulin Pens | <input type="checkbox"/> CGM (sensors, transmitter, receiver) – please connect with the Camp team to learn how these tools work at camp |
| <input type="checkbox"/> Pump Supplies (labelled) – sites, reservoirs, etc | |
| <input type="checkbox"/> Other medications (must be in original containers) | |

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

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"/> 2 lightweight towels (easy drying for swimming and showers) | 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 |
| <input type="checkbox"/> Additional sheets/blankets – single size (optional) | <input type="checkbox"/> Daypack (for camera, rain gear, water bottle, etc) | |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> Camera (cell phones with camera are NOT acceptable) | |
| <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Empty large plastic bags for wet & dirty clothes to come home in | |
| <input type="checkbox"/> Toiletry Kit (soap, shampoo, facecloth, toothbrush, toothpaste, comb, deodorant, etc) | | |
| <input type="checkbox"/> Flashlight/headlamp | | |

WHAT NOT TO BRING

- | | |
|---|--|
| <ul style="list-style-type: none">× Alcohol, non-prescription drugs, drugs not prescribed to the camper, tobacco products, electronic smoking devices× Knives, including camping or Swiss army knives× Valuable or precious items (i.e. jewellery)× Matches or lighters× Food or snacks | <ul style="list-style-type: none">× <u>ANY</u> non-medical electronics with the exception of digital camera× Headphones× Smartphones (unless being used as a Dexcom receiver – follow up required)× Nightscout or similar devices |
|---|--|



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!

Camp activities

Campers will be exposed to a wide variety of activities and experiences. They will receive individual instruction to develop new skills, take part in cabin group activities, and participate in games and theme events involving the entire camp. In everything we do at Camp Briardale, we emphasize creativity, imagination, and adventure, in a safe, fun-filled atmosphere designed to encourage growth and the development of self-confidence. Your camper will be able to participate in the following:

Land based challenges

There is always something happening on land at Camp Briardale! At any time, you might find campers enjoying the initiatives course, climbing wall, various sports, archery and the state-of-the-art high ropes course.

Swimming and waterfront

Campers will have the opportunity to experience many activities on the stunning lake at Camp Briardale. Activities include canoeing, kayaking, swimming, water trampoline, Stand Up Paddle boarding and the infamous polar bear swim. All activities that take place in the water are led by trained staff and supervised by lifeguards.

Creative arts

Campers can spend time focusing on arts-based programs like drama games, arts and crafts, and talent shows.

Evening programs

Every night at Camp Briardale, the whole camp community comes together to take part in activities like skit nights and talent shows. Twice a week, there is a campfire where we sing songs, see skits and reflect on our time at camp. These campfires are a highlight of the camp experience. Make sure to ask your camper about their favourite song. You might even get to hear it on the trip home!



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.

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 may also drop off pre-written letters with our staff at check-in to make sure it gets given out right away!

The camp address is:

Camper's Name and Session

Camp Briardale c/o BB Camp Box 559 Kenora, ON

P9N 3X5



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 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!

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 Briardale program or will be arriving late to Camp, please contact: David Delloio Camp Director, Western Canada at David.delloio@diabetes.ca

