

Camp Joslin

Camper

Handbook



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***TYPICAL DAY...**

7:30am	Wake Up
7:45am	Bloods & Insulins
8:20am	Bolus Bell
8:30am	Breakfast
9:05am	Cabin Clean up
9:20am	Flag Raising
9:25am	First Active
10:35am	Second Active
11:35am	Bloods & Insulins
12:05am	Bolus Bell
12:15pm	Lunch
1:10pm	Less Active
2:15pm	Third Active
3:20pm	Cabin Duties
3:50pm	Snack/General Swim
4:55pm	Bloods & Insulins
5:35pm	Bolus Bell
5:45pm	Dinner
6:25pm	Flag lowering/Evening Active
7:30pm	Evening Program
8:30pm	Evening Snack, Bloods & Insulins
9:30-11:00pm	Lights out, depending on age
12:00am	Blood glucose monitoring
3:00am	Blood glucose monitoring, if necessary



***This is roughly what a typical day looks like at Camp Joslin; however, each day is unique and there are always elements that are subject to change. Campers' safety is always paramount, blood sugars will always be checked at least 5 times a day.**

Camp Joslin Handbook Agreement

Please fill out this page, sign it and mail it in with other required forms.

We _____
 have read the Camper Handbook, including the camper code of conduct, and agree to follow all of the outlined guidelines for a happy, healthy camp stay. We understand that inappropriate or unmanageable behavior may result in dismissal from the camp program. We further understand that camp fees will not be reimbursed in the event of dismissal due to breaking the code of conduct. In the event my child is dismissed from camp, I agree to make immediate arrangements to pick my child up from camp.

Camper Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

HINTS TO HELP YOUR CHILD ADJUST AT CAMP

Younger and first time campers may have more of an adjustment period than older, returning campers. But even kids who have been away from home before may experience a bit of homesickness. In light of this, we have put together a few suggestions we have found to be good ideas in the past---a list of DO's and DON'T's that other parents have found helpful.

DO:

Talk about camp ahead of time. Express your excitement for your child, emphasizing what a good time he will have.

Let him know that a little bit of homesickness is normal. You may want to share a story from your own childhood of a happy time that you had when you went away from home.

Send the child with a "security" item; such as a stuffed animal or a favorite pillow.

Send the child with a picture of friends, family or other important images of home.

Send your child mail. It lets your child know you are thinking about him too.

Send your child a letter or postcard before he is at camp, so that there will be mail waiting on the first day.

Give the camp address to your child's friends and siblings so they can write too.

Include things in the letter that will make your child feel good, like what's going on in the neighborhood, silly antics the pets are up to; and that you are looking forward to seeing your child when you pick him up on Closing Day.

Send Care Packages, if you want to. Stationery, stamps, puzzles, colored pencils, the funny pages and stickers are just a few things that would be appropriate to send.

Expect that your child may be homesick for a few days. This is normal and nearly always gets better within a few days.

Let us know ahead of time if your child's birthday will be during camp. We will be sure to make it a special day!

We hope these tips are useful and help to make it a great summer for your child at Camp Joslin!

DON'T:

Give your child the impression that "only babies get homesick." Let him know that it's okay and will get better.

Forget to write your child. Mail time is important at camp, and it can be disappointing not to get mail.

Deliver bad news to your child at camp. If a pet dies or someone is hurt, it may make the most sense to wait until the child comes home to share the news. If there is an emergency, the child must know about, tell the Camp Director so that the staff can be prepared and be with your child to help break the news.

Expect to talk to your child on the phone while at camp. Part of normal child development is learning to spend time away from home and family. Important messages can be relayed, if necessary, but the campers are NOT allowed to use the phone.

Include things in a letter that will make the child feel bad. Such as: "We miss you so badly, it's terrible at home without you," or "You should have been there yesterday, it was the most fun we've ever had."

Send food. Food is provided at camp. Additional food may create tension in cabins because of sharing and also invites creepy critters into the cabin.

Be alarmed if you get a letter stating that your child is homesick. Just as he needs to know homesickness is normal; YOU need to know it is normal too! Most often, by the time the letter arrives, he is fine!

INFORMATION FOR PARENTS/GUARDIANS

Opening Day

IMPORTANT: Please read the following information carefully. Please arrive at camp between 1:00 PM and 3:30 PM on Opening Sunday. **PLEASE DO NOT ARRIVE BEFORE 1:00 PM ON OPENING DAY. EARLY CHECK-IN IS NOT ALLOWED FOR SAFETY REASONS.** Camp Joslin staff and Counselors-In-Training will be available to assist families in each cabin. Feel free to ask them about their own camp experiences. We realize that the check-in process on Opening Day is lengthy, but it is extremely important to ensure that we have the necessary information to provide a safe, happy, and positive camp experience. We appreciate your patience.

What You Will Need to Do During Check-in

(Campers traveling to camp alone will be picked up by a staff member. Parents will receive a call or email as soon as the camper arrives at Camp Joslin.)

When you arrive, drive up to the basketball court to unload camper belongings, then park in the parking lot.

- Sign-in at the Camp Office to receive your cabin assignment.
- Set up an account at the Camp Store for items your child may want to purchase during his stay.

Please note, money not used in the account will be donated to The Barton Center's general campership fund.

- Meet counselors and cabin mates.
- Meet with your camper's health care team members.
- Meet with the nutritionist or unit director as indicated.
- Have ID photo taken.
- Take a swim test at the pond.
- Sign any missing forms.

Food

Please DO NOT send any food to camp with your camper nor have external food delivered for your camper (peapod deliveries, etc.). At camp, low blood sugars are treated with a fast-acting glucose source which is readily available. Please DO NOT pack other forms of reaction treatment for your child.

Meals at Camp

Meals at camp are designed using the balanced plate model for nutrition supported by the USDA. Alternative options are available to accommodate special dietary needs and preferences. *If your child has a food allergy, please be sure this information is included on the Health Information Form.*

Closing Day

Please plan to arrive at camp between 9:30 AM and 11:00 AM on closing Saturday. On closing day, campers are signed out to the individual identified on opening day as the person picking the camper up. If someone different is picking your child up, we need to know in advance. You can also speak with your child's health care assistant and/or the doctor during checkout.

Electronics Policy

Here at Camp Joslin, we feel it is important that children "disconnect" when at camp. For this reason, we ask that campers leave their cell phones, tablets, music players, and video games at home. CGM receivers are not included, so long as they are not on the camper's phone.

Communications Policy at Camp

You can keep in touch with your child by sending letters, postcards, etc. to them.

NOTE: All Camp Joslin mail should be addressed to P.O. Box 356, North Oxford, MA 01537. Mail sent to Charlton will be returned by the Post Office. Campers do not have access to phones or computers during their stay. Parents may visit a website (this will be provided to you during check-in) to see camp pictures and send *one-way* emails to campers, which will be printed out and delivered to campers once daily. When sending mail, please allow ample time for delivery so your child receives it while at camp.

Dismissal Policy

The Barton Center reserves the right to dismiss any participant from programs for behavior deemed inappropriate, including, but not limited to, the use of, the participation in, the possession of, or retention of knowledge about, illegal drug use, drinking, smoking, weapons, bullying, physical violence of ANY sort whether directed towards campers, staff or self, hazing, sexual misconduct, derogatory statements, defiance of program policies, emotional instability, or manipulation of diabetes care.

Pet Policy

Do not bring pets to camp. Only service/therapy animals will be allowed at camp and must be on a leash. This includes Opening Sundays and Closing Saturdays.

Camper Transportation Policy

We transport our campers between our camps, and to our off-site programs, via third party bus rentals and/or in-camp rented vehicles driven by staff who are: 21 or older, have a valid driver's license, have passed a driving background check, and passed a Barton Center driving examination.

What to Pack

Please pack enough clothing for the length of your child's stay. Laundry facilities are available in the case of an emergency. Please label all clothing and personal items. When packing, please remember that The Barton Center is not responsible for lost or damaged items; therefore, do not pack high value items.

*** Campers staying at camp longer than 14 days will have access to laundry services.

The Barton Center reserves the right to inspect camper's belongings at any time for any reason.

Camper Code of Conduct (Continued)

I will not...

- Use hurtful language, derogatory terms or offensive language when talking to or about any other person.
- Threaten, tease or bully any other person in any way.
- Lie to my counselors, other staff, or other campers regarding my behavior or someone else's.
- Bring any kind of weapon, explosive/ammunition/fireworks onto camp property.
- Use or be near the waterfront unless a counselor is with me and I have permission.
- Cross the street without a staff member present.
- Bring any candy, food, insulin, cell phones, electronic items, or money to camp.
- Bring cigarettes or illegal substances to camp, and I promise not to engage in, or be associated with anyone smoking cigarettes or using illegal substances at camp. I will inform my counselors or the Camp Director if I become aware of anyone engaged in these activities.
- Use foul language or gestures.
- Leave camp property unless on a supervised trip.
- Fight (using words or hands), and I will ask my counselor for assistance if I need help to resolve a problem.
- Take any medication including insulin unless I am directly supervised by appropriate camp staff—this includes self-bolusing even if I am allowed to do this at home.
- Steal or damage other people's property.

Questions? If you need further information, please contact us.

Camp Related questions:

Kyler Jesanis, Camp Joslin Director, 508-987-2056, Ext. 2008

Health Related questions:

Deborah Holtorf, MPH, MSN, PNP, Health Services Director,
508-987-2056, Ext. 2010

Financial questions:

Sadie Vivenzio, Finance Director, 508-987-2056, Ext. 2007

Sending mail to your camper? Please use the address below:

Camper Name, Name of Cabin
c/o Camp Joslin
The Barton Center for Diabetes Education, Inc.
P. O. Box 356, 30 Ennis Road
North Oxford, MA 01537

Camper Code of Conduct

To ensure that every camper has a positive experience at camp this summer, please read and sign the Camper Code of Conduct. Campers and Parents are required to sign the camper handbook agreement, agreeing to follow the guidelines developed for Resident Camp, Day Camp and/or Adventure Programs. Parents/guardians and the camper must realize that any behavior deemed by the camp director to be inappropriate and/or unmanageable may result in any or all of the following:

- ◇ **Meeting directly with the camp director, unit director, head counselor, or cabin counselor to discuss behavior.**
- ◇ **Not being allowed to participate in a certain camp activity.**
- ◇ **A telephone call home to the parents/guardian to develop a behavior management plan.**
- ◇ **Being dismissed from the camp program.**

I will...

- Wear shoes & socks at all times, (flips flops/water shoes may be worn to water activities.)
- Be on time for all camp activities.
- Follow the Buddy System and always have another camper with me when going to or from activities.
- Tell my counselors when and where I am going, when I have returned, and not go anywhere else.
- Put all litter in trash cans, pick up after myself, and not vandalize camp property.
- Follow the lights out at night rules and be respectful of other campers and staff who may be more/less tired than I am.
- Dispose of my syringes, pen needles, infusion sets, CGM sensors, and lancets in the provided sharps containers.
- Follow the directions given to me by both my counselors and health care staff.
- Ask questions of my counselors and health care staff regarding my insulin doses and my diabetes care.
- Respect the differences in other people, make an effort to include everyone, and refrain from behavior that may hurt another camper's or staff member's feelings.
- Respect the property of others.
- Let my counselor know if I am not having a good time or if another camper is affecting my stay at camp.
- Report teasing/bullying to my counselors or another staff member.
- Try to be a friend to all.
- Have lots of **FUN** and a **GREAT** time!

Required Items

T-Shirts	Warm pajamas	Toilet articles
Shorts	Insect Repellent	Sunscreen
Sweatshirts	Jacket & Rain Coat	Flashlight
Bathing suit(s)	Plenty of socks	Pillow with case
Long pants	Shower sandals <u>or</u> flip flops	Towels
Underwear	Sneakers	Washcloths
1 change of old clothes and Sneakers for Hike to Heck (Mud Hole) be prepared for them not to be returned	Sleeping bag <u>or</u> sheets & blankets	Pump Supplies including pump batteries

****Parents/guardians are able to provide their children with their own properly-fitted PFD to be used at camp if they choose.**

Suggested Items

Appropriate clothing for dance	Stamps and Paper/Postcards	Plain t-shirt (for arts & crafts)
Camera	Musical Instruments	Costume clothing for skits
Water bottle	Small backpack or bag	Fishing Pole/Baseball Glove
Self-addressed envelopes/post cards		

Do Not Bring

Guns, Knives, or Any Weapon	Items of high value
Food/Drinks/Candy/Gum	Money (you will set up an account at the camp store on Opening Sunday)
Car	
Foam Mattress Pads	Cell phones/Recording devices

DIRECTIONS TO CAMP JOSLIN

Street Address: 150 Richardson Corner Rd, Charlton, MA

From Mass Pike (Boston, Springfield):

Take the Mass Pike towards Worcester to the AUBURN Exit (#10).

After the Toll Booths, take the ramp on the right marked Route 12 South. At the junction of Routes 12 South and 20 West you follow this road for about one mile to a set of traffic lights (Landmarks: Wal-Mart Store and Cumberland Farms gas station). At this light, stay to the right and continue on Route 20 West. Proceed for 3.2 miles (stay in the left lane). At the second traffic light you will turn left onto Richardson Corner Road. Proceed on this road for 1.5 miles until you see Camp Joslin on your right. Turn right at the Camp Joslin sign onto the camp road and proceed slowly into the center of camp.

From Providence:

Proceed north on Route 146 until you come to Route 20 West (Springfield/Hartford) exit. Proceed on Route 20 West for 4.5 miles. You will merge with Route 12 and pass the 99 Restaurant on your right. Proceed approximately one additional mile until you come to a set of traffic lights. At this light, stay to the right and continue on Route 20 West. Proceed for 3.2 miles (stay in the left lane). At the second traffic light you will turn left onto Richardson Corner Road. Proceed on this road for 1.5 miles until you see Camp Joslin on your right. Turn right at the Camp Joslin sign onto the camp road and proceed slowly into the center of camp.

From 84 East (Hartford, NYC, Westchester):

Take Rt. 84 East into Massachusetts. Take the exit for Rt. 20 East (Worcester). Proceed east on Rt. 20 for 9 miles through six traffic lights. At the seventh light, take a right onto Richardson Corner Road. Proceed on this road for 1.5 miles until you see Camp Joslin on your right. Turn right at the Camp Joslin sign onto the camp road and proceed slowly into camp.

Health Care Policies Summary

Health Forms: State law mandates that all campers and staff have a current health history and physical exam with required immunizations on file. These forms need to be returned to camp **at least 2 weeks prior to arrival.**

Diabetes Management: Insulin, syringes, glucose meters, strips, lancets and low glucose treatment supplies are provided at camp. **Please do not bring these items.**

Personal injection devices such as 1/2 unit insulin pens and inject-ease devices may be brought from home. **Please label with child's name.**

Pump users **MUST** supply infusion sets, reservoirs/cartridges, and extra batteries. Please provide enough supplies for a daily site change.

Low blood sugar is treated with a fast-acting glucose source. In some circumstances defined by the medical advisory committee, low-dose glucagon will be administered. High blood sugars will be managed according to Barton Center protocols.

Continuous Glucose Monitoring: Campers and under-18 staff members using continuous glucose monitors are required to perform capillary blood glucose checks according to The Barton Center's protocols. While alarms and trending information from CGM receivers will be taken into account, no insulin administration or other treatment decision will take place without a confirmatory blood glucose reading. At this time, we are not prepared to utilize cloud-based or other technologies to continuously monitor campers' glucose levels and/or share real-time blood glucose data with families who are not at camp. Campers will not be allowed to have cell phones in their possession for this purpose.

Care of Mildly Ill or Injured Campers: Mildly ill campers and campers with mild injury are cared for at camp under the direction of the on-site medical provider. If a camper requires extended stay in the Health Center or referral to an outside facility, parents/guardians will be notified.

Emergency Medical Care: Health Care Team members maintain current First Aid Certification or its equivalent and are currently CPR certified at the level of Basic Life Support for the Healthcare Provider or above.

In the event that a camper requires care that cannot be offered at camp, appropriate transportation to a designated facility will be determined by the on-site medical provider, and parents/guardians will be notified.

Sharps Policy



- Blood glucose monitoring and insulin administration is managed in designated areas by trained counselors and the health care team.
- Used sharps (lancets, pen needles, syringes, infusion sets, and CGM sensors) are disposed of in an approved sharps container under the supervision of staff.
- Single use, self-retracting lancets are used at camp.
- Staff must be 18 years of age to assist with blood sugar checks.
- Personal protection equipment is provided by camp as needed.
- Biohazard waste is disposed of according to state and federal guidelines.



Medications

- Prescription medications must be in the original container with the pharmacy information, camper's name, drug name, dose, route, frequency and ordering physician's name clearly labeled.
- Insulin is provided by camp.
- Over-the-counter medications must be kept in the original container with original label. Administration is according to labeled directions.
- Please complete an Authorization to Administer Medication to a Camper form for **each** medication, including insulin.