The Barton Center for Diabetes Education, Inc.
P. O. Box 356, 30 Ennis Road
North Oxford, MA 01537

Camp Joslin Camper Handbook
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.

Print Camper Name:________________________

Camper Signature:________________________

Date:________________________

Print Parent/Guardian Name:________________________

Parent/Guardian Signature:________________________

Date:________________________

*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.
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.
- 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.
- 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 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 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 good: “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.”

**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 it, tell the 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.
- 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.
- 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!

We hope these tips are useful and help to make it a great summer for your child at Camp Joslin!
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 tablets, music players, and video games at home. Cell phones may be used for diabetes management only, and CGM data may not be shared with anyone outside of camp. Sim card will be removed at check in and given to parent(s). Campers caught using phones for purposes other than diabetes management will have their phones confiscated. Although we will do our best to help campers keep track of their various devices, The Barton Center cannot be responsible for lost, drowned, or damaged phones, sensors, transmitters, and other bits of technology.

Communications Policy at Camp
Please keep in touch with your child by sending a lot of mail to camp. Receiving mail is very important to the campers. Please call if you have questions or concerns and speak directly with the Camps and Program Director or Health Services Consultant. Campers do not have access to phones (with the above exception for CGM use) or computers during their stay. Parents may view camp pictures on Bunk1 and send bunk notes to campers, which will be printed out and delivered to campers daily. Mail including bunk notes is only delivered once a day at a designated time. When sending mail, please allow ample time for delivery so your child receives it while at camp. 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.

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 off-site programs/field trips, 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 two years of driving experience, have passed a driving background check, and passed a Barton Center driving examination.

What to Pack
Laundry is available for campers who are staying for 14 days or longer. For campers staying less than 14 days, laundry will be available for emergencies only, so please pack enough clothing for your camper’s entire stay. Please label all clothing and

Camper Code of Conduct (Continued)

I will not...

- Bring my cell phone unless it is used with my CGM device for my diabetes management.
- I will not use my cell phone for anything other than my diabetes management. This includes taking photos, texting, social media, internet access, and phone calls.
- 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, or money to camp.
- Bring any electronic equipment unrelated to my diabetes management to camp.
- Bring cigarettes, nicotine delivery systems or illegal substances to camp, and I promise not to engage in, or be associated with anyone smoking, using nicotine delivery systems, or using illegal substances at camp. I will inform my counselors or the Camps and Program 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 and Health Related questions:
Camp Registrar, 508-987-2056, Ext. 2000 and the call will be directed to the correct staff member

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
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. Parents/guardians and the camper must realize that any behavior deemed by the Camps and Program Director to be inappropriate and/or unmanageable may result in any or all of the following:

◊ Meeting directly with the Camps and Program 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!

personal items. The Barton Center is NOT responsible for lost or damaged items–please leave high value/irreplaceable items at home! The Barton Center reserves the right to inspect camper’s belongings at any time for any reason.

Required Items

- T-Shirts
- Shorts
- Sweatshirts
- Bathing suit(s)
- Long pants
- Underwear
- 1 change of old clothes and
- Sneakers
- Sleeping bag or blankets
- Pump Supplies including

- Warm pajamas
- Insect Repellent
- Jacket & Rain Coat
- Plenty of socks
- Shower sandals or flip flops
- Sneakers
- Sleeping bag or blankets
- Twin sheets
- Sleeping bag or blankets
- Towels
- Washcloths
- Pump Supplies including

- Toilet articles
- Sunscreen
- Flashlight
- Pillow with case
- Towels
- Washcloths
- Pump Supplies including

Suggested Items

- Appropriate clothing for dance
- Camera
- Water bottle
- Self-addressed envelopes/post cards
- Stamps and Paper/Postcards
- Musical Instruments
- Small backpack or bag
- Money (you will set up an account at the camp store on Opening Sunday)
- Items of high value
- Costume clothing for skits
- Fishing Pole/Baseball Glove
- Items of high value
- Costume clothing for skits
- Fishing Pole/Baseball Glove

Do Not Bring

- Guns, Knives, or Any Weapon
- Food/Drinks/Candy/Gum
- Car
- Foam Mattress Pads
- Electronics devices except as noted

- Items of high value
- Costume clothing for skits
- Fishing Pole/Baseball Glove
- Items of high value
- Costume clothing for skits
- Fishing Pole/Baseball Glove

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). 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 laws mandate 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 blood sugar treatment supplies including emergency glucagon 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 Barton Center 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. Devices that share real-time blood glucose data with anyone who is not at camp must be disabled. Campers will only be allowed to use cell phones as receivers for their continuous glucose monitoring device.

**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 an 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.