



CDLN Camper Handbook

In order to make the camp experience a success, we want to be sure everyone is prepared ahead of time. Thank you for partnering with us by reading this Handbook thoroughly before camp begins.

This Handbook Contains Information On:

- **Logistics:**
 - Session dates and times
 - Bus Information
 - Packing List
 - Driving Directions
 - Contact at camp: mail, phones, and internet
- **Diabetes and Healthcare:**
 - A letter from our Medical Director
 - DYF Guidelines on medical technology
 - DYF Position Statement of value judgements
 - Food allergies and accommodations for special diets
- **Preparing:**
 - Tips for preparing your child/family for camp
 - Frequently Asked Questions
- **Policies and Expectations:**
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 - Technology and Cyberbullying
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 - Statement on Communicable Diseases
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 - Camper rules and expectations
 - Cancellation Policy
 - Insurance information
 - Participant Outcomes



Questions?

Call us at the DYF Office: 925.680.4994 ext. 108
Email DYF's Program Director:
Whitney Wright, wright@dyf.org

2026 Session Dates and Times

CDLN: July 28-August 1

located at

YMCA Camp Jones Gulch- 11000 Pescadero Creek Road, La Honda, CA 94020

CDLN Car Drop off and Pickup Schedule 2026

Date	Location	Address	Meeting Point	Time for participants/parents to arrive
July 28	Camp Jones Gulch	YMCA Camp Jones Gulch- 11000 Pescadero Creek Road, La Honda	Parking Area in Wasiata Village (see camp map below)	Arrive at: 1pm Check In Stations: 20 minutes per camper
August 1	Camp Jones Gulch	YMCA Camp Jones Gulch- 11000 Pescadero Creek Road, La Honda	Parking Area in Wasiata Village (see camp map below)	Arrive at: 9:15am

Please read the following instructions carefully:

Drop off July 29:

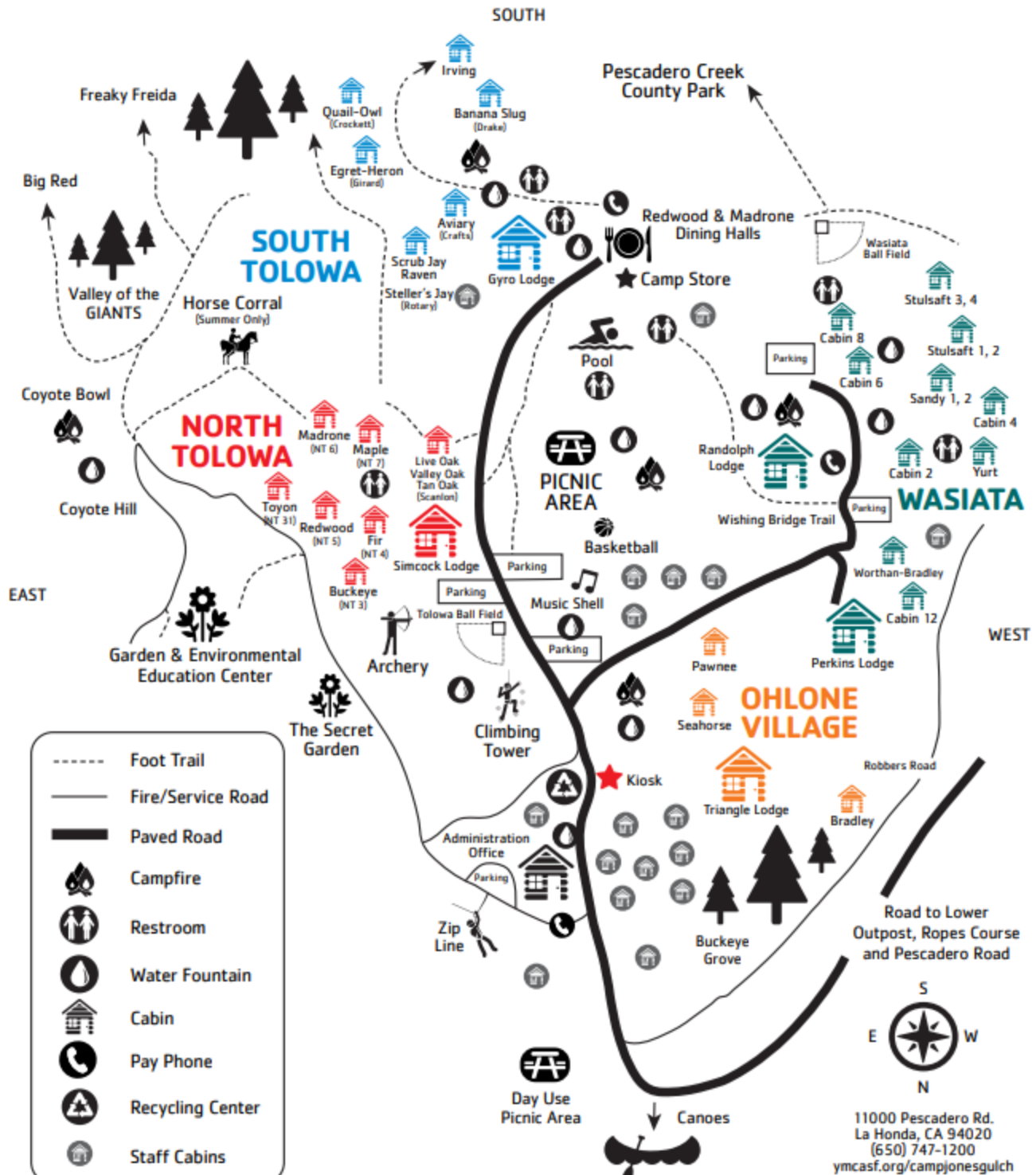
1. Please feed your child lunch before coming to the drop-off.
2. You must have your child's luggage labeled. Please label each item including sleeping bag(s) with child's full name. Camp will NOT be responsible for luggage that gets lost to and from camp.
3. Please bring your child's filled-out insulin card along with any medications in a clearly labeled zip lock bag (each medication clearly labeled with child's full name). When the counselor asks please hand them the insulin card with the clearly labeled medications. As a friendly reminder, the insulin card is available on your UltraCamp account. Please be on time for drop off & pick-up.
4. After exiting Pescadero Creek Road, follow the road until you see a brown building on the left, the Administration Office. Go past the office and take the next paved right turn towards Wasiata Village. You will park and be directed to camper check in stations.

Pick up Aug 2:

1. Please plan to arrive at 9:15am
2. If you arrive at camp and see that there are two large busses still at camp- please park in the dirt parking lot behind the Administration Office and wait until the busses have left. This is to allow room for the busses to be able to exit camp and not have a traffic jam on the one lane road. Busses are supposed to leave camp at 9AM. You are welcome to park and walk into camp if you arrive early.
3. Once busses are gone, you may drive all the way in to Wasiata village to park in the same place you did for drop off.
4. Please be on time for pick up. Please wait for instructions from counselors at the pick-up location before collecting your child. You will be required to sign your child out and procedures must be followed.

CAMP JONES GULCH

YMCA OF GREATER SAN FRANCISCO



Packing for Camp

Dress Code

Clothing must be appropriate and comfortable for community living, participation in active games, and safety in a forested environment. Final decisions regarding the safety and appropriateness of clothing are made by the Program Director and campers may be asked to change clothing.

To Consider When Packing for Camp

- Do not buy or bring new clothes to camp. Comfortable clothes are all that is needed.
- If your child wets the bed, please send a second sleeping bag or set of bedding. Staff will discreetly wash out any wet bags each morning. Having a second bag ensures that your camper will have a dry bed come bedtime.
- ***Please clearly label all belongings, including diabetes supplies.*** Please note that due to high mailing expenses, families may be charged for lost or forgotten items that must be sent home via mail. All unclaimed items will be donated to charity one week after the session.
- DYF bears no responsibility for damage to or loss of any items that are brought to camp.

Things That Should NOT Be Brought to Camp

- Expensive jewelry and/or personal sports equipment including skateboards, archery equipment, or baseball equipment.
- Alcohol, drugs, tobacco, fire arms, knives (including pocket knives) or weapons (including bow/arrows).
- Electronics including video games, iPads, laptops.
- Food. Please do not send packages with food items.
- Pets and animals.
- Any modes of transportation including cars, bikes, skateboards, scooters.
- Diabetes supplies that are provided by camp (see Packing List).

Packing List

Please label EVERYTHING with your name!

Clothing:

- Long pants or jeans
- Shorts
- Long sleeved shirts
- Short sleeved shirts
- Underwear
- Socks
- Swimsuit
- Warm pajamas
- Poncho or rain gear (just in case!)
- Sandals
- Closed-toed shoes (required for participation in most activities)
- Water shoes with backstrap
- Warm jacket and/or sweatshirt
- Hat with brim for sun
- Warm hat for night

Toiletries:

- Bath towel
- Pool towel
- Toothbrush
- Toothpaste
- Soap
- Shampoo/conditioner
- Comb/hairbrush
- Shower shoes/sandals
- Chapstick
- Skin lotion
- Bug spray (30% or less DEET)
- Sunscreen (SPF 15 or better)

Optional Items:

- Sunglasses
- Hiking boots
- Camera
- Playing cards
- Musical instrument
- Books or magazines
- Paper, envelopes, and stamps to write letters

Equipment:

- 1 warm sleeping bag
- Reusable water bottle
- Pillow with case
- Bottom sheet/mattress cover for twin bed
- Flashlight with extra batteries or headlamp
- Day pack or backpack for short hikes

Diabetes Supplies:

Campers on insulin pumps should bring:

- Infusion sets and reservoirs (one per day)
- Pump batteries
- Set inserter
- Tape/adhesive if needed
- Charger (if applicable)

Campers on insulin pens should bring:

- Insulin pens
- Pen needles

Campers on CGM devices should bring:

- 1-2 sensors
- Tape (if applicable)
- Charger (if applicable)
- Dexcom Receiver: cell phones are not allowed at camp sessions, even when acting as a CGM receiver.

****We provide the following diabetes supplies****

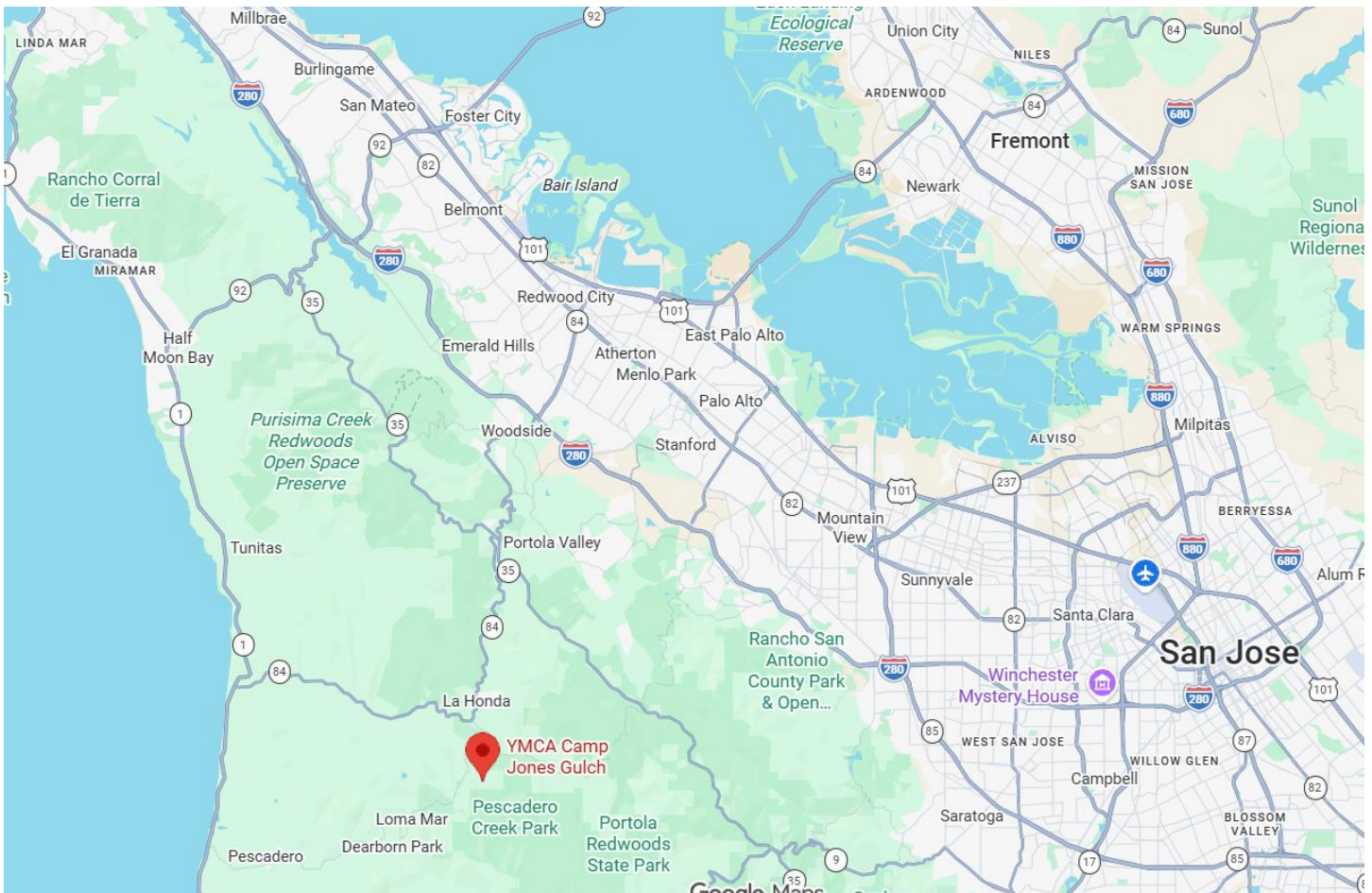
- Insulin in vials
- Strips
- Meters
- Lancet devices
- Glucagon
- Syringes
- Low supplies (juice, sugar cubes, glucose tabs, crackers)

Directions to Camp

Directions are available via [Google Maps](#).

SIMPLE DIRECTIONS TO YMCA Camp Jones Gulch:

The easiest way to get to Camp Jones Gulch from the East Bay is to cross the Hayward/San Mateo Bridge and follow Highway 92 West to Half Moon Bay. At the intersection of Highway 92 and Highway 1, turn left and follow Highway 1 fifteen miles south to Pescadero Road. Camp Jones Gulch is 12 miles East of Highway 1 at 11000 Pescadero Creek Rd., La Honda. (Pescadero Rd. becomes Pescadero Creek Rd.)



Communication at Camp

- **Snail Mail:**

Campers love getting mail at camp! Due to our location, the system is slow and we therefore recommend sending mail several days ahead of time to ensure that it arrives when your camper is with us. Please do not send food.

Send letters/packages via USPS to:

Camper's Name – Camp de los Niños- DYF
YMCA Camp Jones Gulch
11000 Pescadero Creek Rd.
La Honda, CA 94020

- **Phones:**

There is no cell service at camp. We do have a landline and Wifi for admin use for emergencies and short calls.

***A special note about Independent Camps ***

Missing home or being anxious about being away is natural for children and parents. Camp, with its supportive staff and volunteers, is the best place to allow your child to work through these feelings. We discourage parent visits at camp and **do not allow phone calls between home and campers during session**. Campers adjust more quickly to camp and experience less homesickness by the third day of camp. We find those who are expecting a call or a visit hang on to worries about home much longer.

If your child's homesickness is a concern or you are worried while your child is at camp, please feel free to call us any time at camp. We would be happy, when possible, to put your child's counselor on the phone to chat with you about how your child is doing. We also never hesitate to call home if a concern arises about your child while he or she is at camp.

Diabetes and Healthcare at Camp

Dear Parents, Families, and Caregivers,

For those of you who are new to DYF and the camp magic, **Welcome!** Camp is a special place for kids impacted by type 1 diabetes. Whether you are brand new or have been coming for 15 years, we can't wait to share it with you. The impact of living with diabetes goes far beyond blood sugars, and living well with diabetes is about much more than insulin dosing. Diabetes impacts blood sugar, but it also impacts our sense of safety and security, of normalcy and community.

So why is camp so unique and special? And how does camp further your child's ability to manage diabetes?

First, **camp is community**. The positive relationships and sense of belonging are important feelings that many kids, especially those impacted by type 1 diabetes, have trouble finding elsewhere. At camp, kids realize that they are not alone in their struggles and frustrations with diabetes. Within the context of camp, children learn trust, safety, and teamwork as key elements to developing a bond with others. For many campers (and staff!), this sense of community sustains them throughout the year, and kids will remember and fall back on the caring environment they experienced at camp.

Camp builds resilience— this is the ability to successfully adapt to adversity or stress. This adversity is experienced at some point by everyone who is affected by diabetes, including siblings, parents and grandparents. Camp works to teach and encourage behaviors, thoughts, and actions that allow kids and their families to manage the challenges they are facing. We cannot eliminate the difficulty that comes from living with diabetes, but we can help kids and adults learn to successfully navigate those challenges.

Last, **camp builds knowledge of diabetes**. Even those campers who have been coming to camp for many years continue to learn new strategies and approaches to caring for their diabetes at camp. These can range from learning about insulin pumps, to trying out “mini gluc,” to being inspired to wear a CGM. While everyone's experience and knowledge is different before coming to camp, it can always be expanded. Equally important, campers learn that challenge is a part of diabetes, and they learn tips and tricks from their peers about successfully navigating this.

As has been the case every summer since our founders Doc and Ellen began camp in 1938, there will be high and low blood sugars, there will be challenges, and homesickness, and worry. These aspects are as much a part of camp as the campfire and the hikes and the archery range; we see your kids thrive, and *through these challenges, they will learn and grow*.

While camp is a fun week away for your children; we hope it is also provides a break for you, their parents and caregivers who work around the clock serving as your child's pancreas. You do such a tremendous job, and this is your time to recharge and to enjoy NOT worrying about carb counts, trend lines, and CGM alarms.

Your kids are in good hands.

Justin Altschuler, MD
Medical Director, DYF

Diabetes Technology Guidelines at 2026 DYF Programs

Technological advancement has enabled previously impossible advances in diabetes management; at the same time, the widespread use of cellphones, particularly in children, has created significant challenges. We embrace the era of diabetes management that includes continuous glucose monitoring and automated insulin delivery. We also face a compelling need to help our children exist in the world fully present in the moment, rather than having interactions with others mediated through technology. We want technology to support diabetes management, but otherwise we want the focus to be on the here-and-now. Minimizing the use of technology at our programs allows for deeper immersion in the beautiful camp surroundings and the incredible community to which we belong.

- Campers on a **Tandem TSlim** can use their pump, and all its features, without the use of a cell phone or external device. Therefore, cell phones are optional for the TSlim Pump, see note below*
- Campers on a **Tandem Mobi** can only control the system through a cell phone, so please send the cell phone with the camper to camp, see note below*
- Campers on a **Medtronic System** (670, 780) can use their pump, and all its features, without the use of a cell phone or external device. Therefore, cell phones without the care link app should not be brought, but cell phones with the care link app are optional. See note below*
- Campers on an **Omnipod 5** system can use their system with the use of the Omnipod Controller (PDM). However, sensor changes without the use of a cell phone are difficult on this system, so to facilitate sensor changes at camp, please also send the child's cell phone. If you do not use a controller (PDM), the cell phone will be used as a controller, see note below.
- Campers on **LOOP** can only control the system through a cell phone, so please send the cell phone with the camper to camp, see note below.
- Campers on **Shots + Dexcom**: If you have a receiver, please send it (labeled with the camper's name) with your child to camp. If you do not have a receiver, please let us know, as we will typically want to switch your child to a Dexcom receiver while at camp so that they do not need to carry a cellphone.
- Campers on an **ILet Pump** can use their pump, and all its features, without the use of a cell phone or external device. Therefore, cell phones are optional for the ILet, see note below.

* **NOTE:** For all campers bringing a cell phone: Phones at camp are viewed as medical devices only. Use of a cell phone for any purpose other than managing diabetes is strictly not allowed. Use of other cell phone features, such as photos, music, games, etc. is against the rules and may result in disciplinary action. Cell phones, with the exception of Mobi, OmniPod 5 without controller, and Loop, will be turned off and kept locked in the cabins during the day. Cell phones will be used primarily to aid medical staff during night time checks.

Please set the home screen of the phone to a recent recognizable picture of your child's face, or a photo of your child's name, so that we know to whom it belongs. We require that all cell phones and Omni Pod Controllers change their screen passcode to 1111 or 111111 **prior** to arriving at camp, to allow med staff easy access in the middle of the night.

General Information

- The “share” feature will not be available. Not only do we not have internet capability, but we strongly believe that camp should serve as a respite for parents as well. Your child is in the care of a highly qualified medical team at camp and their diabetes will be well taken care of.
- Sensors will be replaced as needed in case the sensor session ends, stops working, or the sensor falls out prematurely; please send at least one extra sensor to camp.
- High and low blood glucose alarms may be changed during camp.
- **DYF will not be responsible for lost, misplaced, or damaged devices.**
- Camp life differs from your routine at home, and our medical staff will likely need to make adjustments while at camp. We will do our best to enter these as temporary adjustments. However, given the design of these systems, this is not always possible, and may involve changes to basal rates, ISF, targets, and carb ratios.
 - Please ensure you have a copy of ALL of your child’s pump settings before sending them to camp.
- Be sure you review your child’s pump settings when they return home, as these settings may be changed at camp.
- We strongly recommend that the automated insulin dosing be enabled for more than one week prior to your child arriving at camp. Please let us know ahead of time if your child has started using any new system or feature within a week of arriving at camp so that we can best support the transition.
- Prior to camp, parents should review manual mode settings with their healthcare provider to be sure they are as up to date as possible at camp.

Position Statement Regarding Value Judgment Placed on Blood Sugars

One of the unnecessary burdens that most people with diabetes experience is the value judgments placed upon blood sugar values (i.e. high numbers are bad; low numbers are good). The possible results of these value judgments include:

- Children and teens hide high numbers, falsify the numbers, or avoid testing all together in order to keep from being judged.
- Children and teens identify themselves with their numbers (i.e. "I am a bad person when I have high numbers").
- Children and teens have secret lives unknown to their parents and physicians (i.e. hiding not only their numbers but eating when not observed).
- Depression is more common in children, adolescents, and adults with diabetes.
- Opportunities to learn how to adjust insulin for changes in eating patterns and exercise are missed.
- Blood sugars tend to be higher than they otherwise could be.

At all DYF programs, our staff and volunteers attempt to approach blood sugars and carbohydrate counting in a neutral, non-judgmental manner. Some of the recommendations include:

- Refrain from using judgmental language or actions when blood sugars are discussed (i.e. "your blood sugar is 450, how much insulin do you think you need?" Instead of "your blood sugar is 450!! What did you eat?")
- Do not react punitively when extra food is found in the camper's possession but rather work with the camper to adjust insulin for extra food.
- Recognize that it is impossible to have normal blood sugars all of the time once out of the honeymoon period.

— ABOVE ALL —

Blood sugar numbers are nothing more than data with which to make decisions regarding insulin adjustment.

Written By: Dr. Mary Simon, MD and Maureen McGrath, RN, MS, PNP

Diabetes Care at Camp

An Important Message About your Child's Diabetes at Camp:

Your child's blood sugar levels may run lower or higher during their stay at camp than you may see at home. While they and their blood sugars are carefully monitored, variables such as altitude, new activities, new routine, length of stay, excitement, and so on, will affect your child's blood sugar levels. Please know that camp works diligently to fine tune your child's diabetes control during their stay, but it is not always possible to have the same level of control that they may have at home. To address any diabetes concerns prior to camp, please give us a call.

Diabetes Care at Independent Camps:

Campers will be under the care of our highly-qualified and trained staff. These staff include: counselors and program staff (more than 70% have type 1 diabetes themselves), dietitians, certified diabetes educators, nurses, endocrinologists, and general practice physicians. Each deck will consist of 8-14 campers, 2-5 counselors, and one nurse. At every meal and at nighttime snack, each camper meets one on one with their nurse to adjust insulin doses. The nurses report to the lead medical staff on duty, who then report to our Medical Director.

Diabetes Benefits at All Programs:

Aside from formal education, participants continually chat with staff and each other about living with type 1. Campers share tricks of the trade, experiences, and knowledge that enrich each other's lives and they know that they are not alone. It is very common for a child with diabetes to have a "first" at camp such as giving their own shot, trying a new pump site, or counting their own carbs. We celebrate and encourage these "firsts" at all programs.

Food Allergies and Special Diets

We can accommodate the following food allergies and special diets at Camp. For all other dietary concerns, please call us before your session so that we can work with you to find other solutions.



Peanut Allergies: The kitchen facility does not knowingly use peanuts in snacks or meals prepared on site. While we do our best, **we cannot guarantee that our facility is 100% free of peanut products.** We ask that you help us maintain the lowest level of possible contamination by following our rule about not bringing additional food with you to camp; our kitchen will keep you well fed and our facility is safest for everyone when we control which products are on camp.



Other Nut Allergies: We are able to provide substitute meals and snacks prepared without nuts for other nut allergies. While we minimize nuts on camp by not serving them alone, we do use nut products in our kitchen. **We cannot guarantee that our facility will be entirely nut free.**



Celiac Disease: While we do our best, **we are not able to guarantee a 100% gluten-free environment at CDLN.**



Vegetarian: We will have vegetarian options at every meal.

We may be unable to accommodate the following. Please call us ahead of time so that we can discuss with you and find other solutions.



Vegan



Egg Allergies



Lactose Intolerance. We do offer soy milk and alternatives to ice cream, yogurt, and cheese.



Kosher

Preparing your Child for Camp

Whether you are sending your child to camp alone for the first time or are coming all together for a Family Camp session, we recognize that some campers need more time than others to get used to new routines, to adjust to living with others, and to deal with the challenges and choices that inevitably come with group living. As Bob Ditter, family therapist and contributing author to *Camping Magazine*, suggests, *camp is "...a great opportunity for children to learn to manage emotions, tolerate individual difference and discover that they can resolve many issues on their own."*

Whether your child is coming to camp with or without you, as a parent there are some important steps that can be taken in helping to prepare a child for summer camp, and support them if they experience missing home.

- ✓ Involve your child in packing for camp. Do it together.
- ✓ Pack a favorite item like a favorite article of clothing or a small stuffed animal.
- ✓ Share stories about your first experience away from home when you were a child (keeping the story positive!)
- ✓ Mail a positive, encouraging letter to your child three or four days before they depart for camp. That way it will be there on the first day.
- ✓ Encourage your child to share any concerns they may have with their counselors or another trusted staff member, and let the child know that their counselors are there for them at all times, including nights.
- ✓ Speak about the camp experience in a **positive** light. Often times a child can sense their parents'/guardians' anxiety about camp and will react. Let the child know that they are going to have a wonderful time at camp, and that as parents, you are excited they are attending.

The following items are suggestions about what you as a parent might discuss with your child before they go to camp that will help your child be more successful during the session.

- ✓ Every camper is part of a group, and we expect you to cooperate and help out.
- ✓ If you are having a problem, your counselor is there to help you. You don't have to wait to tell us, you can tell your counselor.
- ✓ Clean-up is part of camp. We expect you to participate.
- ✓ There are many new things at camp, and you may not like them all or be as good at some as you are at others. We expect you to try!
- ✓ Things will be different at camp than at home and that's okay! We can't wait to hear about everything when you get home.
- ✓ Go about making a new friend or two. If you are timid/shy about meeting someone new, ask about what they like and be a good listener.
- ✓ Not everyone has to be your friend, and you don't have to be everyone else's friend. If you have one or two good friends at camp, that's great! Everyone, however, is to be treated with respect.

If you are concerned that your child may have difficulty in adapting to camp life, please feel free to contact camp at any time during your child's stay for information regarding your child and how he or she is doing.

Frequently Asked Questions

To help you feel prepared for camp, answers to some of our most frequently asked questions are below. If you don't see your question or want to discuss a topic further, please call or email us ahead of time.

- **What activities will we be doing at camp?**

We offer lots of fun activities at Camp including campfires, hikes, arts & crafts, sports & games, archery, and swimming. At each program we have a structured schedule that includes program rotations, evening activities, and down time.

- **Who are the staff and volunteers? Are they really trained to work with my child and manage diabetes?**

Staff and volunteers come to us from all over the country. They include teachers, college students, recent high school graduates, psychologists, pediatric endocrinologists, residents, interns, and nurses. 50-60% of the staff and volunteers have diabetes while the other 30-40% has experience in diabetes through friends and/or family. All counseling and program staff undergo an intensive training session that focuses on everything from child development to conflict resolution to program leadership to diabetes "tricks of the trade." Camp staff and volunteers are highly dedicated to the participants, with many of them being past campers and having grown up coming to our programs. They will make every effort to ensure that your child has an incredible, exciting, and memorable experience.

- **What is your staff to camper ratio?**

Our average staff to camper ratio is 1:3, although at most programs this is closer to 1:2.

- **What diabetes supplies should I bring?**

Camp provides a majority of diabetes supplies. Please consult your packing list on page 5 for specific information.

- **Do you allow cell phones at camp?**

Yes, but the cell phone is viewed as a medical device ONLY and should not be used for any other purpose while at camp.

- **Can I pack my own food and drinks?**

We ask that you please do not bring any of your own food or drinks unless you have already spoken with the Camp Director and made a special arrangement. Due to various allergies we prefer to keep control over what food products are on camp. We also have lots of friendly critters in our forested environment and additional food attracts them onto living areas. We will have lots of food served at camp, and our kitchen is always happy to offer you a snack (carb-free or carb-full based on time of day and request).

- **My child is going to independent camp for the first time; can they call me if they get homesick?**

Missing home is a normal part of summer camp whether a camper is new or returning. Children who call their parents when they are severely missing home tend to exhibit increased upset and anxiety and therefore *we do not allow children to call home during camp*. Counselors are trained to deal with missing home by engaging children in favorite activities, writing letters home, and talking about their feelings. If your child continues to exhibit signs missing of home,

a call will be placed to you by a staff member and appropriate steps will be taken in partnership with you, the parent.

- **I am concerned about the blood checking, meal times, and insulin times being so different at camp than our routine at home. How will this affect my child's diabetes?**

While your child is at camp they will be introduced to new routines and experiences. We will work with your child to make them feel comfortable with the new routine. We believe that change in routine is a great skill for campers with diabetes to learn as they go from school, to summer, back to school and in all of life's adventures. As mentioned in this handbook you may find that your child's blood sugars may run lower or higher at camp than they do at home due to many variables including change in altitude, exercise, wake-up and bed-times, and generally being in a new environment with new people. We will be closely monitoring your child throughout the week. Your child is free to check their blood sugar at additional times whenever they feel the need or would like to.

- **Will my child's blood sugar be checked during the night?**

At independent camps the medical team/counselors check every camper's blood sugar every night around 1:00AM and will dose and feed as needed.

- **Can I see pictures while my child is at camp?**

Absolutely! Please "like" the DYF Facebook and Instagram page for photos during camp. We do our absolute best to post pictures every day, but please be patient with us as the internet capabilities are poor and it takes a lot of effort on our end to be able to post. Plus, the more time we spend uploading pictures the less time we are spending with your kids!

Policies and Expectations

Cyber-Bullying and Harassment

Most internet communication is fun, positive and one important way campers stay in touch with their friends. However, at camps around the country, a few campers have sent rude, demeaning, intimidating or vulgar e-mails or instant messages to other campers or have created false screen names to harass members of the camp community or to spread false and damaging information about them. Our "Internet Use Policy" covers our response to this concern. In addition, we have outlined the steps you and your child should take should you receive an abusive, demeaning, or otherwise threatening or inappropriate Internet communication. Being familiar with these steps is part of the overall safety and healthy practice you should have in place with your child. Sharing them with you is one way we feel we can support your effort to protect your children, at camp and at home. If your child receives a threatening e-mail, instant message or message on a personal website, one that is mocking, uses vulgar or harassing language, please feel free to take the following steps:

1. Do not respond to the message or retaliate.
2. Record the message with a screen shot.
3. Print out a copy of the message, then close it but do not delete it.
4. Notify the local police, or if necessary, contact your internet service provider.

5. If you suspect the sender is from camp, call us immediately at 925.680.4994
6. You can also contact the National Center for Missing and Exploited Children
<http://www.missingkids.com/home>

Camper Policy on Social Networking and Personal Websites

In general, DYF views social networking sites (e.g. Facebook, Instagram, Snapchat), personal websites and web blogs positively and respects the rights of participants to use them as a medium of self-expression. If a participant chooses to identify him or herself as a participant at our camp on such internet venues, some readers of such Web sites or blogs may view the participant as a representative or spokesperson of the camp. In light of that possibility, our organization requires, as a condition of participation in our programs, that participants observe the following guidelines when referring to our programs, activities, participants, and/or employees/volunteers, in a blog, web site or social media platform.

1. Participants must be respectful in all communications and posts related to or referencing our programs, employees, volunteers and other participants.
2. Participants must not use obscenities, profanity or vulgar language.
3. Participants must not use blogs, social media accounts or personal Web sites to disparage the organization's programs, other participants, or employees or volunteers of the camp.
4. Participants must not use blogs, social media accounts or personal Web sites to harass, bully or intimidate other participants or employees/volunteers of the programs. Behaviors that constitute harassment and bullying include, but are not limited to, comments that are derogatory with respect to race, religion, gender, sexual orientation, color or disability; sexually suggestive, humiliating or demeaning comments; and threats to stalk, haze, or physically injure another person or people.
5. Participants must not use blogs, social media accounts or personal Web sites to discuss engaging in conduct that is prohibited by program policies including, but not limited to, the use of alcohol and drugs, sexual behavior, sexual harassment and bullying.
6. DYF does not endorse the exchange of participant personal contact information with our Staff & Volunteers. This includes participants giving or getting email addresses, cell phone numbers, or friending on social media sites. Once staff and volunteers leave the program, we cannot take responsibility for what happens between participants and staff & volunteers.

Any participant found to be in violation of any portion of this Internet Use Policy will be subject to immediate disciplinary action, up to and including dismissal from the program or prevention from participating in future programs.

CDLN Policy on Head Lice

DYF requires that all participants be free of nits and lice prior to attending a program.

Therefore, Parents/Guardians must perform a head check of each camp participant 48 hours before the first day of the program. Home screening decreases the risk of a head lice outbreak at a DYF program. For more information about how to screen for lice, please visit http://www.babycenter.com/0_how-to-tell-if-your-child-has-head-lice_66430.bc

If nits and /or lice are found prior to the first day of the program and therefore cancellation must occur, a partial refund will be given.

If nits and/or lice are found or suspected at camp, a head check will be performed by a Healthcare Professional. This check will be done discreetly and away from other campers. If nits/lice are found during this check, the participant will be treated on site and parents/guardians will be notified. The Healthcare Professional will decide whether the child is to be taken home or to continue being treated at camp. If a participant is found to have lice/nits, the other participants in the cabin/deck will also be given a head check by a Healthcare Professional.

There is no refund of the camp fee if a child is sent home from a DYF program due to the presence of lice and/or nits.

Other Communicable Diseases at Camp

We are asking your family to play a critical role in helping us prevent pertussis and other communicable diseases such as H1N1, seasonal influenza, gastroenteritis, and measles, at camp. Here is how we need your help:

Given that infections are spread person-to-person, and tend to happen in congregate residential facilities, please instill healthy hand washing and coughing habits at home. Please help us by teaching your children to “Cover the Cough” by coughing into their elbow (not their hands), and washing their hands before and after sneezing, coughing, and eating. Please try and limit their exposure to persons who are sick in the couple of weeks prior to camp.

- Please make sure that your contact information is up-to-date on our forms, and that your alternate emergency contact information is also up-to-date and will be reachable during the time your child is at camp.
- Please be aware that vaccines are available for most contagious conditions. We encourage you to speak with your child’s health care professional about these options as many of these conditions are preventable.

Most Important: We ask that you keep your child at home until 24 hours AFTER they no longer have a fever (100 degrees Fahrenheit or 37.8 degrees Celsius measured by mouth) and/or signs of fever (chills, feeling very warm, flushed appearance, or sweating) without the use of fever reducing medicine. Please keep your child at home if they are vomiting, have diarrhea, are experiencing bouts of coughing as described above, or you suspect they have any communicable illness.

For questions about communicable diseases and camp, please contact DYF at 925-680-4994. You may also visit www.fcdph.org for more information.

We thank you for your support in helping to keep our camp community healthy, happy, and enjoying everything that the summer camp experience has to offer!

Ritalin, Adderall, Concerta, and Related Medications

An increasing number of children are on medication for ADD/ADHD (Concerta, Ritalin, Dexedrine, Adderall, Strattera), depression or other psychological conditions. These medications allow a child to take advantage of all that a school environment has to offer. Camp is no different, but many prescribing physicians are not familiar with camp and may take a child off medication without knowing the full implications. While many children do well off of Ritalin and similar drugs for their summer vacations, camp is a very stimulating environment. The continuous social interaction can be stressful for children with certain conditions and they can be at a disadvantage trying to make friends and participating in activities, discussions, and performances without their medication. **Leaving a child on or putting a child back on their medications for camp is recommended by the American Camp Association.** It is our experience that campers still need their school doses to make friends and enjoy all of the activities and interactions at camp. If your child is on a psychotropic medication and you are planning to or have made a change in that medication any time up to six weeks before camp, please discuss it with us. **Likewise, if your child has an IEP for any condition other than diabetes, please let us know so we can decide together whether having a plan at camp would be of benefit.**

If you have any concerns regarding your child please be sure to note them on the health forms and provide as much detail as possible. Any information regarding your child will assist staff in working to provide the best camp experience possible. We want to partner with you in setting your child up for success at camp.

Camper Expectations and Behavior

Please note that camp is not an environment that is suited for every child. Due to the high number of campers we serve, as well as our forested location, it may not be safe or in the best interest of our campers to keep a child at camp who is not following the behavior expectations listed below. If we deem that camp is not a good fit for your child, you will need to come pick them up. **It is therefore imperative that you let us know in advance of any behavioral challenges that may impact your child's success at camp** so that we can proactively plan for their arrival and work with you.

Camp has a strong impact on campers largely due to the positive and accepting community among staff and fellow campers. Staff members and volunteers work very hard to maintain this supportive atmosphere. Campers need to be prepared to help each other enjoy camp by using behavior that includes others and supports their feelings.

Often campers will come to camp and behave differently than they do at home or in school. This results from a change in environment, structure, routine and new peer to peer relationships. We believe that camp is a great opportunity for campers to learn new skills, grow, and practice working together in a team setting. Campers will be expected to help support group living by assisting with chores, and by following the camp routine. To help your child begin their learning and growing please be sure to discuss the rules of camp and expectations while they are away from home. Staff will provide guidance and support to campers who have difficulty following the rules by:

- ✓ Clearly establishing rules and routines on the first day and enforcing those rules and routines throughout the week. Campers will play an active role in establishing camp rules they agree to follow.
- ✓ Holding group meetings to discuss the group's progress in working and living together.
- ✓ Providing one-on-one meetings to address problem behaviors, resulting in agreement and follow up meetings.
- ✓ Assigning time out from activities.
- ✓ Contacting parents to participate in solving on-going behavior problems.

Any camper who takes away from the quality of another camper's experience will need to be picked up by their parent/legal guardian to return home immediately. No refund of camp fees will be issued for campers who are asked to leave. Please be sure to discuss this policy and our rules with your child.

Parents whose children have difficult behaviors should evaluate carefully whether or not their child can have a successful experience in our camp setting. Camp is just as structured as school and demands campers be cooperative and socially responsible.

CAMPER RULES

- Smoking and use of any tobacco products is not permitted at camp or on the bus to and from camp.
- The use of, or presence of, alcohol and/or drugs are not permitted.
- Cell phones are not permitted including phones that duplicate as music players and cameras. Camper cell phone on camp will be held by camp staff for the entire duration of the week.
- Campers will not engage in sexual contact of any nature nor form exclusive relationships.
- Campers must remain on deck throughout the night and pre-breakfast unless accompanied by a staff member.
- Campers will not bring candy or food items not previously approved by the health professional team or Camp Director or receive them in packages.
- Campers are expected to help keep camp clean by keeping their beds clean, helping to clean up their tables in the dining hall, and performing assigned cleaning duties.
- Clothing must be appropriate and comfortable for community living, participation in active games, and safety in a forested environment. Final decisions regarding the safety and appropriateness of clothing are made by the Camp Director and campers may be asked to change clothing.
- Participants will respect themselves and others, the facility and its surrounding property.
- Participants will focus on courtesy, cooperation, respect and responsibility and will not intentionally harm another person or themselves physically or emotionally. Fighting, foul language, racist language, name calling, bullying and threats are not tolerated.
- Participants are expected to follow the rules. Behavior that is inappropriate or unsafe is not tolerated. Behaviors that are inappropriate will result in removal from the program and may prevent participation in future programs.

Please note that a parent or legal guardian must be available to pick up their child at any time during their child's stay at camp. If a parent refuses to pick up a child or refuses to make arrangements to have a child picked up, child protective services will be called.

Camp Forms, Cancellations, and Insurance

Please complete all online forms by the date indicated under your family's profile. Due to waiting lists, your child will lose his or her spot if the forms are not completed in full by the indicated date. If any issues arise and you will not be able to complete all or part of the forms by the stated deadline, please contact DYF directly at 925-680-4994.

Important Information to Consider When Completing Your Child's Forms

When you entrust your child to our care, we are sure you do so with one thing uppermost in your mind – that your child has the safest, happiest experience with us as possible. We have the same goal! We want you to view us as your partner in your child's well-being. We are committed to keeping our end of the partnership and are only able to do so if we have the information to prepare our healthcare professionals, and counseling team to ensure that your child is well cared for and free to have an incredible summer. When completing these forms please help us by **telling us as much as you can about your child**. This is crucial in helping us to work best with your child. For example: does your child wet the bed? Does your child have ADD/ADHD? Does your child have special assistance in school? Is your child anxious about coming to summer camp? We know that you may be hesitant to provide us with some of this information for fear that your child will be singled out or treated differently. Please know that we will only share this information with people who work directly with your child to ensure that your child has the best time possible at camp. We will only use this information to help your child. All of this information is very important so that we can do the best job possible in helping your child adjust to camp.

Participant Outcomes

At CDLN our hope is that your child not only grows in diabetes self-care and management, but also in their development. Listed below are the participant outcomes we hope that your child achieves in our camping programs.

1. Participant demonstrates increased knowledge about the outdoors.
 - a. Stays on trail
 - b. Can identify flora and fauna surrounding camp
 - c. Carries out all trash from campsite
2. Participant demonstrates a deeper appreciation of regular physical activity utilizing the outdoor environment including hiking and/or backpacking and/or nature exploration.
 - a. Familiar with hiking trails departing from camp
 - b. Shows interest in joining programs involving outdoor activity for next year's camp season
3. Participant sees his or herself as a steward and ambassador of the outdoors.
 - a. Chooses rugged terrain when traveling cross country to minimize impact
 - b. Collects fire wood from existing and dead debris surrounding campsite
 - c. Does not pick wildflowers or damages other flora
4. Participant demonstrates increased confidence in diabetes management and diabetes decision-making.

- a. Can count the carbohydrates in their own meal
- b. Suggests possible insulin dosages to medical staff and/or parents
- 5. Participant demonstrates increased independence in diabetes management.
 - a. Checks blood glucose without reminder
 - b. Recognizes personal symptoms of hypo and hyperglycemia
 - c. Self-administers insulin injections
- 6. Participant understands the different types of insulin and technology available to adjust and administer insulin levels.
 - a. Recognizes various insulin pumps
 - b. Knows the difference between long acting and short acting insulin
- 7. Participant knows and understands how to identify and treat hypo and hyperglycemic episodes especially during high and low activity periods.
 - a. Chooses fast acting carbohydrates such as sugar cubes when experiencing hypoglycemia
 - b. Recognizes personal symptoms of hypo and hyperglycemia
 - c. Parent will also report changes in home behavior
- 8. Participant demonstrates an increased sense of diabetes responsibility upon returning home.
 - a. Checks blood sugars more frequently
 - b. Closely monitors blood sugar pre and post times of increased physical activity in order to prevent severe hypoglycemia
 - c. Parent will also report changes in home behavior
- 9. Participant sees the self as a useful and valued member of the camp community by camp peers and adults.
 - a. Offers input to counselors when selecting an activity
 - b. Participates in group discussion
- 10. Participant feels encouraged to do well in school and home community.
 - a. Completes tasks to the best of their ability as assigned
 - b. Faces challenges with a positive attitude
 - c. Parent will also report changes in home behavior
- 11. Participant is aware of, and confident in, the steps of group and individual decision making.
 - a. Voices opinions and concerns in a respectful manner
 - b. Actively listens when others speak
 - c. Takes other's opinions into consideration
- 12. Participant has increased friendship-making skills.
 - a. Plans to communicate with fellow campers post camp
 - b. Actively listens and engages in conversation with peers
 - c. Parent will also report changes in home behavior
- 13. Participant reports having increased self-esteem.
 - a. Introduces self to a new person
 - b. Engages in conversation
 - c. Parent will also report changes in home behavior.
- 14. Participant reports feeling optimistic about personal future.
 - a. Confident in diabetes management
 - b. Makes plans for the future
 - c. Parent will also report changes in home behavior

15. Participant shares diabetes knowledge learned at camp with peers, family, and school personnel.
 - a. Talks openly and willingly about their disease
 - b. Demonstrates ability to administer own injection/check blood sugar/etc...
 - c. Parent will also report changes in home behavior
16. Participant shares enthusiasm about outdoors gained at camp with the surrounding community including peers, and family.
 - a. Shares stories camping experience with friends
 - b. Exemplifies "Leave No Trace" principles in outdoor settings
 - c. Parent will also report changes in home behavior
17. Participant encourages peer participation in outdoor activities.
 - a. Encourages friends to join him/her next year
 - b. Identifies flora and fauna for peers
 - c. Parent will also report changes in home behavior