



GALES CREEK CAMP

PARENT HANDBOOK

Drop Off Times for 2024

| | |
|--|----------------|
| For campers with last names beginning with G-M , check-in begins at | 1:00 PM |
| For campers with last names beginning with N-Z , check-in begins at | 2:00 PM |
| For campers with last names beginning with A-F , check-in begins at | 3:00 PM |
| <u>All</u> campers should arrive by | 4:00 PM |

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1. Paperwork

Before camp

Before coming to camp, make sure you have a **confirmed registration** and that **your registration tasks are complete**. Login online to check at galescreekcamp.org (and click the big circle at the bottom of the page), email us at registration@galescreekcamp.org, or call our office at (503) 968-2267.

Make sure your doctor has completed and returned your **Physician's Section Form**. You don't need to make an appointment just to have this form completed, but *your child must have seen their diabetes care provider within 6 months of attending camp*. Most docs have the form at their office and will fax it directly to us if you let them know your camper will be joining us. You can also email, fax, or mail a physician-signed form to us yourself using the contact information below.

Bring to camp

You should complete the enclosed **Health History Form** (green colored paper) just prior to arriving at camp so we have the most up-to-date health info on your camper. **Don't send the Health History Form in—Bring it with you to camp!**

2. How to get to camp

Gales Creek Camp is located at:
59425 NW Cedarbrook Lane
Gales Creek, Oregon 97117

We are between milepost 39 and 38 on Highway 6. When driving west on Highway 6, our turnoff is about ½ mile past the Glenwood Store. Turn left onto Cedarbrook Lane, which is a gravel road just before the small bridge over Gales Creek. Drive courteously down the gravel road, staying to the left. **The road is narrow in places, so please pass only when one car can use a designated pullout.** Once you cross a small wooden bridge, you've arrived.

3. Check-in/check-out procedures (what to expect)

IMPORTANT: An authorized parent/guardian must accompany the camper to meet with the camp doctor. If a parent or guardian is unable to attend check-in, please call the office at 503-968-2267 to make other arrangements.

Sunday check-in schedule

Please see the top of the first page for your assigned arrival time. To minimize the wait time, please do not arrive before your group's assigned arrival time. Remember, campers move into the cabins all at one time, after all campers have arrived.

COVID-19 testing upon arrival

Our Medical Committee will decide closer to summer whether COVID testing will occur this year, based on conditions at the time. Only your camper will be tested.

Head toward camp and you will be greeted by our friendly camp staff. They will be happy to help with your bags and gear, lead you to the center of camp, and show you your cabin. From there, follow these steps:

Step 1: Leave your gear next to your cabin. Once everyone arrives, all campers will move in together. Next, drop by the name tag table to make a name tag and get to know the counselors and Camp Directors.

Step 2: Then head the t-shirt table to sign in, get your t-shirt and complete your releases.

Step 3: Now get in line for Medical Check-In, where you will sit down with Health House staff and then a doctor to let us know all about your camper's health needs.

Step 4: Go to the Dining Hall and see the dietician to let us know about any special dietary needs.

Step 5: Say your goodbyes and let your camper start their adventure!

Friday check-out schedule

10:00 AM - Check-out begins (but don't drive away just yet!)

10:30 AM - Camper Awards Ceremony (on the log!)

11:15-Noon - Check-out continues (now you can leave)

12:00 PM - Camp Closes

When arriving to pick up your camper, park in the same area and come to the center of camp. You may or may not find your camper right away, since they may be running around and will most likely still be in "camp mode." Once you do find your camper, let them show you around if they want to. You might have a project to pick up, or there may be a counselor *you just have to meet*. After greeting your camper, follow these steps:

Step 1: Head to Medical Check-Out for a review of the week's health-related events. Grab your leftover supplies and maybe some new swag. The Camp Store will be open during check-out, accepting cash, checks and credit cards.

Step 2: Take a seat on the log and watch the awards ceremony.

Step 3: Make sure you gather all of your camper's gear, load up, and head for home!

4. Important contact numbers

Foundation Office: 503-968-2267 (general inquiries, registration questions)
Onsite Camp Phone: 503-357-1793 (emergencies, late arrivals)
Foundation Fax: 503-992-6785

5. Mail call

Send postcards, letters, and food-free care packages to your camper at

[Camper's Name]

Gales Creek Camp

59425 NW Cedarbrook Lane

Gales Creek, OR 97117

MAIL CALL PRO TIP: Secretly mail your postcards, letters and packages the day BEFORE you drop your camper off at camp to ensure the mail arrives on time. Please never send food or gum.

6. Insulin pumps

If your camper is on a pump, please bring twice the pump supplies (minus the insulin) that your camper would need for a typical week. You will get back what we do not use. Please make sure your camper's pump is fully charged before arriving to camp and pack the charger with them for the week. It works well to bring all the supplies in a 1-gallon ziplock bag. Please note, we will not use your blood glucose meter, even if it's connected to your pump. We will use our own meters and manually input BGs. See the included tech page for more details.

7. Continuous Glucose Monitors

Include an extra CGM sensor and transmitter in your ziplock in case your camper's falls off or needs a routine change during their stay. If your camper uses over patches, bring them. You will get back all unused equipment. Please pack a charger for their corresponding CGM receiver and/or phone. **PRO TIP:** If your camper has overpatches for their CGM, apply one before arriving to camp to prevent it from falling off prematurely during swim or other high-level activities.

8. Dexcom Follow Program

If your camper is using a Dexcom Continuous Glucose Monitor, Health House Staff can "Follow" camper's blood glucose levels overnight from a centralized monitoring system. In order for campers to utilize this program they must be using a Dexcom CGM and have it connected to a phone. At this time, Libre CGMs are not compatible with the "Follow" program. If your camper prefers using the factory receiver, or their pump, to monitor their CGM values that is okay! Campers unable to participate in the Dexcom Follow Program will still receive routine blood glucose checks throughout the night. If your camper intends to be on the Dexcom Follow Program while at camp, please pack their phone and its charger. PLEASE NOTE: A cell phone may only be used as a CGM receiver at camp. By bringing a cell phone receiver to camp, camper agrees to no texting, phone calls, app use, internet access, photography, video, or any other use.

9. Insulin pens

Please note we prefer pens be left at home as it is difficult to keep track/store pens brought from home. For campers using Basaglar insulin (only available in pen form) insulin Glargine (Lantus) is a suitable substitution and may be provided by camp (this depends on donations from the insulin companies).

10. Medications

All medication (including insulin and EpiPens) must be in the original container and labeled. All prescription medication must be in the *camper's name*, with pharmacy labels intact. Camp will not accept and/or dispense supplements without a signed doctor's prescription.

11. Reasons Camp May Contact You During the Session

| CONDITION/CIRCUMSTANCES REQUIRE NOTIFICATION | STAFF RESPONSIBLE FOR PARENT/GUARDIAN NOTIFICATION |
|---|--|
| Illness: persistent nausea/vomiting, diarrhea, fever $\geq 100^{\circ}$ | Camp Physician |
| Severe Hypoglycemia: unconscious, unable to take oral treatment; glucagon required | Camp Physician |
| Pump Malfunction; need to switch to MDI therapy | Camp Physician |
| Physical injury or condition that necessitates emergent treatment and triage to a local Emergency Dept. or Urgent Care facility per Camp Physician recommendation. (Examples: suspected fractures, head injury, lacerations) | Camp Physician Camp Director |
| Injury or symptoms requiring sensitive area (e.g., genital) examination; camp physician may need to perform examination while parent/guardian are being notified. | Camp Physician |
| Psychosocial: behavioral outbursts/self-harm/harm to others, persistent homesickness. | Camp Director |
| Head Lice, Scabies | Camp Physician Camp RN |

12. Code of Conduct

Purpose

- To ensure that the rights of all individuals are protected while attending the camp.
- To establish the safest and best possible camp environment for all participants.
- To ensure that breaches of the rules and code of conduct are treated in a fair and consistent manner.

Expectations

- Campers are responsible for their own behavior and are expected to treat one another, staff, and Gales Creek Camp property with respect.
- Campers have the responsibility to act and behave in a way which does not endanger, intimidate, or interfere with the participation of others.
- Campers have the responsibility to follow the instructions given by camp staff.
- Campers have the responsibility to behave according to this code of conduct.

Rules

The following forms of behavior are considered a serious violation of Gales Creek Camp's Code of Conduct and may result in the immediate camper dismissal:

- Bringing or possessing tobacco or nicotine products, marijuana products, alcohol, or non-prescribed substances/medications.
- Bringing or possessing weapons or pornographic material.
- Using language which is offensive, sexist or racist.
- All forms of bullying, intimidation, or harassment, including sexual harassment.
- Fighting, violence, or any other form of aggressive behavior.
- Leaving camp boundaries without permission.
- Behaving in a manner that is potentially dangerous to self or others.
- Behaving in a manner that damages or vandalizes the property of others or Gales Creek Camp.
- Using a cell phone or other device for texting, phone calls, app use, internet access, photography, video, or any use other than for diabetes management.

Any breach of this Code of Conduct will initiate a disciplinary action. Gales Creek Camp reserves the right to suspend or dismiss a camper's participation in camp activities, including dismissal from camp, without refund of camper fees, if such disciplinary action is required.

13. Camp Song

Campers have been singing the Gales Creek Camp song since 1967. To know it is to truly belong. It has only been updated twice in the history of camp, just to keep up with the changing times. In 2018, with the help of the song's original scribe, Lee Ann Emanuel, the camp song was updated to reflect modern changes in diabetes care and management. Gone are the days of urine testing with the "negative" results, and now even "taking shots" isn't all together accurate, considering the proliferation of insulin pumps. So, for those who know and love the song, here is the updated version. For those who are seeing and hearing it for the first time, welcome to the family.

Ohhhhh!

We are Gales Creek Campers every one.

We take our insulin then have our fun.

We have a spirit that is hard to beat.

We hike! We swim! We eat and eat and eat!

Oh we just love to run and exercise

And check our blood so there is no surprise.

**When snacks come around at 9 o'clock
never on the dot**

We hope we are in control

Oh, we hope we are in control!

14. Packing list (tear-out page!)

What to bring

Clothing

- Rain jacket
- Heavy sweatshirt
- Long pants
- Swimming suit
- Shorts
- T-shirts
- Underclothing
- Shoes (at least 1 pair with closed toes).
Bring 2 pair of shoes minimum.

Bedding

- Sleeping bag
- Pillow

Toiletries

- Towels (2)
- Shampoo/conditioner
- Toothbrush/toothpaste
- Soap
- Deodorant
- Feminine Products

Other important stuff

- **Pump supplies (reservoirs, sets, & charger).** Bring twice the supplies your camper would need for a typical week. You will get back what we don't use. Pack it all in a 1-gallon ziplock bag. Please make sure your camper's pump is fully charged before arriving to camp and pack the charger with them for the week!
- **CGM supplies (sensor, transmitter, overpatches).** Please bring an extra sensor, transmitter, and any overpatches. If your camper runs out of CGM sensors, or if they choose not to replace the sensor, we will use our BG test kits.
- **Your CGM receiver & charger.** If you have a factory CGM receiver, bring that, along with its charger. If their cell phone is their CGM receiver, bring their cell phone & charger. If your camper intends to be on the Dexcom Follow Program while at camp, camper must have their phone and its corresponding charger. PLEASE NOTE: A cell phone may only be used as a CGM receiver at camp. By bringing a cell phone receiver to camp, camper agrees to no texting, phone calls, app use, internet access, photography, video, or any other use.
- **Prescription medication (including Epi-Pens).** Must be in the original container and pharmacy-labeled in the child's name.

Optional stuff

- Flashlight
- Cheap digital or disposable camera
- Money for the camp store (this can be added to the camper's store account at check-in)
- Swimming goggles

- Aqua socks or creek shoes
- A book or other quiet time activity
- Special sunscreen (camp will provide basic sunscreen options)
- Postcards for mailing addresses of family and friends (GCC sells pre-stamped postcards in the Camp Store for \$.50 each)

What NOT to bring

- **Insulin or syringes.** Please do not bring these diabetes supplies. We will provide all needed supplies except those related to insulin pumps and pens. We do provide all insulin in vial form—there may be some brand exceptions depending on donations from insulin companies, but we will have all types of insulin. If your camper is on Basaglar, for example, Lantus may be substituted at camp and therefore pen could be left at home.
- **Blood glucose test kits, lancets.** To prevent blood borne pathogens, we use our own test kits and lancets.
- **Head lice.** Campers will be checked for head lice during Medical Check-In. If a camper has head lice, they will be instructed to return home for treatment and will be allowed to return to camp when clear.
- **Pets.** No animals other than human children are allowed at camp.
- **Bug spray** (we provide this)
- Drugs, alcohol, tobacco or marijuana products, vaping devices, controlled substances, or anything illegal (duh).
- Scooters, skateboards, roller blades, drones, robots (and other stuff like this). If you are unsure whether an item will be permitted at camp, please feel free to reach out and ask us!