

2021 CAMP GUIDE

Summer Session 2

camp
kudzu
We've Got Diabetes Covered!



Sunday, June 13 -
Friday, June 18, 2021



Camp Twin Lakes- Rutledge
1391 Keencheefoonee Road
Rutledge, GA 30663



Camp Kudzu Office
(404) 250-1811

Camp Twin Lakes Office
(706) 557-9147

COVID 19 PRECAUTIONS

The COVID-19 pandemic has certainly provided a different landscape for Camp Kudzu programs in 2021. We are committed to returning to in-person programming in a safe matter. As you can imagine, several precautions will be put into place to keep safety as a top priority at camp--from things you'll need to know prior to arriving at the gates, to mealtime procedures, to departure on Friday.

Please read carefully below for special precautions added to our programs. Should you have any questions or concerns, do not hesitate to reach out to Kat Shreve, Associate Executive Director, at kshreve@campkudzu.org or 404-495-4861.

We are excited to resume in-person programming and ask that you partner with us to make our programs successful. While many of us have our own beliefs and standards of precaution to keep ourselves and our families safe and healthy, please remember that your actions also impact the health of others. Therefore, especially for two weeks prior to our program, we appreciate your understanding in maintaining social distance, good handwashing practices, and minimizing your risk of becoming sick.

IMPORTANT REMINDERS FOR YOUR CAMPER'S SESSION

Covid-19 Testing

When you arrive to camp to check-in your camper, EVERY camper will have a Covid-19 test administered and must receive a negative test result before entry into the camp grounds. Your camper will be tested regardless of vaccination status or test obtained prior to your arrival.

Masking & Physical Distancing

At Camp Kudzu we will wear masks:

- Inside at all times (exceptions being when in your cabin and while eating during meals!)
- Outdoors when 6 feet of distance is not possible
- When there is the potential to interact with individuals who are not in your cohort
- During check-in and check-out times

14-Day Symptom & Temperature Log

14-days prior to the beginning of your camper's session, you will begin a daily temperature & symptom log. You will record your camper's temperature each morning and evening during this period as well as any symptoms they may exhibit. IF they do experience any symptoms, we ask that you reach out to Carrie Claiborne, Medical Manager, to discuss the symptoms IMMEDIATELY.

Check-In

Check-in will take place from your car! There will be multiple stations you will pass through on your way to the final stop of dropping your camper off to head to their cabin. Please be prepared for the entire check-in process to take at least an hour. Additionally, please know that in an effort to keep our "camp bubble" safe, parents will not exit their vehicles to walk campers to their cabins. More check-in information is below!

ARRIVAL & DEPARTURE

Pre-Arrival

Your camper will need to complete a temperature and symptom log for 14 days prior to the start of their camp session. Beginning the morning of Monday, May 31, please complete the symptom log twice a day—morning and evening. Include body temperature and any symptoms experienced, including but not limited to the following: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

Should your camper experience any symptoms during this 14 day period, please email Carrie Claiborne at CCLAiborne@campkudzu.org prior to arrival at camp on June 13.

Click [HERE](#) to print a copy of the log for your camper!

Check-In

1. All campers must be checked in by a parent or guardian, as indicated during registration.
2. You will arrive at camp and follow the signs to drive into the field outside CTL's front gate. Here you will be greeted inside your car and given a cabin number to hang on your car's side mirror as well as a clipboard with forms for you to complete during the check-in process. Next you will move forward for your camper to take their COVID test.
3. Once your camper has had their COVID test administered, you will wait in your car for about 15 minutes. During this time you should complete the forms on your clipboard, your camper's clinician will come by the car to complete the medical portion of camp check-in, and someone will come by to collect any medications your child will need while they are at camp.
4. Once we get a negative COVID test, you will be directed to pull into the camp gate and follow along to the traffic circle designated for your camper's cohort. Here, Camp Kudzu volunteers will help unload and tag your camper's luggage, and your camper will hop out of the car to meet their cabin counselor and head to the cabin!

*** Please note that in an effort to have less visitors into our camp bubble, parents/guardians will NOT be getting out of the car or walking their camper to the cabins. Counselors will be at the traffic circle to help campers get their luggage and walk them down to the cabin. They will also help your camper get settled including setting up their bed and unpacking for the week!**

Check-in will be Sunday, June 13 at the following times:

12:30-1:30PM --> CITs

1:30-3:00PM --> Teen Campers

3:00- 4:30PM --> 8-12 year old Campers

When navigating to camp, be sure to use the address to the right! Camp Twin Lakes does have multiple locations!



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REMINDERS!

- **Driving age campers, CITs, and Junior Counselors are NOT permitted to bring vehicles to camp and must be checked in by a parent/guardian!**
- **We will NOT serve lunch on Sunday. Please have your camper eat before arriving to camp!**
- **Please remember to keep your paperwork (including blood glucose log), medications, pump sites (if applicable) and other important items easily accessible in your car. You will need all these items during the check-in process.**
- **The check-in process will last about an hour. Thank you for your patience as we navigate these changes to our check-in process to enable a safe & fun week of camp!**

Check-Out

1. Please remember that you will need to bring photo identification with you in order for your camper to be released to you. If someone other than the parent or guardian listed on the registration form will be picking your camper up, please notify us right away.
2. Once you have arrived to camp, you will be directed to the stop sign at the top of the hill. We will send a small group of cars down at a time and you will stop at a station around the traffic circle. Your camper will be waiting at that station with their luggage!

Check out will be Friday, June 18 at the following times:

1:30PM --> Teen Campers & CITs

2:30PM --> 8-12 year old Campers



MEDICAL INFORMATION

Medical Supplies: What to bring

Thanks to the generosity of our pharmaceutical suppliers, Camp Kudzu provides all insulin vials, syringes, insulin pens, low treatments, meters, lancets, strips and more for each camper. Your camper won't need to lug any of these things along with them each day! However, read below for a few exceptions to this rule.

Insulins provided include the following: Apidra, Humalog, Novolog, Fiasp, NPH, R, Basaglar, Lantus, Levemir, Toujeo, and Tresiba. If your camper uses insulin(s) other than those listed above and you have not indicated so on their application, please be prepared to bring insulin with you. Oral diabetes medications are also not provided.

Pump sites—if your camper uses an insulin pump, please send 8-10 extra pump sites for the week. Camp is hot, sticky, active, and wet! Pump sites have a lot more trouble “sticking” at camp than in your home environment. If you have a favorite adhesive, please include this as well. We may not need them, however it's best to be prepared. Please have your camper arrive to camp with a newly changed set, placed on Sunday morning prior to check-in at camp.

If your camper uses a Medtronic; 670G, 630G, or 770G, please include their blood glucose meter that corresponds with the pump as well as an adequate amount of blood sugar strips in their suitcase! They will use this meter to calibrate the system.

Continuous Glucose Monitors/CGMs—We find that the conditions at camp make it difficult to assure valid results from continuous glucose monitors at this time. It is for this reason that all insulin doses are calculated and given based off of a finger stick. However, Clinicians do take CGM data into consideration throughout the day, specifically during high level activity clearance and on midnight rounds. If your camper feels most comfortable bringing their CGM to camp, please be aware that he/she must be able to independently insert/start sensor and troubleshoot any problems that might arise. Clinicians will monitor calibration according to manufacturer recommendations each day. Alarm settings will be adjusted and the “shared data” feature will be turned off. Please be assured that we check blood sugars frequently, averaging 8 checks daily and your camper has the right to check his/her blood sugar at any time.

If your camper desires to use a CGM while at camp, please ensure that they are not using a cell phone as a receiver. No matter the circumstance, cell phones are not allowed at camp. If applicable, you must switch back to original receiver prior to arrival at camp. Additionally, all “shared data” features must be turned off. Please come to camp with a newly placed sensor as well as 1-2 back-up sensors in the event the sensor is dislodged. Please see attached CGM policy for elaboration and be prepared to sign the document at camper check-in.

Other Prescription/Over-the-Counter Medications/Vitamins

Please bring all oral diabetes medications, non-diabetes medications, vitamins, and supplements in original containers marked with camper's name and daily dosage amount in a clear plastic zip bag. Please have this bag accessible during check-in and NOT in your camper's luggage. We will collect camper medication during the check-in process. There is no need to send over-the-counter medications, as we have a large supply of these at camp that can be accessed via the Med Lodge. All medications will be stored at the Med Lodge and will be administered to your camper per your instruction. Campers with asthma or allergic reactions who require emergency medication such as inhalers or EpiPens will have access to these items at all times, as they are carried by the camper's counselor. If a camper requires EpiPen administration, a trained staff member will do so and parents will be contacted accordingly. Please have these items with you at check-in to discuss with our medical staff.

Special Note for campers with ADD/ADHD

Many children who take medication for the above conditions discontinue the medication during the summer months. Since camp is such a structured program, our medical team strongly encourages the continuation of these medications prior to and during the camp session.

Other Special Medical Needs

If your child has special medical needs beyond those related to his/her diabetes, please discuss them with **Carrie Claiborne, Medical Manager**, prior to the start of the camp session. She may be reached at 404-492-4854.

Your camper's health while at camp

Camp Kudzu medical staff will notify parents or guardians by phone about any significant medical problems that may arise at camp or medical issues that require urgent care. Each person's health form contains contact information as well as designated alternate contacts if the parents/guardians cannot be reached. This process is initiated by the Camp Director or the Medical Manager but can be delegated to an appropriate staff member. We realize that every parent may have a different definition of emergency. The general camp practice is to contact parents when the Camp Director or the Medical Manager have a concern about a person's health, need parental consent, and/or when a situation is not progressing as expected. Because many people remotely access their voice mail, it is expected that camp personnel leave voice messages on answering machines that appropriately communicate the need for a given parent to call the camp. We will share with you details in that message and give you a phone number to return the call. Should the Medical Manager recommend that a camper be seen by a healthcare provider outside of the camp setting within 12-24 hours, but it is not an immediate medical emergency, the parent will be contacted and offered the following:

- Explanation of the situation.
- Ask parent/legal guardian to come pick their child up and take them to see their personal health care provider with the understanding that once a camper has to exit our "camp bubble" for any reason, they will NOT be able to return to camp for the remainder of the session.
- Some situations do require that a camper be sent home. These instances include but are not limited to persistent vomiting/diarrhea/fever, identified communicable disease, or head lice. Parents will be notified immediately of issues that medical personnel deem to be major medical concerns. In extreme medical emergencies, the Medical Director, Camp Director, or designee may call 911. For non-life threatening issues, we prefer that parents transport their child to their doctor or clinic for further medical attention. Again, please be aware that if a camper needs to leave the camp grounds for any reason, they will NOT be allowed to return back to camp for the remainder of the session. We generally do not call parents regarding minor issues which are easily taken care of and do not significantly affect the camper's day including minor cuts, scrapes, bruises, or bug bites.

Managing Diabetes at Camp

Each cabin group is assigned a Clinician and an endocrinologist for diabetes management. These diabetes professionals work as a team to monitor blood sugars, deliver and adjust insulin levels, help campers manage their diabetes throughout the week, and teach campers skills that are vital to successfully managing diabetes on their own. We also have a team of nurses to manage day-to-day non-diabetes medications and health needs.

All staff members are equipped with meters, strips, single-use lancets, alcohol swabs, sharps containers, and low supplies. Staff members are trained to identify symptoms of below and above target blood sugars.

If your child uses a Diabetes Alert Dog and you wish for the dog to accompany your child to camp, you will need to complete an application one month prior to the start of the session. These animals are valuable but there are many stresses to the animals in the camp setting. The dog's presence will also affect the child's experience and may make it difficult for the child to participate fully in all activities. Please contact the Camp Director as soon as possible if you wish to bring the dog to camp.

Medical Forms

Very Important: Prior to coming to camp, please complete the Pre-Camp Blood Glucose Log as accurately as possible and bring it with you to check-in. Keep this log with you and outside of the camper's luggage to expedite your check-in process. This form will be used by your camper's Clinician to determine insulin doses at camp and to alert them to any blood sugar trends that they will need to monitor at camp. The Pre-Camp Blood Glucose Log is included at the end of this packet. Please begin the log the Thursday before camp starts.

You can download a copy of the pre-camp blood glucose log on the final page of the guide!



MEALS & NUTRITION AT CAMP

Before and after each meal, Clinicians meet their campers to dose insulin. Campers and staff will use a carb count and allergen alert sheet that is developed for each meal. The cabin counselors work with campers to make choices and count carbs for each meal. Campers have an opportunity to look over the food choices for the meal and decide, in partnership with their Clinician, a pre-meal bolus of insulin to cover the carbohydrate content of the meal.

During the meal, campers sit at tables with their counselors and food is served in to-go containers. While we encourage campers to try new things that may have a slight spin on what they are used to eating at home, we realize some children are picky eaters. It is for this reason that fresh fruit, Sunbutter and jelly, bread, and other items are available at all meals as well. For safety reasons, self-serve buffet style options will not be utilized during meals this summer.

Our Medical Coordinator works with the Camp Twin Lakes staff prior to our arrival on a menu filled with healthy and tasty foods for our campers. Menu items are chosen with consideration of kids' palates in mind. Foods that are nutritious and fuel their activity throughout the day are important at camp.

Campers with allergies and special dietary needs are served meals that mimic menu items served to the rest of camp. For example, a camper who eats a vegetarian diet would be served a tofu stir fry instead of stir fry chicken; campers living with celiac disease would be served a gluten free version of stir fry as well.

After each meal, campers meet with their Clinician once more to review the insulin needed to cover the carbohydrates just consumed and make adjustments to doses if needed.

Snacks are served mid-afternoon as well as just before bedtime. Snacks include both carbohydrate and protein to encourage stable blood sugars throughout the day.

Should you have any questions or concerns as it relates to meals, nutrition, and dietary needs at camp, please reach out to Raegan Perkins, Medical Coordinator at Raegan.Perkins@campkudzu.org

Homesickness

For many, this will be the first time away from home since diagnosis. Upon arrival, the newness of the camp environment, making new friends, and the natural longing for the "old and familiar" make moments of homesickness happen for many campers. Experience has taught us to expect the symptoms of homesickness to occur over the first 36 hours of camp – often during rest period and/or lights out. Most often with a few conversations with counselors and the security of new friends and activities, the homesickness dissipates.

Here are some tips to help prepare your child for camp and the possibility of homesickness:

PRIOR TO CAMP:

1. Have a positive family attitude
2. Discuss expected camp activities
3. Mark a calendar with days until camp starts- HOORAY!!!
4. Give gentle encouragement that missing home is "ok"
5. Go shopping for the things he/she will need at camp
6. Avoid phrases such as "If you stay until Wednesday, then we will come and pick you up."
7. Share with your camper the example schedule, and the check-in procedures, including that you will not be able to get out of the car and walk them to their cabin.

DURING CAMP:

1. When writing letters to your child, avoid phrases such as "wish you were here," or detailed accounts of what siblings and the family are doing. Instead, ask about camp activities, counselors, specific programs, etc.
2. Pack "surprises" or notes of encouragement among your camper's belongings
3. Express your confidence in his/her ability to be away from home and that the counselors are there to assist him/her if he/she should need anything as you are departing

PREPARING FOR CAMP!

Mail At Camp

Campers love receiving mail at camp! You can either mail a letter to camp using the address below or you can drop-off mail in the designated box during check-in. If you would like to leave mail during check-in, you will find a box for each camper cohort located outside of the camp gate on your way out of camp! Please mail any letters by Tuesday during camp or well in advance of camp to ensure it arrives before the end of the session. If you'd like to receive mail from your camper, be sure to send pre-addressed and stamped stationary with them to camp.

Camp Twin Lakes
Camper Name
C/O Camp Kudzu- Session 2
1391 Keencheefoonee Road
Rutledge, GA 30663

Reminders as you pack

Things to leave at home...

1. Cell phones, laptop computers, iPods, iPads, Gameboys, and MP3 players, etc.
2. Food of any kind, including sugar-free candies or chewing gum (All snacks are provided.)
3. Knives, guns, weapons, fireworks, matches, lighters, etc
4. Alcohol and other drugs
5. Tobacco products, in any form, including vaping machines
6. Animals or pets of any kind
7. Money, jewelry, or expensive items
8. Skateboards, bicycles, scooters, rollerblades, roller skates, etc., and other personal sports equipment.
9. Diabetes supplies ****NOTE: Some exceptions apply, see "Medical Supplies" section above****

Cell Phone Policy

Because of concerns such as safety in this fast paced world of texting and camera phones, the cost/value of cell phones and the potential for loss or damage to them, we prohibit cell phones for personal use at camp to encourage the personal growth and development of your camper.

We understand you may find it difficult not communicating with your child while he/she is at camp. One of our goals at camp is to foster independence and confidence in our campers. We will always have caring, capable staff available to help your camper navigate the "tough stuff". Should a situation arise when your input will help a camper to succeed at camp, a member of the Camp Kudzu staff will contact you. Otherwise, campers do not have access to phones while at camp, as they are reserved for camp related business only.

Please note that this policy includes the use of a cell phone as a receiver for a CGM. Your child will need to switch to a CGM receiver if they would like to use their CGM during camp!



PREPARING FOR CAMP! Continued...

Dress Code

Campers are asked to bring appropriate casual clothing and footwear to camp. Please use the following as guidelines:

1. Boys should have swim trunks and girls should have one piece suits or tankinis.
2. In order to be respectful of our community, we ask that clothing be modest and unoffensive.
3. Any clothing that alludes to alcohol, tobacco, or drugs cannot be worn at camp.
4. Studies have shown that foot injuries at camp INCREASE when campers are wearing flip-flops. For everyone's safety we ask that you do not bring flip-flops to camp but instead, opt for sturdy, close-toed shoes. Chaco and Teva style sandals with straps and ankle support are acceptable for some activities. However, camp activities, including ropes course and horseback riding, require close-toed shoes for participation.

PACKING LIST!

CLOTHING:

1. 6-12 Face Masks (Can be disposable or cloth but must meet CDC standards)
2. 1-2 pairs of jeans (must wear long pants for horseback riding)
3. 5 pairs of shorts
4. 9 shirts
5. Sweatshirt or jacket
6. Raincoat or poncho with a hood
7. 2 pairs of pajamas
8. 10+ pairs of socks
9. 8 pairs of underwear/undergarments
10. "Goodnights" (if prone to bed wetting)
11. 2 swimsuits
12. Swimming goggles (if preferred)
13. Hat
14. Sunglasses
15. Laundry bag
16. Comfortable walking shoes

AND:

1. Flashlight (and extra batteries)
2. 2 Water bottles
3. Backpack, knapsack or small bag to carry "stuff" around
4. Music Party Costume! This year's theme – Holiday Party! Dress as your favorite holiday!
5. Plain white 100% cotton t-shirt for tie-dye
6. Plain white t-shirt or clothing you wouldn't mind possibly getting paint on/messy for Color Wars!

LINENS AND BEDDING:

1. Two sets of twin sheets and a warm blanket or sleeping bag and a fitted sheet
2. Pillow and pillow case
3. Two bath towels and washcloths
4. One beach towel

TOILETRY ITEMS:

1. Plastic or waterproof container for your toiletries/shower supplies
2. Bathrobe/Shower robe
3. Shower shoes (flip flops, plastic shoes)
4. Toothpaste and toothbrush
5. Soap and Soap Container
6. Comb/Hair brush
7. Shampoo and Conditioner
8. Sunscreen
9. Deodorant
10. Insect repellent
11. Lip balm
12. Feminine products

8-10 pump site changes (including sites, reservoirs, and tubing) or pods.

Please remember to have all medications out and accessible during check-in. Pump site changes will be given to clinicians during check-in.

WHAT TO EXPECT

We are excited to partner with Camp Twin Lakes again this year. Located on 300 wooded acres in Rutledge, Georgia, just 50 miles east of Atlanta, Camp Twin Lakes is Georgia's premier camping facility for children with special needs and serious illnesses. Camp Twin Lakes' endless activities include a ropes course, waterfront, swimming pool, archery, tennis courts, fishing, mini golf, farm, bicycle paths, the treehouse and lots, lots more!

SAMPLE Daily Schedule!

8:00 Breakfast	4:30-5:30 Activity Period
9:00-9:30 Seeds/Skills	6:00 Dinner
9:45-10:45 Activity Period	7:00 Singing & Dancing!
11:00-12:00 Activity Period	7:30-9:00 Evening Program for Ages 8-12
12:30 Lunch	9:00 Snack
1:30 Singing & Dancing!	9:30-11:00 Evening Program for Teens
2:00-3:00 Shoes Off	11:00 Lights out
3:15-4:15 Cabin Free Choice	12:00 Midnight Rounds begin

Evening Programs!

Each night of the week will feature a special program for our campers. Below are some of the evening programs we will have this summer! Be sure to check the packing list for extra items your camper may need for some of the programs!

This summer we have some new evening programs as well!

SUNDAY

Opening Cermonies!

MONDAY

Panic! (A competition to see if you can dress your cabinmates up like a character/theme/idea!)

TUESDAY

Match Game! How well do you know your cabinmates and counselors!

WEDNESDAY

Color Wars! CIT Led Program!

THURSDAY

Music Party!!

Our Music Party theme this summer is a HOLIDAY PARTY! Your camper can choose to dress up as their favorite holiday during any time of the year! We can't wait to see everything from Halloween to Arbor Day to National Corn on the Cob Day!!



CAMP FORMS & ADDITIONAL INFORMATION

Pre-Camp Forms

Please use the links below to access forms that need to be completed prior to camp! Have these completed forms readily available as you arrive for check-in!

[Pre-Camp Blood Glucose Log](#)

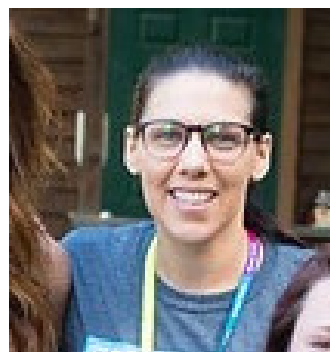
[14-Day Temperature & Symptom Log](#)

Meet the Kudzu Team!



Anna Rambo

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Carrie Claiborne

Medical Manager
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Kat Shreve

Associate Executive Director
Kshreve@campkudzu.org
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Raegan Perkins

Medical Coordinator
Raegan.perkins@campkudzu.org

During the camp session, to leave a voicemail for the Camp Director, please call 404-495-4862. Your call will be returned as soon as possible. Our staff will be monitoring emails and voicemails periodically. If you need immediate assistance, please contact the Camp Kudzu office at 404-250-1811.