



Awareness. Support. Education.



Parent & Camper Information

Willson YMCA Outdoor Center

2732 County Rd 11
Bellefontaine, OH 43311-9382
Office Phone#: 937-593-6194
Toll Free: 1-800-423-0427
Fax #: 937-593-6194

Diabetes Dayton

2555 S. Dixie Ave., Suite 112
Dayton, OH 45409
Phone: 937-220-6611
Fax: 937-224-0240
Email: admin@diabetesdayton.org

Dear Parents,

Thank you very much for enrolling your child in Diabetes Dayton's Camp Ko-Man-She camp for children with diabetes. We are dedicated to providing your camper with the safest and best program possible. This material is intended to answer common questions you and your child may have about camp. If you should have any further questions, please don't hesitate to call us!

MEDICAL INFORMATION

All completed (AND SIGNED!) health forms must be received in the Diabetes Dayton offices by June 7th, 2019. Camp Physical & Health Form must be filled out and signed by a parent and a primary care physician **each year**. Campers cannot be admitted to camp until all health forms have been received.

Any prescribed medication a camper is taking must be turned in to the medical staff during check-in and will be dispensed by the medical staff during the camp session. Any exceptions must be in writing and must be cleared by both the medical director and the camp director. All medication must be in the original container with original instructions that will be followed at camp. It is a good idea to send only enough medication for your child's stay with just a few extra. It is not necessary to bring your child's glucometer, insulin or syringes or over-the-counter medications (Tylenol, Motrin, etc.). That is provided while at camp. Campers with insulin pumps or CGMS do need to bring their pump/CGM and supplies (including extra batteries). If your child has any special suggestions or concerns about their insulin administration, please share that with the doctor and nurse during medical check-in. For other medical questions, contact the Diabetes team at Children's Medical Center at 937-641-3487.

Diabetes Ketoacidosis (DKA)

***Please note: Hospitalization due to Diabetes Ketoacidosis should rarely occur with proper diabetes management. In order to ensure a safe and healthy camping experience, it is our policy that a child planning to attend camp must have no hospitalizations with Diabetes Ketoacidosis within 30 days prior to the start of camp. If a potential camper does require hospitalization and the camp fees have been paid, the fee, minus the \$25.00 processing fee, will be refunded. Diabetes Dayton will be notified by Dayton Children's Medical Center regarding any registered camper admitted with Diabetes Ketoacidosis.**

CAMP LOCATION

The camp is held at a YMCA facility in Bellefontaine, Ohio. To see pictures of the camp and its facilities, you can visit the camp's website at www.ymcawillson.org. You are also welcomed and encouraged to visit the camp prior to your child's first stay. Just phone them at 1-800-423-0427. A map and directions are included at the end of this packet.

CABIN ASSIGNMENTS

Campers are assigned to cabins according to age. We will try to honor **one** cabin mate request only if they are within one year's age difference. Please do not request that siblings who are more than two years apart be cabin mates.

CAMP VISITATION

Due to a heavy schedule of activities and the effect it could have on your child and others, we do not have a visiting time for parents or friends during the session. Please do not come for a visit because this will put you, as well as the camp staff, in a very uncomfortable position. We do encourage you to support your camper in his/her efforts. Parents are very welcome to tour and visit camp grounds before their child's stay.

PHONE

No cell phones are allowed at camp, except in the senior oldest cabin. Any other campers found with a cell phone will be sent home. Campers with CGMS must use the receiver only; no transmission of data via cell phone is allowed. Thank you for your cooperation! If you need to call the Camp or Medical Director, please call the office and we will get you in touch with them. If it's after hours, please call Susan McGovern @ 937-344-7753.

LAUNDRY

Camp does not have a laundry service for our campers. However, in emergency situations, we can have items cleaned. Please pack adequate clothing for your child. Send additional bedding if your child is a bed wetter.

CLOTHING

No fancy clothing or equipment is necessary. Do not send good/new school clothes. Send only sturdy play clothing, old towels, sleeping bags, etc. **Please mark each article of clothing with a tag or a marking pen!** Use first and last name. A sleeping bag is much easier than sheets and blankets. Use the suggested list below and go over it carefully with your child so he/she has a part in the packing. Proper camp attire will be expected at all times. Inappropriate dress (clothing that promotes or is decorated with any tobacco, alcohol, drugs or sexual references) will not be permitted.

CHECK-IN AND CHECK-OUT TIMES

DO NOT ARRIVE EARLY as the staff will still be in preparation for camp and we cannot accommodate early arrivals. Please be considerate and arrive during your child's designated arrival/departure times. It can get pretty chaotic because every camper needs to see the doctor, nurse and dietician. Campers are not permitted to leave before completing check-out with their medical team. **Do NOT bring your pets to camp check-in/out.**

Check-in time: **campers need to have eaten lunch before they arrive.*

Campers ages 8-12: Sunday June 30, 1:30-2:30

Campers ages 13-17: Sunday, June 30, 2:30-3:30

Check-out time:

Campers ages 8-12: Saturday, July 6, time TBD (typically 9-10 am)

Campers ages 13-16: Saturday, July 6, time TBD (typically 10-11 am)

***PLEASE NOTE:** Any late check-ins or early check-outs need to be confirmed with the camp office and staff prior to camp.

FEES

Total camp fee balance **must** be paid in full by June 7thth. We do not accept payment at camp check-in. **No camper will be permitted to remain at camp with any outstanding fees.** Make checks payable to Diabetes Dayton or pay online at www.diabetesdaytoncamp.com (Click on "Make a Payment").

CANCELLATIONS AND REFUNDS

The \$50.00 deposit is non-refundable and not transferable, except within the immediate family. In the event of the withdrawal or dismissal from camp for any reason other than illness requiring the attention of a physician, the full camp fee is non-refundable. Fees will only be refunded due to illness or injury supported by a doctor's statement, or a family emergency. *Leaving camp early because of homesickness, discipline problems, or athletic contests are not causes for refunds.* **Willson Outdoor Center reserves the right to cancel any program due to lack of enrollment, a natural disaster, or other unforeseen reasons.**

HOMESICKNESS

Occasionally, children do feel homesick. This is natural and a normal part of camp experience. We have trained staff to help your child through their homesickness. Before your child comes to camp, it is important for you, as a parent/guardian to recognize the potential for homesickness and create a plan with your child.

- Talk about camp with enthusiasm.
- Practice being away from home: sleepovers at a peer's house, or relative's house, will help children acclimate to sleeping away from home.
- Help your child to understand that it is okay to be homesick. It is a normal feeling; your child will not be the only one feeling this way; and it something he/she can overcome.
- Let your child know you have confidence in him/her. Camp is an experience for which you feel he/she is ready.
- Pack familiar items for your child: a picture of family or pet, a stuffed animal, or favorite t-shirt.
- Give camp counselors tools to help communicate with your child when he/she is not feeling 100%.
- Create a plan with your child for what to do if he/she misses home: who to talk to, how to send letters, or opening a special package packed in their bag. Please do not promise to come for them if they experience homesickness.

Children who are experiencing life-changing events, such as divorce, death in the family, and moving, may feel homesickness more acutely. Please communicate any life-events with us so we can be better prepared to assist your child.

If your child is struggling at camp, we will call you to discuss what we are seeing and what we are doing to help your child through it. In most cases, we are able to resolve and your child comes home loving camp. Please trust our judgment on this matter.

Communicating with Your Camper

Mail: Incoming and Outgoing

Letters are important at camp and we encourage your family to write often. When writing to your child, be cheerful, talk about home, friends, and activities matter-of-factly. Ask questions about camp that will let your child know you are genuinely interested in what he/she is doing.

You can plan out a whole week of letters by stopping at the Camp Store and dropping off letters into our mailbox and they will be delivered on the day you request.

Camp staff will encourage campers to write home. You may also wish to send your child with addresses or pre-addressed and stamped envelopes so they can write home or to other family members and friends.

Address mail as follows:

Camper Name; Cabin
YMCA Camp Willson
2732 County Road 11
Bellefontaine, OH 43311

ENSURING A CLEAN FACILITY

Bedbugs are a nuisance and we work very hard at providing the best programming and camping facilities in the area. We do not want bedbugs to detract from the wonderful experience. From our discussions with licensed professionals and others who are dealing with bedbugs, we believe heat is the best way to ensure bedbug elimination.

Prior to your arrival, the cabins are cleaned and inspected. Upon camper arrival, luggage is heated and delivered to your cabins. This is why it is important to pack in drawstring or laundry bags made out of cloth or mesh. These can be purchased at a local dollar store or WalMart, etc.

How You Can Help:

- Please pack clothes, towels, sleeping bags, and linens in laundry or drawstring bags because these items can be heated easily. Pillowcases work well too.
- Rubbermaid tubs may NOT be used in the heating process. Suitcases may be damaged through the heating process.
- Personal items such as toiletries, makeup & shoes should be packed separately. A tote or tub may be used to store clothing after your clothing and bedding have been heated.
- Other items that should not be heated include Under Armour cold gear, foam sleeping mats, and shoes. Use your best judgment. If you are not sure whether it will melt or not, you should not bring it to camp!

If you have any questions, please contact our Main Office at 937-593-9001.

BEHAVIOR and DISCIPLINE at CAMP

It is the vision of YMCA Camp Willson to provide a welcoming atmosphere and a sense of home for all our campers. Please review the following guidelines with your child so we can work together to keep camp safe for all participants.

As a close-knit community, Camp expects each camper to respect themselves and everyone at Camp, as well as, the facilities and surroundings. All members of the Willson community are expected to behave responsibly and appropriately at all times.

Behavior Standards

Campers and staff are expected to understand and follow general behavior guidelines while at camp. When your child is at camp, specific rules for safety will be explained to them.

General Rules and Standards

- Campers and staff must respect themselves, other people's bodies and other people's belongings.
- Campers and staff must follow all rules and guidelines in every area of camp.
- Campers and staff must not intrude on other's enjoyment of camp.
- Campers and staff must maintain their personal hygiene.
- Campers and staff must represent themselves and Camp in a positive manner.

Hate Speech Policy

YMCA Camp Willson denounces the use of words or images to harass individuals or groups based on gender, gender expression, race, religion, sexual orientation, or any other aspect of identity. "Hate speech" of this nature is contrary to our YMCA's Mission Statement, Diversity Statement, and Core Values. Individuals participating in such harassment may be subject to consequences, including suspension and expulsion.

Discipline at Camp

A camp, we stress the need for each child to take personal responsibility for her or his own actions. In addition, we believe that parent/guardian cooperation is vital to the successful implementation of our discipline policy.

In the event a child is having trouble following the rules of the program, one of the Unit Leaders will work with the counselor to make every reasonable effort to modify inappropriate behavior(s). When campers repeatedly ignore Camp rules and policies, a parent/guardian will be called to discuss how to best resolve the situation. It is at the discretion of the Summer Camp Director to determine disciplinary action, including expulsion from the program.

Examples of unacceptable behavior:

- Being rude or disrespectful to staff and/or other children, including the use of offensive language or gestures.
- Bullying
- Refusing to follow basic safety rules, including sneaking out of cabins at night
- Stealing
- Defacing or intentionally breaking camp property
- Physically harming, or threatening to harm, another camper or staff member
- Possession and/or use of tobacco, drugs, or alcohol

Depending on severity and frequency of behavioral issues, one or more of the following actions will be take :

1. Verbal warning from staff
2. Temporary removal from activity with corrective action plan created between Unit Leader and camper.
3. Phone conference with parent/guardian to discuss plan to move forward in a positive manner.
4. Dismissal from Camp program for remainder of the summer without refund. Campers who are removed from the summer program may not be asked to return in the future.

Bullying

In order to ensure everyone has a positive experience, the physical and emotional safety of each camper and staff is our number one priority. Therefore, at YMCA Camp Willson, bullying is grounds for immediate dismissal from camp.

Bullying comes in many forms. Throughout the summer, we work with our staff to identify and stop any incidents that may occur. We work with cabins to set expectations of how each camper wants and can be expected to be treated. Our schedule is designed to provide many opportunities for cabin unity and understanding. We are committed to offering a program that helps campers to see the "common ground" they all have. The best way to reduce bullying is to create a positive atmosphere from the start.

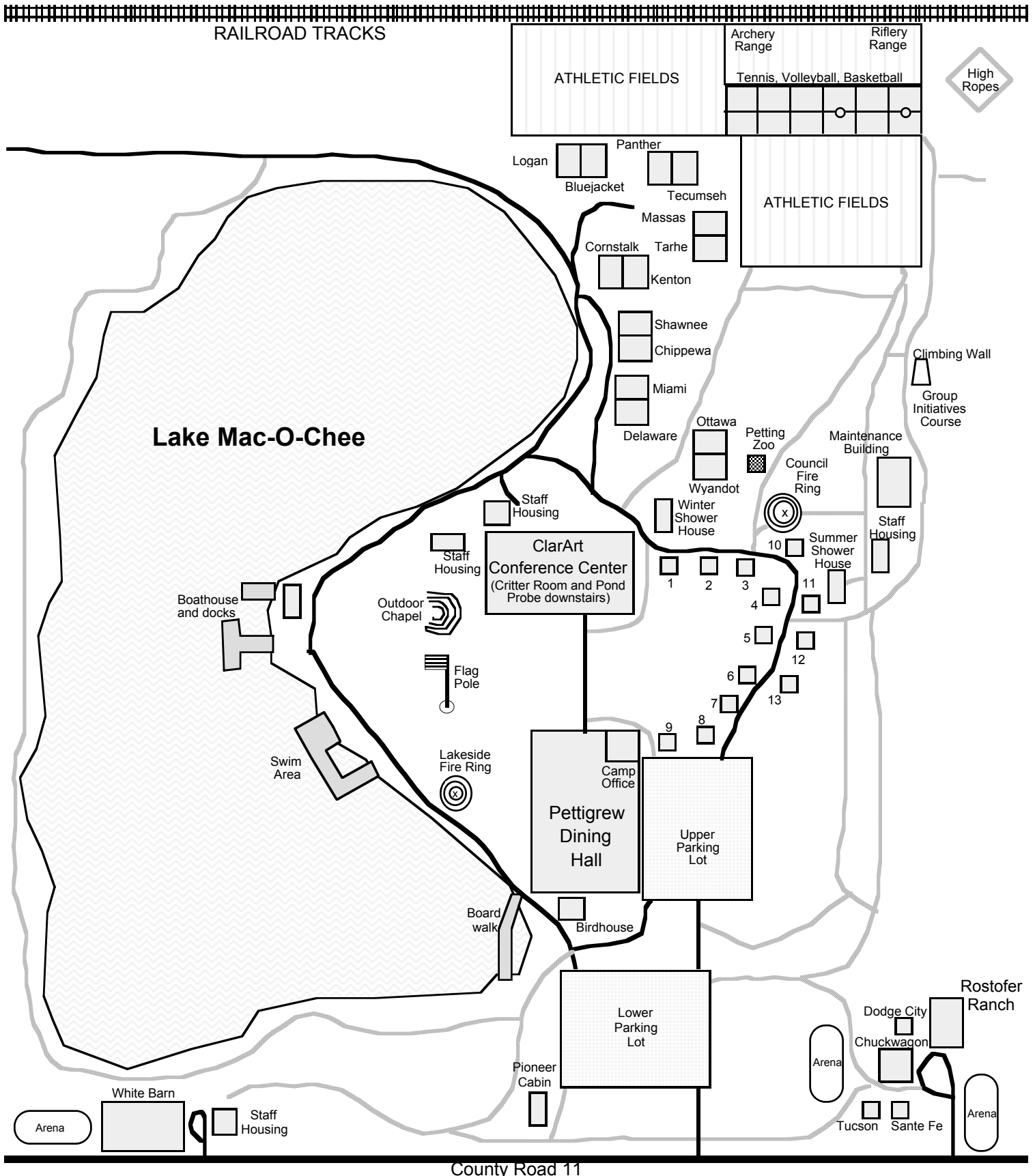
We encourage you to let us know about concerns you may have regarding bullying, whether at camp or outside of camp. We greatly appreciate you sharing with us if your child has been involved in a bullying incident. All campers are given a clean slate when they arrive at camp, but knowing a child has been involving in a past bullying incident will help us identify any issues earlier. We know with staff training, follow through, solid communication with campers, and a strong parent partnership, we can be successful in managing this issue.



YMCA CAMP WILLSON

2732 County Road 11 • Bellefontaine, OH 43311 • (937) 593-9001 • (800) 423-0427

FAX: (937) 593-6194 • E-mail: info@ymcawillson.org



WHAT TO BRING TO CAMP!

SUGGESTED ITEMS

- Water Shoes/ Aqua Socks*
- Sleeping Bag (or 2 sheets and blankets)
- Pillow
- Shorts (5-6 pair)
- T-Shirts (6-7 total)
- Comb/Brush
- Socks (7 pair)
- Water Bottle
- Tennis Shoes (2 pairs strongly recommended)
- Swim Suit
- Rain Coat
- Tissues
- Pajamas
- Toothbrush & Toothpaste
- Soap
- Towels
- White T-shirt for tie dying
- Fan (small clip-on for bunk is best)
- Boots**
- Washcloth
- Toiletries (shampoo, soap, etc)
- Bug Repellent (non-aerosol)
- Sunscreen
- Hat/Cap
- Jacket
- Laundry Bag (provided by Diabetes Dayton)

OPTIONAL ITEMS

- Camera & Film
- Paper & Pencil
- Stamps & Envelopes
- Tennis Racquet
- Ball Glove
- Flashlight



DO NOT BRING

We strongly discourage any personal electronics (ie: iPods, Walkmans, Gameboys, etc.) These items can only be used during quiet time in the cabin.

Diabetes Dayton and Camp Willson are not liable for theft.

Fireworks, knives, alcohol, tobacco, money and any food of any kind are absolutely prohibited.



Questions?

Telephone: 937/220-6611
or email: dada@diabetesdayton.org

**Diabetes
Dayton**
Local Agency Serving Local Needs

* Water shoes are **required** for swimmers...beach around lake is rocky

Boots or hard-soled shoes with a ½ inch heel and long pants are **strongly recommended to ride the horses.

*Please put your child's name on **EVERY** item brought to camp.*