

Camp Bluebonnet 2010

Parent Information

Camp Bluebonnet Song

Sung to the Tune of "My Darling Clementine"

Camp Bluebonnet, Camp Bluebonnet
In the hot, summer sun
We are playing, we are working,
We are having lots of fun.

Basal, bolus, glucose tablets
Finger pricks and ketone strips,
Everyone knows of highs and lows
And our goal is good control.

Carbohydrates, carbohydrates,
Carbohydrates are the key,
To preventing low blood sugars
Carbohydrates are what you need.

15 grams of carbohydrates
Read your labels, carefully
If you don't treat your lows
You'll spend camp in the infirmary!

We spend a week here, make good friends here,
Have great fun with CITs,
At Camp Bluebonnet, we laugh and learn,
All my friends - just like me.

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What to Remember

To ensure the best time for your camper, we ask that you remember to do several things before camp:

1. Fill Out the Daily Log Sheet

The daily log sheet is our documentation on the medical health of your child with diabetes during Camp. You may pick up 5 copies at the orientation. Fill this out each day before arriving at camp or the bus. Copies are also available from the bus liaison or camp registration.

2. Fill out Group Leader Information Sheet

Each Group leader is responsible for up to 15 campers and this information will be helpful in maintaining a safe, yet fun environment. Pick up a copy at the orientation, download a copy from our website, or use the copy on page 17 of this manual.

3. Update the Medical Form from Application

If the medical form information you provided when you sent in the application has changed, please let us know. If you know before camp begins, please e-mail Amy Stuewe at amy@stuewefamily.com or fax the information to 512-879-6850. If information changes June 18th or after, please let the medical director know at camp.

Camp Attire

- Your child will be provided with one camp T-shirt. Please wash the shirt daily and have your child wear it every day.
 - Your child will receive a stick-on nametag to wear while at Camp. Be sure to remove it before washing the T-shirt each day. If left on, a sticky residue remains after coming out of the dryer.
 - Depending on availability, there may be additional shirts for sale beginning the afternoon of Monday, June 21. Additional shirts will cost \$5. Cash or checks made out to CDCoCT will be accepted.
- Please label all articles your child wears and brings to Camp with the child's NAME - including hat, underwear, shoes, and socks.
- Your child should wear tennis shoes. No sandals or flip flops, please!
- It can be hot and sunny and a hat is recommended.

- Water Activities of some type are scheduled every day.
 - Your child can wear a swim suit all day or bring the swim suit in the back pack or tote bag.
 - If your child chooses to wear the swim suit, consider providing clothes in the backpack in case your child wishes to change to street clothes.
 - Have your child bring a labeled towel.
 - Water shoes are a good idea and can be sent in your child's bag. The sports court can be uncomfortable on bare feet!

Each Morning of Camp

1. If your child is riding the bus:

- Fill out a bus waiver form for your child to ride the bus to Camp. (Pick up at orientation, download from the web site or use page 14.)
- The bus leaves at 7:15. **The bus must leave on time to arrive at camp on time.** You are responsible for driving your child to camp if you miss the bus.
- Bus waiver forms will be available from the Secretary during Camp if your transportation needs change.
- Give the first day's Daily Log to the Medical Staff on the bus. (More information on the Daily Log section on the next page).
- If your child will be riding one-way for any reason, please let the bus liaison know.

Note: Riders are not guaranteed space on the bus during Camp. Please do not leave the area until the bus leaves. The first day will seem unorganized as forms are gathered.

2. If you are driving:

- Plan to arrive at Peaceable Kingdom Retreat by 8:30 a.m. Please remain with your child until 8:15 a.m. when camp operations begin. Directions to camp are on page 10.
- Signs will direct you to the parking. Committee members will greet you at Check-In. Escort your campers to registration tables on the 1st day of camp.

- Please try to arrive on time at Camp. Campers leave the check-in area soon after 9:00am and scatter throughout the Camp. After the check-in area is cleaned-up, there is often no one there to take charge of your child and ensure they join their group. If this is the case, please walk your child to the Infirmary building, which is always staffed, and we will locate your child's group and transport them there.

3. The Daily Log Sheet

- See page 14 for a sample of this carbonless copy. Pick up enough copies for five days of blood sugar readings at the orientation. Additional copies are available from the bus liaison and at camp registration.
- Each day, fill out the top portion of your child's Daily Log sheet prior to arrival at Camp or the bus. This will speed up the check-in procedure
- Bring a Daily Log Sheet to the Medical Staff at the check-in table EACH morning before Camp. If your child rides the bus, give the form to the Medical Staff on the bus.
- Inform your group Medical Staff about any problems with your child's overnight and morning glucose levels by writing additional information on the bottom of the sheet.
- Any daily special needs or changes made during camp (for example new bolus ratios, different insulin) from your submitted application should be discussed with the Medical Director. If you know prior to camp starting, (before June 18th) please e-mail Amy Stuewe at amy@stuewefamily.com or fax the information to 512-879-6850.
- The remainder of the Daily Log sheet is filled out by the Medical Staff during Camp. We will attempt to return it with the child at the end of the day.

4. Group Leader information

- Fill out your Group Leader Information sheet one time (pick up at orientation or tear out and use page 17) and give to the group leader at check in.
- Each Group leader is responsible for up to 15 campers and this information will be helpful in maintaining a safe, yet fun environment. This is especially important if your child is riding the bus.
- Notify the Group Leader if the information on the Group Leader page changes.

- Include your daytime phone number. Please provide alternate phone numbers.
- If another adult will be picking up your child, please indicate so on the form.

5. Lunch and snacks

- Provide your child with a totally disposable lunch, packed in a clear plastic zip lock bag. Write the child's name and shirt color on the bag. For child with diabetes, list the carbohydrate values of all items listed on the bag.
- Milk is provided at lunch.
- If you have more than one child attending camp, please package and label each child's lunch separately. Lunch times are staggered and lunches are removed from the refrigerators at different times.
- Lunches are refrigerated within an hour of arriving at camp. Please DO NOT send coolers or lunch boxes as our refrigerator space is limited.
- Camp Bluebonnet will provide a snack each day.

6. Protection from the sun and insects

- Apply sunscreen and insect repellent before your child leaves home.
- Hats are a good idea to protect camper's faces from the sun and should be labeled with camper's initials.
- Shade will be utilized whenever possible. However, sunscreen to arms and legs will ensure sunburn will not ruin the week.
- You may send a labeled bottle of sunscreen with your child.

7. Backpacks or tote bags

- Your child should carry a tote or backpack, labeled with their name and age group. This will give them a place to put their swimsuit, towel, sunscreen, etc. when not in use.
- Remind your child not to leave their lunch in the backpack when arriving at Camp. We do not refrigerate the backpacks.

8. Please send your child with a water bottle or camelbak labeled with your child's name and group. We will have water available to refill these throughout the day.

9. If your child is sick:

- Please care for a sick child at home.
- Call Peaceable Kingdom at 254-554-5555 or 888-218-8923 to report camper's absence.

10. Emergency Number

- For any EMERGENCY medical information, you may call a Peaceable Kingdom number (see above) and the Medical Director will return your call. The EMERGENCY medical number is 254-290-9818.

After Camp is over Each Day

- Please pick up your child at the check-in area by 3:30 p.m. or 12:30 p.m. on Friday. For bus riders, use the Bus Chart on page **Error! Bookmark not defined.** for pick up times in Austin.
- For camp pickup, your child's group leader will be available to report your child's progress each day and your child should have a copy of the Daily Log Sheet with blood sugar results. Please remember to pick up these Daily Log Sheets!
- We understand that traffic is always a problem. But please make every effort to pick up your child by 3:30p.m. at the camp or 4:30 at the bus stop. If your child is not picked up at or near the specified time (within 15 minutes), a call will be made to your emergency contact to pick the child up.
- Lost and Found items are collected by the committee members after camp is over each day and placed on a table at check-in/out.

While at Camp

Emergency Treatment at Camp

- If your child becomes ill at camp and requires emergency medical treatment, the Medical Staff are equipped with a basic emergency kit and will be able to administer first aid for minor illness or injuries.
- If an emergency situation arises, Medical Staff will begin first aid until the Medical Director arrives and can triage the situation. If needed, there will be transport of the child to an appropriate medical center. Medical Staff may accompany the camper to the emergency room.

Medical Protocol at Camp

- Glucose testing will be done at check in, before lunch, just before leaving camp and when symptomatic during the day. Insulin will be given as needed for snacks and lunch. Ketones will be tested for BG >250 mg/dL.
- Camp protocols may be different from your individual routines at home. If you have any concerns or special needs about this, please talk to the medical director, Carla Scott, MD.
- Parents who are on-site with their child may make decisions about bolusing, etc. for their *OWN* child. Decisions about other children may *ONLY* be made by the Medical Staff on site.

Release to an Adult

- No camper shall be released to any person other than that camper's legal parent or guardian or designated individual on the Group Leader Information sheet.
- Such a designated individual may need to provide a valid Texas driver's license for identification.

Behavior Expectations

- Behavior at camp is to be respectful at all times. Each camper is expected to act in an appropriate and polite manner.
- Only send appropriate items with your camper. Please do not send toys, radios, electronic games or personal items - these items may be confiscated and stored in a safe location until the end of the day. You must accompany your child to retrieve these items from the Camp Director. Neither Camp Bluebonnet, nor Peaceable Kingdom, is responsible for the loss or damage of any items brought to the camp. Pets, guns and knives are specifically prohibited.

The Last Day of Camp

- On Friday, you are invited to join us for a day at camp. You can attend all the activities with your child. Bring a swimsuit!
- Our fun activities include a water slide, slip and slide, moon walk, foam machine, carnival games, petting zoo, and train.
- Check out our vendor booths on the porch of the main building during the morning of the last day.
- Lunch will be provided, but donations are always appreciated to cover cost.

- Camp ends at 12:30 p.m. on Friday. Bus riders depart from camp at 12:45 p.m. Please pick up your child at the bus stop by 1:45 p.m.

Parent Lunch Speaker Schedule

Lunch Speakers are scheduled at around lunchtime in the main house. Parents are encouraged to attend the lunch speakers and find other opportunities to interact with others away from the group activities. Please check the poster located at check-in to find the specific time each day. Speakers are subject to change!

Monday - Non Compliance in Children

- Cassie Moffitt, CDE, Specially for Children

Tuesday - Ask the Doctor

- Carla Scott, MD, Endocrinologist, Specially for Children

Wednesday - 504 Documents in the Public Schools

- Mike Thompson Jr., Attorney, Wright & Greenhill, P.C.

Thursday - Managing Diabetes in a Challenging Career

- Danielle Douglas, State Trooper, Texas Highway Patrol

Parents at Camp

Parents are welcome at Camp Bluebonnet. If you stay with your child's group at any time, your help in certain matters is greatly appreciated:

- Please encourage your child to stay with his or her group rather than separate to be with you.
- If you must take your child from the group at any time, please make sure the group leader is aware that your child is leaving the group and when your child is expected to return.
- If you need to take your child to the infirmary please make sure that both the group leader and the med staff assigned to the group is aware that you are leaving for the infirmary with your child.
- Please encourage your child to listen to and communicate with the group leader. Your child might tend to focus on you if you are present. Please help your child be a part of his or her group instead.
- If you wish certain medical action take place, please work with the med staff on this. They need to be aware of and document any action that takes place.

Bus Information

Camp Bluebonnet will be providing transportation to and from the Peaceable Kingdom Retreat for Children. These buses are air conditioned and have a rest room on board.

Bus locations are:

- Austin High School. Please park at the curb facing the softball fields near, but not blocking, the 2 recycling dumpsters (as close to Cesar Chavez as possible). Use the entrance that goes directly into the lot.
- Dell Children's Medical Center. Please park in the far northeast corner of the visitor lot (Barbara Jordan Blvd. and Mueller Blvd.).
- Westwood High School. Please park as close to Lake Creek Pkwy as possible.

Construction is a factor with both high schools. Please monitor the website to see if there are any changes to the specific parking instructions..

The chart on the next page lists the times the bus when leave and arrive back to Austin. Please be on time! Your child will need to check in with the medical staff person on board.

Important: The buses **will leave on time** in order to arrive at Camp on time. Camp activities are delayed if the bus is late. If the bus is gone, it is your responsibility to drive your child to Peaceable Kingdom. Your child can then ride the bus home if there is room.

Bus Chart

| Day | Bus Arrives at Austin Location | Bus Leaves Austin | Bus Leaves Camp | Bus Arrives in Austin |
|---------|--------------------------------|-------------------|-----------------|-----------------------|
| Mon-Thu | 7:00 am | 7:15 am | 3:30 pm | 4:30 pm |
| Friday | 7:00 am | 7:15 am | 12:45 pm | 1:45 pm |

If the bus is full and more people want on, this is the bus rider priority:

- Bus liaison and the Medic assigned to the bus
- Any other camp medics assigned to the bus
- Campers with diabetes
- Other campers
- All other medical personnel
- Junior League and other volunteers (white camp shirts)
- Parents

Please Note

- The bus company does not allow three to a seat. They will allow children to sit on a parent's lap if the child is small enough to do so (approximately age 5 or less). Once the bus is full according to the above priority, anyone else wishing to attend camp will need to find other transportation.
- You will be responsible for your child's care at bus points until the bus leaves the parking lot.
- Your permission to medically treat your child includes transportation to and from the campsite while on the bus.

Safety Rules for Campers Riding the Bus

The following information is given to parents and staff for bus transportation purposes.

- There will be orderly loading and unloading of the bus.
- All campers will obey the bus driver and any adults.
- All campers will remain seated while the bus is in motion.
- Personal items brought on the bus are the sole responsibility of the camper/parent who brought the items. Bus liaisons are not responsible for your child's belongings.

Directions to Peaceable Kingdom Retreat

19051 FM 2484

Killeen, TX 76542-5068

Toll Free On-Site Telephone Number
888-218-8923

Business Office Telephone Number
254-554-5555

From Austin

1. Take I-35 North to the 195 Florence exit (just past Georgetown and 30 minutes from downtown Austin with no traffic).
2. Follow 195 and exit 2484. (Well past Florence and about 30 minutes driving time) Do not exceed the speed limit!
3. The camp entrance is on the right about 3.5 miles from the 195-2484 intersection. This will be the first camp entrance. There is a sign posted.

Note: If you go through the village of Youngsport and reach the Lampasas River on 2484, you have gone too far. Turn around and take the 3rd camp entrance (not the iron gate or construction entrances.)

From Cedar Park/Leander

1. Take 183 north to 138 and turn right.
2. Go a few miles to 195 and turn left.
3. Continue north and exit 2484.
4. The camp entrance is on the right about 3.5 miles from the 195-2484 intersection. This will be the first camp entrance. There is a sign posted.

Note: If you get to the village of Youngsport and to the Lampasas River on 2484, you have gone too far. Turn around and take the 3rd camp entrance (not the iron gate or construction entrances.)

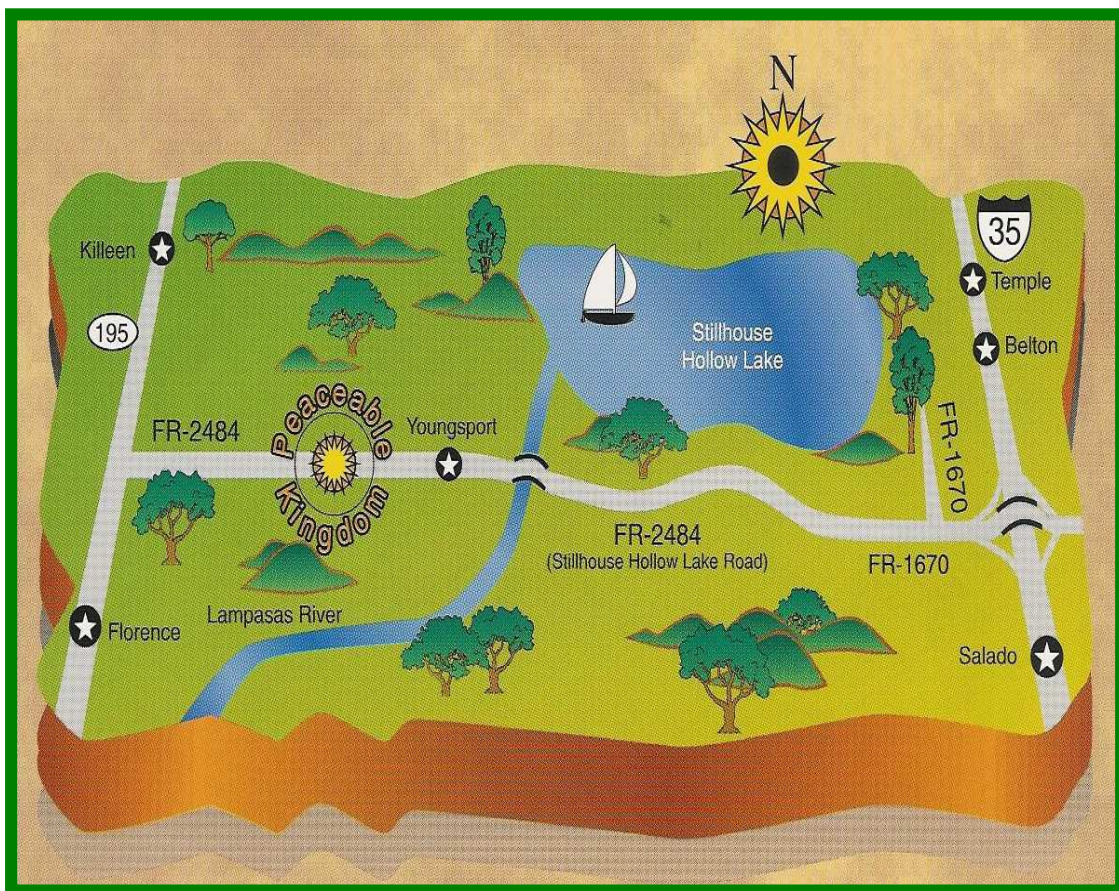
From Temple

1. Go south on 1-35 to Stillhouse Hollow Lake Road (Exit 286).
2. Turn right at intersection. FR 1670 will change to FR 2484 (1.6 miles).
3. Follow FR 2484. Approximately 14-15 miles from exit 286, you should cross the Lampasas River and go through the small village of Youngsport.
4. Peaceable Kingdom Retreat is on your left. Take the third entrance (past the iron gates and construction entrance.)

From Killeen

1. Take 195 south to 2484 (about 10 miles) and turn left.
2. The camp entrance is on the right about 3.5 miles from the 195-2484 intersection. This will be the first camp entrance. There is a sign posted.

Note: If you get to the village of Youngsport and to the Lampasas River on 2484, you have gone too far. Turn around and take the 3rd camp entrance (not the iron gate or construction entrances.)



Camper Activities

Campers can expect to participate in some of activities from the following list:

- Arts And Crafts
- Camp Cup Games
- Dig for Dinosaur Bones
- Foam
- Games in the Theater.
- High Rope Challenge Course
- Live Clue
- Low Rope Challenge Course
- Medical and Nutritional Education Games
- Moonwalk
- Paint Rocks
- Putt-putt
- Scavenger Hunt
- Sign T-Shirts
- Singing
- Stories
- Swimming
- Watch Cartoons
- Water Slide
- Games 2 U
- Carnival

Camp Bluebonnet 2010 Planning Committee

| | |
|--------------------|---|
| Amy Wallquist | Camp Director |
| Kent Radney | Assistant Director, Critical Incident Manager |
| Carla R. Scott, MD | Medical Director |
| Lynne Hinnenkamp | Assistant to the Medical Director |
| Lori Barker | Secretary, Bus Coordinator |
| Machelle Tatsch | Nutrition Director |
| Amy Crandell | Activities Director |
| Amy Reuter | Asst. Activities Director |
| Linda LaPierre | Arts and Crafts Coordinator |
| Connie Horan | Assistant Arts and Crafts Director |
| Jenny Greinert | Volunteer Coordinator |
| Anne Kephart | Photographer |
| Tory Adkins | CIT Coordinator |
| Amy Stuewe | Children's Diabetes Camp of Central Texas Board Member |

This is a sample log only. Please use the carbonless logs that are provided at orientation, bus drop offs, and camp.

Camp Bluebonnet Daily Log

Parents: Each day before camp, fill out the top section (the bold items) and send this form with your child to camp. The group med staff will fill out the bottom section and give one copy to your child to bring home.

Name: _____ **Allergies:** _____

Group grade level: _____ **Day of week:** M T W T F

Insulin: Novolog Humalog Apidra **Pump?** Yes No

Insulin /Carb ratio: _____ **Celiac?** Yes No

Mid AM Snack: _____ units/_____ grams

Lunch: _____ units/_____ grams

Afternoon Snack: _____ units/_____ grams

Correction Factor for high at lunch: _____ units for _____ mg/dl > _____ mg/dl

| Time | BG | Ketones | Carbs Eaten | Insulin for food | Correction for highs | Comments (ex Tx for lows) |
|-------------------|----|---------|-------------|------------------|----------------------|---------------------------|
| Breakfast: | | | | | | |
| Check-in: | | | | | | |
| Snack: | | | | | | |
| Lunch: | | | | | | |
| Snack: | | | | | | |
| Check out: | | | | | | |
| Time: | | | | | | |
| Time: | | | | | | |
| Time: | | | | | | |

Additional Information:

This page is intentionally left blank

Group Leader Information Sheet

Camper Name: _____ Grade in Fall: _____

T-Shirt Color: _____

Parent/Guardian Contact Daytime Contact Numbers: List the numbers where you can be reached during camp:

Please circle the correct answer:

Child will be brought to camp by:

Adult (NOT staying for Camp)

Adult (staying for Camp)

Sibling

On Bus

Which bus? _____

Child will be picked up by:

Adult (NOT staying for Camp)

Adult (staying for Camp)

Sibling

On Bus

Which bus? _____

Designated adults to pick up your child:

Name

TX DL #:

Please describe the container your child's swimsuit and towel will be in:

Does your child have any food allergies? No Yes => If yes, please list:

If necessary, how can we best encourage your child to participate in Camp activities?

Is there anything about your child the group leader/adult volunteers should know?
