

# FCYD Camp UTADA 2025 – FAMILY CAMP WEEKEND + FAMILY DAY

FOUNDATION for CHILDREN and YOUTH with DIABETES • Utah's Accredited Diabetes Camps • FCYD FAMILY CAMP • 1995 w 9000 s • W Jordan, UT 84088

**PHONE THUMBNAIL PHOTOS NOT ACCEPTED We are cashless! CREDIT or DEBIT CARD, no checks**

**EMAIL to: [FCYDCamp@gmail.com](mailto:FCYDCamp@gmail.com) DELIVER, mon-wed 10-5 or MAIL to the address above**

**Send in forms first, then text camp payment phone 801 556-4432, mon-wed, 10-5 pm. Cards/Cash – NO checks.**

## FAMILY CAMP WEEKEND and FAMILY DAYS

**Camper ages K – finished grade 5**

**FAMILY DAY – Saturday, April 26 – Camp Kostopulos, Salt Lake, east of Hogle Zoo**

**FAMILY WEEKEND CAMP – Jul 18-20, 4pm – 1pm – 2 nites, all meals Fri. dinner - Sun. bf – Camp Red Cliffe, Ogden Valley**

**FAMILY DAY CAMP - Sat, Jul 27 – 9 am - 9 pm – Camp Red Cliffe, Ogden Valley**

**Fun, education workshops for all ages, activities, networking and camp friends!**

## REGISTRATION

**ALL 5 FORMS and THE FULL FEE** are due 2 weeks before camp begins PLEASE **DO NOT SEND DOUBLE SIDED FORMS**

**Early Registration Fees:** if your **forms are received** 2 wks before camp and you are **paid in full** 2 wks before camp:

**Family Weekend:** \$30 per person 3+ years, max \$150, extended family +\$30 each

**Family Day:** Saturday only \$10 per person 3+ years.

**Regular Registration Fees:** after 2 weeks before camp: Family Weekend: \$40 per person 3+ years, max \$200, extended family \$40 each

Family Day: Saturday only \$20 per person 3+ years.

## WANT YOUR TEENS TO LEARN ABOUT DIABETES? or SIBLINGS, COUSINS, BUDDIES

**DOWNLOAD: CAMPER, TEEN LEADER or STAFF APPLICATION**

SIBLINGS, COUSINS, BUDDIES, AUNTS AND UNCLES, GRANDPARENTS, CAREGIVERS, etc. may attend family camp or any of our other camp sessions. Grades finishing 2-12 can attend full week overnight sessions without their sibling at our regular sessions. Or for those finishing grades 8+, they can also help STAFF at any session (great for school and job resumes and babysitting).

## STAFF VOLUNTEER – ANYONE, ANYONE?

**DOWNLOAD STAFF or TEEN LEADER REGISTRATION**

Families, Parents, Teens, Friends, Grandparents, Aunts, Uncles.

Day help, part or full week – Full Week Sessions, Family Days, Family Camps, Playhouse Day Camps, any session.

Kitchen Staff, Medical Staff, Activity Area Staff, Lifeguards, Counselors, Teen Leaders in Training (finishing 7-12 grade).

**FAMILY CAMP REGISTRATIONS** are now being accepted for families with children with diabetes that are infants, preschoolers and those finishing kindergarten through grade 5. The whole family is invited: parents, grandparents, aunts, uncles, cousins, caregivers and friends. Join us and meet other families with diabetes for a weekend of fun activities, education & networking.

**FAMILY CAMP** will be held at Camp Red Cliffe. At camp sites, there are 20 cabins, a shower house and restroom, large lodge for dining and activities, a campfire circle, archery range and basketball court. We plan on 50 to 70 campers and 15 to 20 staff each session. The staff includes activity staff, program and administrative staff and medical staff, including doctors, nurses, dietitians and a camp therapist.

**ACTIVITIES, EDUCATION, NETWORKING:** The days will be filled with fun activities and education workshops in a medically supervised atmosphere. EDUCATION WORKSHOPS are designed for the campers with diabetes, siblings and parents. Basic and advanced topics will be addressed. During some sessions, the parents attend workshops and the children are divided into activity or education groups by age: day care 0-2 years, 3-8 years and 8-12 years. Teens may attend any group and assist the staff. During other periods, the whole family participates together in activities, including: pool, archery, crafts, camp store, stories, games, carnival. Of special value is the sharing and NETWORKING that occurs on a casual basis.

**FAMILY WEEKEND FEES:** Early registration weekend fees are \$30 per person (2 and under free.), maximum \$150, (extended family \$30 each). **Regular registration Fees:** \$40 per person (2 and under free). The Maximum weekend fee is \$200. Extended family \$40 each. Weekend Fees include basic cabins with bunks and mattresses for 2 nights, all meals and snacks from Friday Dinner to Sunday breakfast, and all in camp activities and workshops. Sponsorships are available from our Campership Fund.

**FAMILY DAY FEES:** Early registration day fees are \$10 per person, maximum \$50, (extended family, \$10). **Regular registration fees:** \$20 per person 3+ years (2 and under free). Maximum day fee is \$100, extended family additional, \$20 each. Fees include basic cabins with bunks and mattresses for the day (based on availability), all meals and snacks Saturday, all in camp activities and workshops. Sponsorships are available from our Campership Fund.

**CAMPERSHIPS (SPONSORSHIPS):** are available from our Campership Fund. CHECK THE BOX on your family registration form. If you are applying for a campership, you must still ENCLOSE A DEPOSIT with your registration.

**REGISTRATIONS ARE DUE:** at the office 2 weeks before camp. Late registration – text 801 566-6913. Space is reserved on availability.

**CAMP SIGN UP PROCESS:** 2 part process – 1) registration, 2) final information packets

8-12 weeks before camp REGISTRATIONS available for download.

2 weeks before camp REGISTRATIONS DUE with camp fee

1 week before camp FINAL INFORMATION PACKETS will be emailed to you.

**QUESTIONS?** Dave Okubo Camp Director text 801 566-6913

FCYD Camp UTADA – Summer 2025 – registration page 1 of 5 – FAMILY										office use:	
Family Camp - FCYD Camp UTADA 1995 w 9000 s West Jordan UT 84088										date	
fill out, sign & return all 5 forms with your full payment or campership deposit to the address above. recommended latest due date: 2 weeks B4 your camp begins – late registration? Text Dave O, Camp Director, 801 566-6913										ck cc csh	
camper last name		camper first name		t-shirt size (circle)	mens small	mens medium	mens large	mens XL	mens 2X	mens 3X	fee\$
camper e-mail		gender			youth XS 2-4	youth small 6-8	youth medium 10-12	youth large 14-16			sib\$
camper cell #		camper home #		age at camp	birth date	grade completed: school name:				forms	
mailing address				city				st	zip		gmail dbase
1 <sup>st</sup> guardian full name					2 <sup>nd</sup> guardian full name						
1 <sup>st</sup> guardian email					2 <sup>nd</sup> guardian email						
cell phone			work phone		cell phone			work phone			
1 <sup>st</sup> guardian employer			1 <sup>st</sup> guardian job/title/position		2 <sup>nd</sup> guardian employer			2 <sup>nd</sup> guardian job/title/position			
Have you been to FCYD: Summer or Winter or Family Camp before?					YES NO		If YES, Please List Your first YEAR at camp:		If YES, Please Circle SUMMER WINTER DAY CAMP FAMILY CAMP		
YES NO SATURDAY FAMILY DAY ONLY: We will arrive Saturday morning and leave Saturday night – no at camp overnight accommodations are needed.											
YES NO COMMUTE: We will be staying at home or in a nearby motel and will commute to camp for the weekend – no at camp overnight accommodations are needed.											
YES NO OVERNIGHT - OUR OWN ACCOMODATIONS: We will be bringing (circle): TENT CAMPER TRAILER MOTORHOME RV Length _____.											
YES NO CABIN: We would like to reserve a cabin. (reserved on availability, occasionally you may be asked to share with another family.) - if you want to share a cabin, do you have a family with which you would like to share? _____.											
YES NO		Does anyone have CELIAC DISEASE or GLUTEN intolerance? (see page 6)					List other dietary restrictions:				
YES NO		Does anyone have any other medical or physical limitations ?					Please give details:				
diabetes doctor's last name			first				diabetes doctor's phone number				
insulin	circle	Novolog	Humalog	Lyumjev	Admelog	Apidra	Basaglar	Lantus	Toujeo	Tresiba	Vial Pen Cartridge Other:
meter	circle	Lite	One Touch Ultra	Contour	Other:						
pump	circle	T-Slim	Mobi	ilet	Omnipod	Medtronic/Minimed	Other				
site	circle	AutoSoft 90	AutoSoft 30	AutoSoft XC	VariSoft	TruSteel	Inset	Inset 90	Mio	Quick Set	Silhouette Sure T
sensor	circle	Libre ____	Dexcom G7	Dexcom G6	Medtronic Enlite	Medtronic Guardian	Eversense	Other			
← List your SCHOOL GRADE, as of this spring – and CIRCLE YOUR CAMP SESSION(S) below:											
CAMP SESSIONS: Circle your Camp		FAMILY DAY – Apr 26, Sat 9 am – 9 pm Camper ages 0 – finishing grade 5 Camp Kostopulos, Salt Lake City				FAMILY WEEKEND CAMP - Jul 18 - 20, fri 4pm - sun 2pm Camper ages 0 – finished grade 5 Camp Red Cliffe, Ogden Valley			FAMILY DAY – Jul 19, Sat 9 am – 9 pm Camper ages 0 – finished grade 5 Camp Red Cliffe, Ogden Valley		
WEEKEND: EARLY REGISGTRATION FEES: Full weekend: \$30 per person 3 years and older, 2 years and under are free. Forms and full fee must be received 2 weeks before your camp starts.											
____ TOTAL NUMBER of family members attending, include everyone, cousins, aunts, uncles, grandparents, friends.											
____ TOTAL NUMBER of family members 3 years and older.											
x \$30 MULTIPLY the above TOTAL NUMBER 3 years and older by \$30.											
\$ ____ TOTAL FAMILY DAY FEES, the maximum fee is \$150.											
+ ____ ADD \$30 for EACH EXTENDED FAMILY MEMBER (grandparents, aunts, uncles, cousins.											
\$ ____ TOTAL FAMILY DAY FEES must be enclosed. For Camperships, see below. Fees are non-refundable in some cases. Return check fee \$30. Very, very late fee add \$50.											
WEEKEND: REGULAR FEES: Full weekend: \$40 per person 3 years and older, 2 years and under are free. Forms and/or the full fee are received after 2 weeks before your camp starts.											
____ TOTAL NUMBER of family members attending, include everyone, cousins, aunts, uncles, grandparents, friends.											
____ TOTAL NUMBER of family members 3 years and older.											
x \$40 MULTIPLY the above TOTAL NUMBER 3 years and older by \$40.											
\$ ____ TOTAL FAMILY DAY FEES, the maximum fee is \$200.											
+ ____ ADD \$40 for EACH EXTENDED FAMILY MEMBER (grandparents, aunts, uncles, cousins.											
\$ ____ TOTAL FAMILY DAY FEES must be enclosed. For Camperships, see below. Fees are non-refundable in some cases. Return check fee \$30. Very, very late fee add \$50.											
DAY: EARLY REGISTRATION DAY FEES: Saturday only: \$10 per person 3 years and older, 2 years and under are free. Forms and/or the full fee are received 2 weeks before your camp starts											
____ TOTAL NUMBER of family members attending, include everyone, cousins, aunts, uncles, grandparents, friends.											
____ TOTAL NUMBER of family members 3 years and older.											
x \$10 MULTIPLY the above TOTAL NUMBER 3 years and older by \$10.											
\$ ____ TOTAL FAMILY DAY FEES, the maximum fee is \$50.											
+ ____ ADD \$10 for EACH EXTENDED FAMILY MEMBER (grandparents, aunts, uncles, cousins.											
\$ ____ TOTAL FAMILY DAY FEES must be enclosed. For Camperships, see below. Fees are non-refundable in some cases. Return check fee \$30. Very late fee add \$50.											
DAY: REGULAR FAMILY FEES: Saturday only: \$20 per person 3 years and older, 2 years and under are free. Forms and/or the full fee are received after 2 weeks before your camp starts.											
____ TOTAL NUMBER of family members attending, include everyone, cousins, aunts, uncles, grandparents, friends.											
____ TOTAL NUMBER of family members 3 years and older.											
x \$20 MULTIPLY the above TOTAL NUMBER 3 years and older by \$20.											
\$ ____ TOTAL FAMILY DAY FEES, the maximum fee is \$100.											
+ ____ ADD \$20 for EACH EXTENDED FAMILY MEMBER (grandparents, aunts, uncles, cousins.											
\$ ____ TOTAL FAMILY DAY FEES must be enclosed. For Camperships, see below. Fees are non-refundable in some cases. Return check fee \$30. Very, very late fee add \$50.											
CAMPERSHIPS (Sponsorships) from our Campership Fund are available to anyone. A DEPOSIT IS REQUIRED, (usually \$50, send less if needed.) The campership is based on total family income, number of dependent family members, and other special circumstances. Please fill out all 3 spaces below, so we can determine your campership. Use the reverse side for other information or unusual circumstances. We may as for a 1040 tax form.											
\$	← Enter total monthly family income before taxes, all sources			#	← Enter number of family members and household dependents			\$	← Enter \$ amount you are requesting for your campership		
REGISTRATION INSTRUCTIONS: Complete, sign and return all 6 forms, with the full camp fee no later than 2 weeks before your session. Deposits are not refundable in some cases. Refunds will not be given if you cancel after 1 week before camp starts. Space on a first come first serve basis. Sessions may fill up, send your form soon											
EMAIL to: <a href="mailto:FCYDCamp@gmail.com">FCYDCamp@gmail.com</a> DELIVER, mon-wed, 10-5: 1995 W 9000 S, W.Jordan UT 84088, or MAIL (USPS mail might not make it on time.)											
SEND IN FORMS, then text camp office 801 556-4432 to make payment, mon-wed, 10-5 pm. If you get the voicemail, do NOT leave a message.											
411: Dave Okubo, Camp Director, 801 566-6913 text or voicemail. Family Camp, 1995 W 9000 S, West Jordan UT 84088 email forms: <a href="mailto:fcydcamp@gmail.com">fcydcamp@gmail.com</a>											
signature of parent or guardian (required)				date				camper's name			

# CONSENT TO PARTICIPATE - RELEASE OF INFORMATION

FOUNDATION for CHILDREN and YOUTH with DIABETES • Utah's Accredited Diabetes Camps • 1995 w 9000 s • W Jordan UT 84088

## CONSENT TO PARTICIPATE

The information on this form is correct as far as I know, and the person herein described, has permission to engage in all camp activities except as noted on the medical form. I understand there are certain inherent risks in some activities, and I allow participation at my own risk and assume the responsibility for any activity related injuries. I am aware that Camp UTADA (Foundation for Children and Youth with Diabetes (FCYD) are not responsible for lost, stolen, or damaged personal articles. In registering for camp, I agree to attend all orientation sessions. As staff 18 and older, I give permission for FCYD Camp UTADA to do a background check. I have read and understand the camp refund policy, in most cases there is no refund for cancellations after one week before camp. I have the opportunity to ask questions by texting the camp director before camp or during orientation at camp.

## TREATMENT AUTHORIZATION

I give permission to the camp physician to obtain treatment, X-rays, and lab tests for my/my child's health. In the event of an emergency and a listed parent/guardian or spouse/emergency person cannot be reached, I give permission to the camp physician to secure proper treatment and to order injection, hospitalization, anesthesia, and surgery on behalf of myself/my child as named above. I give permission for the Camp Medical Staff to regulate my child's diabetes as needed to maintain good health while at camp. I also give permission to share two way medical and social information with the FCYD Board of Trustees: David Okubo, MD, Nate Gedge and/or Elizabeth Elmer and with the Camp Staff and my physicians.

## RELEASE OF INFORMATION

My signature below grants permission for two way medical and social information with the FCYD Board of Trustees: David Okubo, MD, Nate Gedge and/or Elizabeth Elmer and with the Camp Staff and my physicians. As a staff registrant, I give permission for two way communication with any references listed in this registration.

## PHOTOGRAPHS, ADDRESS, E-MAIL, PHONE NUMBER, SMS, SOCIAL MEDIA

FCYD Camp UTADA does not distribute or sell information from our data base. I give permission for FCYD to use pictures and or videos taken at camp for camp publicity purposes. I give permission to use my primary guardian/secondary guardian and child's name, address, e-mail and phone number on the camp mailing lists, which are given out at the end of camp, and phone numbers for mass SMS.

My signature signifies: I have read and understand the above rules and responsibilities. I will have a chance to ask questions at orientation or before camp by texting the camp director. I will help enforce all the above rules and policies of camp	today's date	
	signature of parent/guardian of minor	
	signature of applicant	
circle camps sessions 0 1 2 3 4 A B Family	print full name	

# FCYD Camp UTADA – FAMILY BIO

Please fill out this form so we know who will be attending and to help us introduce you. We will be introducing families and staff at our opening campfire, the first night of camp. As an option, you can do your own introduction (with an optional song or skit).

family lastname(s)	
home town	
name(s) of family members with diabetes	
how many years with diabetes	
how many years at camp	

List everyone attending camp, including the kid(s) with diabetes: (mark diabetics with a *)				
	first name (and last if different) list YOUNGEST to OLDEST then PARENTS, then grandparents, etc	age at camp (of the kids) or 'dad', 'mom', 'aunt', etc * mark those with diabetes with a *	a SINGLE bio titbit nickname, achievement, something special, hobby, etc	list any special dietary needs
1				
2				
3				
4				
5				
6				
7				
8				
9				

List family members NOT attending camp this session:			
1			
2			
3			
4			
5			
6			
7			

circle session:    family camp    family day	date	family name
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# FCYD Camp UTADA – FAMILY RULES and RESPONSIBILITIES

Please read the following items for which your family members are responsible. Parents should review the rules and responsibilities with family members and sign for all family members. Return this form with your other registration papers before the due date.

## DIABETES MANAGEMENT:

1. Medical rounds will be held at check-in and every evening, to go over blood sugars, insulin doses and meal plans.
2. Campers with diabetes should test & record sugars 4 times a day for one week prior to camp. Be responsible for testing & recording blood tests 4 times a day during the camp session.
3. Campers with diabetes should follow their meal plan. Record food intake after each meal & snack. Talk with dietitian if your meal plan needs to be changed.

## SPECIFIC RULES/RESPONSIBILITIES:

1. Obey the CAMP WAPITI or RED CLIFFE BOUNDRIES - Fences and Hills.  
Please help keep your children off the hillsides. Keep the gates into camp closed.
2. Areas that are OFF LIMITS to family campers: Lodge Upstairs, Kitchen, Pharmacy Room, Program & Store areas. NO CABIN RAIDS. Stay out of other's cabins.
3. PARK West of the lodge - DO NOT drive/park on the grass.
4. NO smoking, alcohol, drugs, pets. NO big knives, firearms, fireworks or lighters.
5. NO THROWING rocks, dirt or sticks.
6. KEEP TRACK of your family members. Younger members should stay with a buddy.
7. Please BE ON TIME for announcements, meals & snacks.
8. Help maintain the ENVIRONMENT - recycle aluminum. Keep camp clean & pick up trash.
9. CLEAN-UP ASSIGNMENTS will be distributed daily.  
Clean-up should be passed off as completed by the Camp Administrative Director.
10. The CAMP STORE will be open at designated times.  
Please make purchases with cash. No charges.
11. The PHONE is for camp business and emergencies only.  
Calls must be made collect or by charge card. Limit 3 minutes!
12. EMERGENCY are designated by 3 short blasts of the camp horn sounded repeatedly.  
ASSEMBLE IMMEDIATELY at the flagpole for instructions.
13. MEET AT THE FLAGPOLE at the start of each activity period and before each meal.  
Listen for the horn to signify the the start of each activity or meal.
14. ALL SPORTS EQUIPMENT should be signed out and signed back in by the program staff.

By following these rules, you will have fun, be safe, set a good example for your fellow campers, and you will learn more about your diabetes management.

I have reviewed the rules and responsibilities with family members. We understand and will help enforce and follow the rules and responsibilities as stated. We will have the opportunity to ask questions at orientation and by texting the camp director before camp.

date:	print camper name	signature
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# FCYD Camp UTADA MEDICAL and DIETARY INFORMATION

## MEDICAL INFORMATION, POLICIES and PROCEDURES

- A parent/guardian of minors, will be notified of any illness or injury.
- Medical staff may be making changes to the diabetes regimen to keep the participant healthy at camp including pump downloads.
- Any recommendations or changes in the diabetes regimen will be discussed with parent/guardian at checkout.
- If the regimen is significantly different, your diabetes doctor may be notified.
- All medications will be collected at check-in and will be dispensed to participants under 18 by medical staff.
- All CGM cell phone apps will be placed in airplane mode, and parents are asked to disconnect their cell phone share app.
- Campers should notify counselors if CGM alerts require action.
- Counselors will monitor blood sugars and notify medical staff of any illness or blood sugars that are out of range.
- Symptomatic low blood sugars are treated with glucose tabs. Mild low blood sugars are treated with fruit snacks.
- Participants or parent/guardian will fill out a diabetes log with diabetes management information: blood sugars, carb grams, insulin
- The diabetes log and updated current diabetes management plan will be discussed at check-in by the medical staff.
- Further current, updated medical history will be collected at check-in.
- If infection disease protocols are in effect, masking and/or a daily health log for 7 days before camp may be required.
- Any donated supplies you receive are prescribed to you by the camp medical director and cannot be given away or traded.

**Fill in the medical information in the right column below. Please write "Ø" or "none" if answer is none**

<b>Diabetes doctor</b>	full name	phone number
<b>Primary care doctor</b>	full name	phone number
<b>Dentist</b>	full name	phone number
Are all school required <b>immunizations</b> up to date?		
List date of last <b>tetanus</b> booster		
Are you current with the <b>covid vaccine</b> ?		
If YES list covid immunization date(s) and vaccine brand		
List any <b>Rx medications</b>		
List any <b>OTC medications</b>		
List any other <b>medical history</b>		
List any significant <b>surgeries</b> and dates		
List any <b>allergies</b>		
List any <b>medical limitations</b> or restrictions on activities		
List any other <b>special medical needs</b>		

## DIETARY and FOOD SERVICE INFORMATION, POLICIES and PROCEDURES

- Meals are provided at 8 am, 12 noon and 6 pm. Snacks are optional at 3 pm and 9 pm. (times are approximate.)
- Do not bring additional food or snacks to camp
- A food intake record will be kept at camp by all participants.
- Further current, updated dietary history will be collected at check-in by the medical staff.
- A food intake record will be kept by all participants during the camp session.
- The food intake record will be discussed at check-out by the medical staff.

**Fill in the dietary information in the right column below. Please write "Ø" or "none" if answer is none**

Circle any nutritional allergies, requests or limitations and <b>LIST NAME</b>	Gluten/Celiac Vegan	Lactose Vegetarian	Food Allergies Religious	Low Sodium Cultural	None
List <b>NAME</b> and any details of above					

My signature signifies that the above is true and I have read, I understand, I have had the chance to ask questions about the above policies and procedures. I will help enforce the above policies and procedures.	today's date	
	parent/guardian of minor signature	
	participant signature	
circle session(s) 0 1 2 3 4 A B	print full name	