

# FCYD Camp UTADA - Summer 22 - STAFF ROAD TRIP RETREAT

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

<b>PHOTOS NOT ACCEPTED</b> EMAIL to: <a href="mailto:FCYDCamp@gmail.com">FCYDCamp@gmail.com</a> DELIVER, mon-thu, 10-5: to address above
<b>COVID SAFETY</b> rules will be dependent on current CDC recommendations. SEE page 3 attached.
Call the camp payment phone 801 556-4432 to make payment, mon-thu, 10-5 pm. CARD/CASH, NO CHECKS

## THE REAL UTADA (UTAh Diabetes Adventure)

ROADTRIP RETREAT REGISTRATION – Recommended **Due Date: 2 weeks before.**

This registration is for **EXPERIENCED STAFF TEEN LEADERS – Grades 7-11** (finishing grade)

### FEES and what you get:

**Budget:** 4 days, 3 nights (\$25 per night, 4 per room), \$35 for food, \$30 for activities, activity allowance, \$25 for gas  
**room option:** 3 per room add \$30, 2 per room add \$60, Private room add \$90.  
**discount:** subtract \$50 for each completed volunteer week including last summer.  
**discount:** \$75 of your room is paid for if you are chosen for staff  
**\$210 regular camp fee** for teen leaders, and volunteer for session 1 or 2 for a \$50 credit each week, forward.  
**\$160 early registration:** 1) your forms & 2) the camp fee is paid in full by **June 1.**  
 \$100 additional discount for staff training.  
**camperships** (sponsorships) are available, minimum \$40 deposit is required to register.  
**confusing? questions? dave o 801 566-6913**

**REGISTRATION INSTRUCTIONS:** THIS 8 PAGE REGISTRATION IS FOR TEEN LEADERS & STAFF under 18.

**If you have registered for another session this year, fill out pages 1 and 2.**

LATE REGISTRATIONS are accepted – call Dave O at the number below, to RESERVE YOUR SPOT.

Please DO NOT PRINT double sided. **Photos not accepted.** RETURN all **8 forms.** KEEP THIS PAGE for your records.

BUDDIES, COUSINS, SIBS can attend any session, separate registration form and fees apply.

### ~~WINTER CAMP ACTIVITIES:~~

~~First Timer lessons are FREE for teen leaders and staff – you will be staffing the first timer campers (not instructing).  
 Skiing and snowboarding lift tickets and rental gear are extra cost items.  
 Non skiers/boarders will have In Camp Activities and Winter Field Trips.~~

### VOLUNTEER – FAMILIES, PARENTS, SIBLINGS – we need your help !

Transportation, skiing, snowboarding, snowshoeing, snowmobile, food service staff and dishwashers.

Volunteers must have had a past camper enrollment – exceptions will be considered by the camp director.

IF OVER 17, FILL OUT A STAFF REGISTRATION. 13-17 (8-11 grade), FILL OUT this TEEN LEADER REGISTRATION.

<b>CAMP SESSIONS:</b> Circle your Camp(s) AND KEEP THIS PAGE	<b>ROAD TRIP RETREAT– R1</b> October 13-16 (Oct 12 - staff prep) thu 8 am – sun 8 pm Yellowstone Staff experience required	<b>ROAD TRIP RETREAT– R2</b> October 20-23 (Oct 19 - staff prep) thu 8 am – sun 8 pm Yellowstone Staff experience required	To participate, you must have attended as a volunteer at least one session of FCYD Camp UTADA in the past	R1 or R2 or both road trips will be held depending on enrollment and school breaks.
<b>circle sessions above. keep this form for your records. enter amount paid: _____</b>				

**6 SESSIONS OF SUMMER CAMP** will be held at 3 sites, Camp Tifie, Mount Pleasant, at Camp Tracy, Emigration Canyon and at Camp Kiesel, East of Ogden and Pineview Reservoir. Drive times: Tifie 1hr 45min, Tracy 20min, Kiesel 1hr 20min. Camp Tifie, a new site, 1hr 45min from Salt Lake, is south near Mount Pleasant, has 15 small cabins, shower house, a large pool, ropes course, riflery, and archery. Camp Tracy is 20min up Emigration Canyon, has 9 cabins, huge lodge for activities and dining, shower house, pool and archery range. Camp Kiesel, 1hr 20min, has 10 cabins, lodge for dining and activities, a campfire area, a fishing pond, and swimming, archery range.

**ROAD TRIP - FEES and CAMPERSHIPS/SPONSORSHIPS:** (refunds are not given if you cancel after 1 week before camp begins.)  
**EARLY REGISTRATION FEES APPLY IF:** 1) your full camp fee is paid and 2) all your registration forms are turned in by **June 1.** CAMPERSHIPS (sponsorships) are available for anyone, to help with camp fees, winter lift passes, lessons, rentals. You may be asked to provide a current 1040 tax form. See registration form.

**CAMP SIGN UP PROCESS:** A 3 part process: 1) Registrations sent out 2) Registrations due 3) Final Info Packet sent out by email  
 4-8 weeks camp Registration forms are sent out by email and are available on line within a week  
 2 weeks before camp Registration forms and all fees are due at the office – (latest recommended due date 2 weeks before camp)  
 1 week before camp Final information packets will be emailed – with list of items to bring, check-in times, map & insulin log. Very, very late fee may apply.

**411:** Dave Okubo, Camp Director, 801 566-6913 voice message, text, FCYD Camp UTADA, 1995 W 9000 S, W.Jordan UT 84088

# FCYD Camp UTADA – SUMMER 2022 – page 1/8 – STAFF ROAD TRIP RETREAT

email to: [fcycamp@gmail.com](mailto:fcycamp@gmail.com) deliver, mon-thu 10-5: FCYD Camp UTADA, 1995 w 9000 s, W Jordan UT 84088

fill out, sign & return all 8 forms with your full payment or deposit to the address above.  
recommended due date: **June 1** – late registration? call Dave O, Camp Director, 801 566-6913

office use:

date

ck cc csh

last name	first name	t-shirt size (circle)	mens small	mexs medium	mens large	mens XL	mens 2X	mens 3X
e-mail address	gender		youth XS 2-4	youth small 6-8	youth medium 10-12	youth large 14-16		
cell phone	home phone	age at camp	birth date		grade completed: school name:			
mailing address		city			st	zip		
guardian full name		relation-ship	guardian cell		guardian email			
guardian 2 full name		relation-ship	guardian 2 cell		guardian 2 email			

fee \$

sib \$

forms

g-mail

dbase

what vehicle will you be driving to camp	vehicle color	vehicle make	vehicle model	circle: suv truck car 4x4	are you willing to transport campers and staff during camp? YES NO
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place of employment	job title or profession	if you are driving, attach a copy of your insurance. copy attached? YES NO		if you are new to camp, attach a copy of your drivers license / ID. copy attached? YES NO	
are you a student? YES NO	school name	major		graduating year	

<b>YES NO</b>	Do you have <b>CELIAC DISEASE</b> or <b>GLUTEN INTOLERANCE</b> ? (see also page 5)	<b>LIST OTHER DIETARY RESTRICTIONS:</b>
<b>YES NO</b>	Do you have any limitations medically or physically?	<b>Please give details</b>
diabetes doctor's last name		diabetes doctor's phone number
<b>insulin</b> circle	Novolog Humalog Admelog Apidra Basaglar Lantis Toujeo Tresiba Vial Pen Cartridge Other:	
<b>meter</b> circle	Lite One Touch Ultra Contour Other:	
<b>pump</b> circle	T-Slim Animas Ping Medtronic/Minimed: 522/722 523/723 530G 630G 670G Other:	
<b>site</b> circle	AutoSoft 90 AutoSoft 30 AutoSoft XC VariSoft TruSteel Inset Inset 90 Mio Quick Set Silhouette Sure T	
<b>sensor</b> circle	Libre Dexcom G6 Dexcom G5, G4 Medtronic/Minimed Enlite Medtronic/Minimed Guardian Other:	

<b>CAMP SESSIONS:</b>	<b>ROAD TRIP RETREAT– R1</b>	<b>ROAD TRIP RETREAT– R2</b>	<b>R1 or R2 or both road trips will be held depending on enrollment and school breaks.</b>	<b>To participate, you must have attended as a volunteer at least one session of FCYD Camp UTADA in the past</b>
Circle your Camp(s)	October 13-16 (Oct 12 - staff prep) thu 8 am – sun 8 pm Yellowstone Staff experience required	October 20-23 (Oct 19 - staff prep) thu 8 am – sun 8 pm Yellowstone Staff experience required		

Have you been to FCYD: Summer or Winter or Family Camp before? YES NO	If YES, please list your first camp YEAR:	If YES, please circle your first camp session: SUMMER WINTER FAMILY CAMP DAY CAMP
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If you are new to FCYD, please list other camp experience:

**WHAT STAFF VOLUNTEER POSITIONS are you applying for?**  
Please list all positions and your order of preference.

**COUNSELOR and STAFF CABINMATE:** please list a preferred cabinmate.  
We may NOT be able to honor your request due to the many choices and combinations that will occur:

**ACTIVITY / PROGRAM SURVEY:** if you would like to provide a special activity, teach a class or share other talents or interest, please describe here:

**LIFEGUARD:** are you a past or current certified lifeguard or water safety instructor? YES NO

**SKI / SNOWBOARD INSTRUCTION:**  
are you willing to teach campers and staff? YES NO

<b>SKIING/BOARDING Winter Survey:</b>	YES NO Snowboarding	<b>FIRST TIMER</b>	<b>BEGINNER</b>	<b>INTERMEDIATE</b>	<b>ADVANCED</b>
circle yes/no & circle ability	YES NO Skiing	never been, once a year you get to take a lesson!	been a few times flat, easy green runs, o	been many times, years most terrain, blue runs, □	been many, many years any terrain, steep, black ◊

**TEEN LEADER FEES:** The teen leader fee is \$210 or \$160 for early registration, for any combination of the 5 sessions. (Refunds are not given if you cancel 1 wk b4 camp.) To be eligible for the early registration fee, you must be 1) paid in full and 2) ALL of you registration forms, are in by May 25 or 2 weeks before your first session. A \$50 very, very late fee may be added. A \$30 return check fee.

**CIRCLE YOUR FEES: ALL FEES AND FORMS ARE DUE 2 WEEKS BEFORE YOUR FIRST SESSION OF CAMP TO BE ELIGIBLE FOR THE EARLY REGISTRATION.**  
\$160 Early Registration Teen Leader fee for the full summer and any combination of 5 sessions. (Register and pay by May 25 or 1 weeks before your first session.)  
\$210 Regular Teen Leader Camp fee for the full summer and any combination of 5 sessions.  
\$260 Very, Very Late Camp Fee  
\$260 Our true cost per camper. If you are able camp appreciates additional payment up to the true cost.

**CAMPERSHIPS** (Sponsorships) are available to anyone in need. **A DEPOSIT IS REQUIRED** (usually \$40, send less if needed.) Please fill out all 4 boxes below:

deposit paid:	monthly family income:	number of household dependents:	\$ amount requesting:
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**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:** [FCYDCamp@gmail.com](mailto:FCYDCamp@gmail.com) **DELIVER, mon-thu, 10-5: 1995 W 9000 S, W.Jordan UT 84088, USPS mail might not make it on time.**

**SEND IN FORMS, the call the camp office 801 556-4432 to make payment, mon-thu, 10-5 pm. If you get the voicemail, leave a message.**

**411:** Dave Okubo, Camp Director, 801 566-6913 voice message, text. FCYD Camp UTADA 1995 W 9000 S West Jordan UT 84088

signature of staff (required)	date	print full name
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# 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

## REFERENCES

(if you have been to FCYD Camp UTADA before, skip down to the CONSENT TO PARTICIPATE box)

Where or from whom did you hear about camp?

Do you know someone with diabetes?	YES	NO	name	relationship
List one personal reference			name	relationship phone number
List one professional reference			name	relationship phone number
List one school reference (if a student)			name	relationship phone number

## PAST EXPERIENCE

List any Leadership experience and/or skills:

List previous experience working with or counseling children and youth:

Why you want to volunteer at camp?

## 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 the Foundation for Children and Youth with Diabetes (FCYD) and Camp UTADA 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.

## 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, Nathan 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, Nathan 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, ADDRESSES, E-MAIL, SOCIAL MEDIA and PHONE NUMBERS

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/my child's name, address, e-mail and phone number on the camp mailing lists which are given out at the end of camp.

## STAFF 18 and older: ALL BOXES BELOW MUST BE COMPLETED

YES	NO (circle)	initial here →	Have you ever been arrested for any reason? (Other than minor traffic violations) If YES, explain:
YES	NO (circle)	initial here →	Have you ever been charged with or convicted of a felony? If YES, explain:
YES	NO (circle)	initial here →	Have you ever been convicted of trafficking narcotics or controlled substances? If YES, explain:
YES	NO (circle)	initial here →	Have you ever been charged with or convicted of a crime against a minor? If YES, explain:
this space is for FCYD office use and notes			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

411: Dave Okubo, Camp Director, 801 566-6913, voice message, text

# FCYD Camp UTADA - COVID-19 AGREEMENT and RESPONSIBILITIES

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

FCYD Camp UTADA will implement Covid-19 guidelines consistent with CDC, ACA, and Utah Departments of Epidemiology and Health to minimize exposure to and transmission of Coronavirus. This document is subject to change, and you will be notified of any changes 1-2 weeks before camp

Questions regarding this document should be directed to the Camp Director, Dave Okubo, 801 566-6913 Director. 5/2022

## All Volunteers, Staff, Counselors, And Campers:

1. Please review the responsibilities below so everyone is aware of the guidelines of preventing COVID-19 transmission at camp.
2. Sign and return this form with your registration papers.
3. Additional guidelines may be implemented OR eliminated in response to public health recommendations.
4. All guidelines and procedures will be review at in-camp orientation sessions.

## Prior to the Camp Session:

1. For 7-14 days prior to all camp sessions, campers and staff should avoid large groups and strictly practice face covering (masks) and social distancing, per current Utah Health Department Guidelines.
2. If the camper or staff has had possible exposure to Covid-19, self-isolation for 5-10 days prior to the camp session is required.
3. Completion of a daily log documenting any Covid-19 symptoms including cough, fever, shortness of breath, muscle aches and pains, decrease sense of smell or taste, or sore throat. This log must be turned in at camp check-in.
4. FCYD Camp UTADA will implement and enforce Utah's Corona Virus guidelines for all camp sessions. Camp Procedures will exceed guidelines for Covid-19.
5. FCYD Camp UTADA strongly recommends the COVID-19 vaccination for all eligible staff, counselors, campers and family members.

## MAXIMUM ENFORCEMENT GUIDELINES - DURING EACH CAMP SESSION

(subject to change dependent on current cdc guidelines):

1. Face coverings (masks) should be worn when social distancing is difficult to maintain.
2. Hand sanitizer will be available at multiple locations.
3. Frequent hand washing will be encouraged.
4. Always maintain social distance (6-foot distance) during camp.
5. Monitor the appearance of any Covid-19 symptoms, including cough, fever, shortness of breath, muscle aches and pains, decrease sense of smell or taste, or sore throat.
6. Completion of a daily log prior to and during the camp session. This log must be turned in at camp check-in. The Camp Medical Staff is responsible for completing the logs at camp for each camper and staff member.
7. Cabins, common areas, equipment, and food service areas will be disinfected daily and between groups.
8. If any member of camp develops any symptom of Covid-19, the individual and close contacts will be immediately placed in isolation, parent/guardian will be notified as well as local health authorities. Covid testing should be done and and quarantine begun to all unimmunized contacts. Notification of close contacts and tracing will be done under the direction of local health authorities.

My Signature signifies: I have read and understand the Camp's Covid-19 guidelines and responsibilities and will follow and help enforce all the above rules and policies contained in this agreement.	Today's Date	
	Guardian of minor Signature	
	Applicant Signature	
Circle session(s) 0 1 2 3 4 A B Family	Print Full Name	

# FCYD Camp UTADA - JOB AGREEMENT and BEHAVIOR POLICIES

Please read the following items for which you, as a counselor/staff are responsible. This list was generated from past complaints from campers, parents, counselors and staff. If you break rules in the first section below, one or more will occur: 1. You will be prompted, 2. You will be placed on probation, 3. Parents of minors will be called, 4. You, will be sent home immediately, forfeiting any camp fee, and/or 5. You will be restricted from other camp activities for up to 2 years.

## GENERAL RESPONSIBILITIES:

1. Get enough rest. Be a rested happy camper.
2. **Be on time.**
3. Obey **camp curfew**. You can be up after curfew if you are engaged in official camp business.
4. Off Limits **Staff quarters or cabins** of the opposite sex can only be entered in the event of a medical emergency.
5. **Department areas** are off limits: medical, infirmary, program, clean-up hq, camp store, kitchen, pantry, storage trailer (unless "owner" is present.)
6. **Don't help yourself**. If you need something ask the department director.
7. Do not **leave the camp** without notifying the camp director.
8. **Visitors** must be approved in advance and must check-in & check-out with the camp director. Visits should be brief and not overnight.
9. Support the **camp rules** and the **camp staff**. Obey the **camp site rules**.

## CAMPER SUPPORT

1. **Feed the campers** before you feed yourself.
2. **Campers must be attended** at all times (or with a buddy, as you get to know them.) Counselor free time is a sign-up activity.
3. Carry your **medical emergency pack** at all times, so you can help the campers and each other. Carry your medical/dietary **clipboards** at all times.
4. **Assist the campers** with their medical and social needs.

## BEHAVIOR POLICIES

1. No **outside food, snacks or candy**, unless approved by the camp director.
2. No **alcohol, drugs, or smoking/vaping**. No matches or fireworks. Smokers must leave the camp site alone and be invisible. Under 21 cannot smoke.
3. Do not bring **animals, pets** or emotional support animals. They are not allowed by the camp sites that we rent.
4. Keep **romances** at a casual level. Remember your job and role at camp.
5. Limit **phone calls** to a few minutes. The camp phone is for camp business.
6. **Music played thru speakers** is prohibited. Public music used for program purposes must be approved by the camp director in advance.
7. Try not to **swear**. No sexual or inappropriate jokes or clothing.
8. No **pranks** after curfew. No pranks on campers. No pranks that are unsafe or that could cause physical or psychological harm or material damage.
9. Be a **role model** and **good diabetes example**. Renew **friendships**. Make **new** friends. Have **fun**.

## VOLUNTEER AGREEMENT AND POLICIES (set forth for counselors and staff of FCYD Camp UTADA by the camp committee and FCYD Board of Directors.)

1. **Participation** is required for the full camp session from load-up, check-in and the full week thru check-out.
  - Exceptions include day help, including guest speakers and special day activity staff, approved by the camp director.
  - Staff must spend their free time at camp. Permission to leave the camp site must be obtained from the camp director.
2. This "employment" is voluntary, **without wages or salaries**, except as authorized by the FCYD Board of Directors.
  - By volunteering their time, any counselor or staff can earn **credits toward staff events**, that are considered premium, due to cost.
3. It is camp policy that counselors and staff, not accept **gratuity or tips**.
4. **Benefits** including workmen's comp, health and unemployment are not provided.
  - Medical care not provided by the camp medical staff is the responsibility of the participant and their medical insurance.
5. **Transportation** to and from camp is the responsibility of the participant, at his/her expense.
  - The use of personal vehicles falls under the participant's insurance and proof of drivers license and auto insurance is required at check-in.
  - The participant's personal driving record will be reviewed as part of the consented background check.
  - The use of personal vehicles during the camp session, from load-up thru check-out, must be approved by the camp director.
  - Personal vehicles may be used to transport staff, camp supplies and gear during the camp session, as coordinated by the program/admin staff.
  - Personal vehicles should be maintained in good condition, including lights, exhaust, brakes, cooling/lubricants, emergency flashers, wipers, seat belts.
  - When refueling all the systems above should be checked.
  - When a private vehicle is used to transport persons, the drivers will pass off a safety check of their vehicle and blood sugar with program/admin staff.
  - Drivers will enforce seatbelts and proper speed limits.
6. **A job description** is available for staff and counselors to review upon request.
7. **Valuable personal items** are the responsibility of the staff/counselor and may be stored with the camp director if needed.
8. Any condition warranting **dismissal, leave of absence, or emergencies** will be documented in writing by the participant and the camp director.
  - **Sick leave**, will be documented in medical log book by the participant and camp medical staff.
9. All registration forms, including demographics, references/consent, job agreement, counselor rules, medical/dietary, are complete by the due date.
  - It is recommended that immunizations are up to date and a physical exam is performed in the past 5 yrs.

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

# FCYD Camp UTADA – COUNSELOR RESPONSIBILITIES

ALL VOLUNTEERS – STAFF and COUNSELORS:  
 Please review the responsibilities below so everyone is aware of the counselors role at camp.  
 Sign and return this form with your registration papers. This is a partial list.

- COUNSELOR ARE RESPONSIBLE TO:
1. **Medical Staff** for diabetes and medical problems and emergencies.
  2. **Dietary Staff** (or Medical Staff) for dietary issues.
  3. **Program Director and Assistants** for questions regarding activities and program areas.
  4. **Administrative Director** for transportation, clean up, camp store, mail, maintenance.
  5. **Food Service Director** for food service, kitchen and dining room matters.
  6. **Camp Therapist** for behavior problems and psychosocial issues.

- COUNSELOR GENERAL RESPONSIBILITIES:
1. **Orientation:** attend all the mandatory medical and camp orientation sessions.
  2. **Participate** in the whole camp session, from loading up, set up, orientation, check-in and check-out.
  3. Assist with **Check-in** and gather medical/social information on each camper. Assist campers with their gear.
  4. Assist with **Check-out**. You are still responsible for your campers until they are checked out to parents.
  5. Assigned 6-9 campers with a **co-counselor**. Teen session counselors may be alone.
  6. Orient the campers to the **Camper Rules**. Help each other enforce the Camper rules and the Camp Rules.

- COUNSELOR SPECIFIC RESPONSIBILITIES:
1. At least one counselor will **be with the campers** at all times. **Double coverage** when appropriate.
  2. Be aware of the **campers' locations** at all times. The campers should not wander off alone.
  3. **Be on time and listen** to announcements before meals and activities. Help enforce listening.
  4. Be aware of and help enforce camper responsibilities.
  5. All counselors attend **program/admin meeting** after breakfast. Medical will start cabin clean-up with campers.

1. Always carry your **emergency medical kit** at all times.
2. Always carry your **medical/dietary clipboard** at all times.
3. Help **check blood sugars** at meals/snacks. Have campers show you their meter or cgm number.
4. **Record all blood sugars** on management log and note grams of carb if treating a low.
5. **Correct high blood sugars** and **record insulin** on management log while in the cabin.
6. Help **draw up insulin** syringes. **Check insulin** syringe or pump display for accuracy.
7. Help **administer insulin** if needed. Observe pumpers **pressing the bolus button**.
8. One counselor should **attend medical rounds** at least daily.

1. Help campers make healthy and proper **meal choices and substitutes** choices if needed.
2. Help campers **count carbs** and **record food** intake.
3. Help campers **bolus before they bite**.
4. Help everyone **stay out of the kitchen**.

1. Have a positive attitude, be a good **role model** and social example, no swearing, have fun.
2. Set a **good diabetes** example.

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

# FCYD Camp UTADA – CAMPER PROFILE

This camper profile has been designed to help counselors and staff make your camp experience fun and successful. This confidential form is reviewed by counselors and staff before campers arrive at camp and then it is kept by the camp director.

## CAMPER SECTION – to be filled out by the camper (younger campers may need help)

List your favorite color	
List your favorite food	
List your favorite animal	
List any hobbies or collections	
List any sports you like to play	
What do you do for fun?	
What do you want to be when you grow up?	
List something special about yourself	
If you <b>have been to camp</b> What is your <b>favorite thing</b> about camp?	
If you <b>have been to camp</b> What is your <b>least favorite thing</b> about camp?	
If you <b>have been to camp</b> <b>Who's job</b> would you like at camp?	
If you <b>have not been to camp</b> What are you <b>looking forward to</b> at camp?	
If you <b>have not been to camp</b> What are you <b>not looking forward to</b> at camp?	
List one or two things you like to <b>learn about diabetes</b> at camp	
List one or two things you like to <b>learn about</b> at camp (non diabetes)	

## PARENT/GUARDIAN SECTION – to be filled out by the parent/guardian before camp

Is this the campers first significant <b>time away from home</b> ? If so, are there any reservations about coming to camp?	
Any reservations regarding the <b>camper's diabetes</b> ? (shots, food, etc. It is not required that the campers give their own shot)	
Does he camper <b>sleep problems</b> , such as nightmares, night terrors, at night?	
Does the camper have <b>night time enuresis</b> (wet bed)? if so, please bring 2 sleeping bags	
Are there any camp <b>activities</b> that you <b>do not</b> want your camper to participate?	
Are there any <b>special needs</b> or disabilities we should plan for? (eg. staffing, education, mobility, peer relations medical, food)	
List any <b>major changes</b> in the family or camper's life during the past years (move, change in family structure, school, etc)	
For <b>female campers</b> , has the camper <b>menstruated</b> ? If not, please have the discussion, if needed.	
Are there any <b>other concern or issues</b> of which you or your camper would like us to be aware of?	
List something <b>special about your camper</b>	
Let us know if there is <b>anything else</b> we can do to make your camper's stay with us, more successful	
List one or two things you would like your camper <b>to learn about diabetes</b> at camp this year.	
List one or two things you would like your camper <b>to learn about</b> at camp this year (social, non diabetes)	

Counselor and Staff Comments:	today's date	
	parent/guardian signature	
	camper signature	
circle camp sessions 0 1 2 3 4 A B Family	print camper full name	

# FCYD Camp UTADA CAMPER AGREEMENT and RESPONSIBILITIES

Both CAMPER and PARENT must sign this form. Parents/Guardians please read and discuss the rules and responsibilities with Campers. By following these rules and being aware of your responsibilities at camp, you will: have fun, make friends, be safe, be a good example and learn about yourself and your diabetes.

Campers or minor staff: if you break rules in the first section below, one or more will occur: 1. You will be prompted 2. You will be placed on probation, 3. Your parents will be called, 4. You, will be sent home immediately, forfeiting your camp fee, and/or 5. You will be restricted from other camp activities for up to 2 years.

## RESPONSIBILITIES and RULES

1. I will talk with my counselors or medical staff prior to taking any insulin.
2. I will talk with my counselors or medical staff before changing any insulin dose.
3. I understand that not following the agreed upon diabetes management plan may be dangerous to my health.
4. I will not enter another person's cabin other than my own. No cabin raids. No bad pranks.
5. I will be in my cabin at the designated curfew time.
6. I will keep my hands to myself and I will not hit or fight.
7. I will not be involved intimately with another person at any time.
8. I will not bring candy or snacks to camp. If I do, I understand that they will be confiscated and not returned.
9. I will not smoke, use alcohol or drugs at camp.
10. I will not swear or use vulgar language at camp.
11. I will follow the dress code at camp.
12. I will not play music out loud while at camp.
13. I understand that campers cannot have visitors at camp.
14. I will not use the camp phone without permission of the camp director.
15. I will not touch another person's property without their permission, and I will not steal.
16. I will not bring firearms, fireworks, lighters, matches, knives, slingshots to camp.
17. I will not bring animals, pets or emotional support animals. They are not allowed by the camp sites that we rent.
18. If I drive to camp, I will not use my vehicle during the camp session and I will leave all my keys with the camp director.
19. I understand that if I am sent home, my full camp fee is forfeited.
20. I will not talk about socially sensitive issues:  
race, religion, cults, tattoos, body piercing, ghost or horror stories, sexuality, dating, divorce, alcohol, drugs, smoking, swearing.

## DIABETES RESPONSIBILITIES

1. I will talk with my counselor and medical staff every day.
2. I will check and record blood sugars and insulin doses 1 week prior to camp.
3. I will check and record blood sugars and insulin doses, 4 times a day, during the full camp session.
4. I will place my CGM cell phone app in airplane mode and
5. I will let my counselors know if my blood sugar is low enough to treat or higher than 200.
6. I will record my food intake during each meal and snack.
7. I will talk with my counselors about meals and snacks. If I don't like the food I can get a substitute. Firsts before seconds.
8. I will discuss my diabetes management with my counselors and camp medical staff as necessary. Medical rounds are held daily.

## OTHER SPECIFIC RESPONSIBILITIES

1. Renew friendships. Make new friends. Have fun!
2. Participate in cabin, unit and whole camp activities. If I need an exemption, I will talk with my counselor.
3. Participate in cabin, unit and whole camp workshops.
4. I will help keep my gear, my cabin and my camp clean and green.
5. Let your counselor know where you are at all times.
6. Stay with a buddy or partner. Do not wander off alone.
7. Be in your cabin during power naps and after lights out. I you need to leave the cabin, get the "POTTY PASS" from your counselors.
8. 2 campers can be out on the POTTY PASS at a time. You can only be in the potty or the infirmary or on the way.
9. Announcements are made before meals. Listen carefully, so you know the plan for the day.
10. Help your counselors and cabin be on time.
11. Off limits areas include: Kitchen, Program and Administrative areas, and Infirmary. You may enter if staff is present.
12. Respect the property of others and the camp property and grounds
13. Be aware of and obey the camp site rules. We are the guests.
14. No throwing rocks or sticks. No climbing trees.
15. Stay within the camp boundaries, which will be reviewed on the walking tour of camp.

## ADDITIONAL WINTER CAMP RULES and RESPONSIBILITIES

1. Wear your bandana on your leg while skiing and snowboarding. (bandanas are provided.)
2. Wear your helmet at all times while on the lift and the slopes (mandatory)
3. Ski and snowboard with a counselor or staff at all times. Teen week campers may ski with a buddy.
4. If you get separated or lost while at the ski resort, go to the bottom of the same lift you rode up and notify the resort staff that you are lost.

I have read, understand and will follow the rules as stated above. I can ask questions at check-in or orientation or call the camp director before camp.	today's date	
	parent/guardian signature	
	camper signature	
Circle camp sessions 0 1 2 3 4 A B Family	print camper full name	

# 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.
- 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 blood sugars, carb grams and insulin (and covid log for 7 days before camp).
- 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.
- Any donated supplies you receive are prescribed to you by the camp medical director and cannot be given away or traded.
- Donated supplies are prioritized to full session participants first.

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

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

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 medical and dietary/foodservice 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	