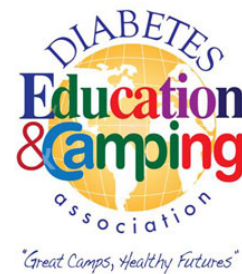


Camp Ho Mita Koda 2018 Handbook



Camp Ho Mita Koda

"Welcome My Friend"



Welcome

Dear Parents,

Welcome to Camp Ho Mita Koda! There are a lot of new and exciting changes that are happening at camp this summer. As we enter into our 89th year of camp it is our goal to improve your child's self-management skills, decrease distress for you and your camper, and improve your camper's sense of diabetes strengths and resilience after camp. Of course, your camper will have a lot of fun and make many life changing friendships and memories along the way.

This Parent Camper Handbook was designed to help you and your camper prepare for your summer 2018 experience at Camp. Whether you are new to Camp Ho Mita Koda or have been to Camp in previous summers, please read the information in this handbook carefully as some information has been updated for the 2018 Camp season.

Please feel free to contact me with any questions at 330.620.3559 or by e-mail at info@camphomitakoda.org

We are looking forward to seeing you and your child at camp for our 89th camp season!

Happy Camping,

Ted Rusinoff
Chairman
Camp Ho Mita Koda Foundation

Contact Information

Summer: The Camp Office is open during the Camp season, June 10- July 27, 2018. Contact information during the summer season is:

Camp Ho Mita Koda
14040 Auburn Rd.
Newbury, Ohio 44065
Telephone: (440) 739-4095
Email: info@camphomitakoda.org
Website: www.CampHoMitaKoda.org

To contact the **Camp Director**, when Camp is in session (June-August), please call **(440) 739-4095**.

For the latest updates throughout the camp season,
Follow us on Twitter: [@CampHoMitaKoda](https://twitter.com/CampHoMitaKoda)
Join us on Facebook: [CampHoMitaKoda](https://www.facebook.com/CampHoMitaKoda)

Camp Rules and Expectations

Camp Ho Mita Koda wants all campers to have a positive Camp experience. A set of rules and expectations has been established to help parents and campers understand what we expect at Camp to ensure a safe, fun and healthy environment for all.

Camp Ho Mita Koda has a **“Zero Tolerance”** policy concerning violence, threats to harm oneself or others, theft, property damage, and possession of drugs, alcohol, cigarettes and weapons. Campers found to be in violation of the following will be immediately dismissed from Camp:

- Possession and/or use of alcoholic beverages, tobacco, marijuana, or any other illegal drugs or controlled substances.
- Any act of vandalism, arson, destruction or misuse of property of the camp facility, staff, or other campers.
- Possession or use of weapons.
- Theft of items from the camp facility, camp staff, or other campers.
- Threats to harm oneself or others.
- Violence to others or causing harm to oneself or others.

General Rules and Expectations

- Campers will at all times behave in a respectful manner, both in action and language, towards themselves, other campers, camp staff and the camp facility.
- Campers must attend all activities and programs.
- Campers should familiarize themselves with the emergency phone in the cabin and use it for emergency purposes only.
- Campers are not allowed to go into cabins or bathrooms of the opposite sex. They may not enter staff cabins, the staff lounge, garage/storage areas or pool equipment room at any time.
- Campers may not leave the campgrounds without the Camp Director's permission.
- Campers may not go near the lake, pool, climbing wall or challenge course without a staff member.
- Campers must be in their cabins at lights out, rest hour and cabin activity times.
- Campers are not permitted to use camp telephones and computers.
- Campers may not take food from the kitchen, dispensary or food storage areas and may not bring any food or gum to camp.
- Campers must wear proper footwear at all times. Flipflops, are not permitted at camp except poolside or while showering. Heelys are also not allowed at camp.
- Bullying, harassment and hazing are not permitted.
- Use of profanity or insulting or threatening language will not be permitted.
- Possession or use of firecrackers, matches, candles, or lighters is strictly prohibited.
- Cell phones and electronic devices are not permitted at camp.
- Archery equipment is provided by the camp and is to be used only at the appropriate range and under the supervision of a trained instructor.
- Climbing in rafters, on roofs, or any other structures/equipment not designed for a camp activity is strictly prohibited.
- If a camper writes on camp property, parents will be billed at a rate of \$25 per graffiti to cover the cost of removal.

Disciplinary Action

A violation of camp rules or any behavior that is deemed inappropriate or unmanageable by the Camp Director or Medical Staff will be handled in a manner that may result in any or all of the following:

1. A meeting with the Camp Director or Camp Head Nurse to discuss behavior. A warning will be given to the camper.
2. A telephone call to the camper's parent/guardian to discuss behavior and planned course of action. A loss of privileges (e.g., not being able to participate in a certain activity) may occur. A second warning may be given to the camper.
3. The camper's parent/guardian will be contacted again. The camper may be dismissed from Camp.

Please note the following:

If a child is dismissed for disciplinary reasons from Camp Ho Mita Koda they will not be permitted to enroll in another camp session during the same camp season.

Camp Ho Mita Koda reserves the right not to re-enroll a camper the following year if that camper was dismissed from Camp.

If a camper is dismissed, the parent or guardian is expected to make arrangements to pick the child up within an appropriate period of time. If a camper is in violation of the Zero Tolerance policy, parents or guardians will be required to pick up their camper immediately with little advance notice. Parents/guardians assume all transportation costs incurred to return the camper home.

If a camper is dismissed from Camp, no refunds or pro-rated fees will be returned.

Homesickness Policy

At camp our staff is highly experienced and trained by the direction of our camp psychologist on how to handle homesickness. Only in extreme situations will we call home to report homesickness.

Camp Ho Mita Koda will not allow campers to call home if they are homesick because we find this causes even greater distress. Our staff will work with those campers to help get them adjusted to camp.

If you know that your camper gets homesick rather easily please be sure to talk with our camp director prior to camp about strategies that we can use to help your camper have an enjoyable experience. It is our goal to never send a camper home due to homesickness.

Visiting and Phone Calls

Camp Ho Mita Koda does not permit family members to visit or call their campers when Camp is in session. We believe that staying away from home fosters a sense of independence and self-reliance. A visit or phone call from a family member or friend can be disruptive to the camp community and initiate homesickness. Campers celebrating a birthday will be permitted to call or receive a call from his/her parents. Parents should contact the Camp Director in advance to arrange a time.

Parents interested in their child's progress at camp should leave a message for the Camp Director at 440-739-4095. Our staff, including the Camp Director, is typically outdoors with campers, and not always readily available to answer phone calls. Phone calls will be returned within 24 hours.

Online Communities- Social Networking Policy

In general, Camp Ho Mita Koda views social networking sites (i.e., Facebook, Twitter, Instagram, Snapchat, etc.), personal web sites and weblogs positively and respects the right of campers to use them as a medium of self-expression. If a camper chooses to identify himself or herself as a camper of Camp Ho Mita Koda on such Internet venues, some readers of such websites or blogs may view the camper as a representative or spokesperson of the camp. In light of that possibility, our camp requires, as a condition of attending the camp, that campers observe the following guidelines when referring to the camp, its programs or activities, its campers, its paid and volunteer leaders and/or other staff, in a blog or on a website:

- Campers/Staff must be respectful in all communications related to or referencing the camp, its campers, and/or staff and volunteers.
- Campers/Staff must not use obscenities, profanity, or vulgar language.
- Campers/Staff must not use personal blogs or personal websites to harass, bully, or intimidate other campers or staff. Behaviors that constitute harassment or bullying, include, but are not limited to, comments or images that are derogatory with respect to race, religion, gender, sexual orientation, color, or disability; sexually suggestive, humiliating, or demeaning comments; and threats to stalk, haze or physically injure another camper or employee.
- Campers/Staff must not use blogs or personal websites to discuss engaging in conduct that is prohibited by camp policies, including, but not limited to, the use of drugs and alcohol, sexual behavior, sexual harassment, and bullying.
- Campers/Staff must not post pictures, videos, or names of campers or staff on a website that may be harmful or demeaning to another camper or staff member.
- Campers/Staff must not use our copyrighted camp name or logo without written permission from the Camp Director.

What to Pack for Camp

The following packing list is intended as a guide; campers do not need every item on the list. Campers will store clothing and personal items in their cabins, under their beds, and in a small, shared closet. Camp does not have a luggage/trunk room.

1. **Clothing should be appropriate for camp activities, comfortable, and capable of getting wet and dirty without worry.** Clothing with lewd or suggestive slogans/ language or references to alcohol or drugs will not be permitted.
2. Mark all clothing and personal items with camper's name in indelible ink.
3. Laundry facilities are not available at camp; please bring enough clothing and bedding to last the entire stay.
4. Campers are required to wear proper footwear (gym/walking or other shoes with closed toes) when participating in sports and other activities. Flip Flops and sandals are not considered proper camp footwear and may not be worn during camp activities.
5. Campers registered for horseback riding must bring long pants and closed-toe shoes.
6. Please do not pack expensive clothing, watches, or jewelry. The camp is not responsible for repair or replacement of lost or damaged items.
7. Camp Ho Mita Koda is a wonderful way to enjoy the outdoors and the special relationships with a larger Camp family. Certain items do not lend themselves to our surroundings and are better left at home. Therefore, the **following items are not permitted at Camp:**

Smartphones	iPods / iPads	Electronic games and devices
Laptops	Money	Gum
Food/Candy	Knives, weapons, razor blades	Drugs, alcohol, cigarettes
Matches, lighters, candles	Firecrackers, Sparklers, Fireworks	

Campers found with any of these items, or any item(s) that could cause harm to campers, staff or property will be confiscated and held in the Camp Office until check-out when they will be returned to the camper's parent/guardian. Campers who bring knives, guns, razor blades or other weapons to camp will be sent home. Please refer to the camp rules and expectations for additional information.

Clothing

Please review this list carefully so your camper is adequately prepared for a variety of clothing needs. Some activities are very active and campers may want to change clothes more than once each day.

- Socks (1-2 pair/day) Underwear (1-2 changes/day) Shorts
- Shirts, long and short-sleeved Pajamas Long pants/jeans Swim suit(s)
- Sweatshirt, sweater, jacket (evenings can be cool) Rain jacket/poncho for rainy weather
- One outfit specifically for wet and muddy outdoor conditions on a rainy-day.
- Dress-up outfit for banquet (**Session 6 only**). A polo or collared shirt & shorts is suggested for boys. Skirt, sundress, or shorts and shirt is suggested for girls. High heels, or revealing clothing is not appropriate for the banquet.

Footwear

Proper footwear is essential at camp. All campers will engage in outdoor and waterfront activities (i.e., boating, hiking, challenge course, and team sports) and proper footwear is important for camper safety during these activities. Proper footwear is also part of good foot care.

Please be sure your camper brings at least two sturdy closed toe pairs of shoes to camp. Shoes should be capable of getting wet and dirty without harm.

A pair of study water shoes is highly recommended. These can be worn on land and in water. They should wash easily and dry quickly, such as Crocs.

Flip Flops and sandals are not considered proper camp footwear and may not be worn during camp activities. These are permissible only while showering or in the water. Campers may bring “Crocs” to Camp but these will not be permitted during most outdoor activities.

Bedding and Towels

Camper cabins are outfitted with twin size cots and mattresses. Camp does not supply sheets, blankets or pillows. Campers must bring their own bedding.

- Sheets (twin size) Blanket(s) Pillow Sleeping bag (optional)
- Beach towels for swimming Washcloths & towels for showering
- Extra sheets and plastic sheets if needed; Camp staff will discretely launder wet bed linens if necessary.

Personal and Toiletry Items

Campers must bring their own toiletry and personal care items. These items are not available for sale in the camp store. Camper cabins do not have attached bathrooms. Campers may wish to bring a plastic container or caddy to carry items to and from the bathhouse.

- Toothpaste Toothbrush Deodorant Comb & brush Sunscreen
- Shampoo and conditioner Soap & soap dish/box Insect repellent Feminine products
- Water bottle Bathrobe If camper wears pull-ups to bed, please pack enough for your camper’s stay.

Optional Items

- Laundry bag Sunglasses Playing cards Flashlight and batteries books, magazines
- Stationery, pen and postage stamps Sporting equipment (must be labeled with camper’s name)
- Camera (disposable preferred, marked with camper name)
- Props for talent show during 12-15 year old Sessions (e.g., wig, face paint, song lyrics)
- White t-shirt for tie dye (activity may be offered in arts and crafts)
- Red or Blue shirts for Olympiad during 12-15 year old Sessions
- Camo shirts for Capture the flag and Mission Impossible

Medication and Diabetes Supplies

Diabetes Supplies: Camp Ho Mita Koda will supply the following diabetes supplies for all campers Please do not bring these items from home: Insulin Glucose meters Instant glucose Lancets
 Syringes Alcohol swabs Test strips Glucose tablets

Medications for conditions other than diabetes: If your camper takes medication (prescription or over-the counter medication) for conditions other than diabetes, please bring enough for their stay at Camp.

All medications brought to camp must:

- Be in original containers.
- Prescription medication must have original pharmacy label or written prescription from a physician.
- Be brought to camp in a clear plastic bag labeled with your camper's name.

Campers using insulin pumps: Campers using an insulin pump must bring their own pump supplies:

- Batteries Reservoirs Infusion sets Inserters Pump manual Other

Lost and Found Policy

One of the challenges of living in a camp community can be lost articles of clothing and personal items. Care is taken to ensure that campers remember to retrieve all belongings before departure, but ultimately the camper is responsible for their belongings. It is recommended that all clothing and personal items brought to camp be clearly labeled in indelible ink. A lost and found bin is located on the porch during each session. Campers and parents are strongly encouraged to check this bin prior to departure. It is also suggested that clotheslines behind your child's cabin be checked for towels and swimsuits.

Camp is not responsible for items left at camp. In the event an item is left behind, please call the Camp Director to see if the item has been found. (We do not keep lost socks, underwear or towels, even if they are labeled). The Camp Director will arrange a mutually convenient time for you to pick the item(s) up at Camp if the item has been located. Camp will keep all lost and found items for one week following each session. At the end of that week, all items will be donated to a local charity. Camp will not incur any costs associated with requests to ship or mail items home.

Cancellation and Refund Policy

A complete refund (minus the \$50 registration fee) will be given for written cancellations received by the Camp Administrator at least 14 days prior to the start date of the session in which your child is enrolled. No refunds will be given for cancellations after that time. If a camper does not present himself for his/her session or leaves before the session's end for any reason (including homesickness, illness or being sent home for a violation of camp rules and policies), no refund is given. Camp fees will not be pro-rated if a camper leaves a session before its completion. Advance notice of a cancellation will allow us to fill your valuable space with another camper. Camp fees are not transferable to other camp programs.

The Camp Setting

The buildings and program areas at Camp Ho Mita Koda are located throughout 72 acres of wooded land. Terrain is hilly in some areas and program areas are accessible by gravel or unpaved paths. Campers participate in physically active, primarily outdoor programs, in a group setting with other children and adult staff. Campers live in a group setting (cabins) and dine in a group setting for meals.

Cabins: Campers reside in screened, ventilated cabins with at least two cabin counselors (+18). Cabins are furnished with twin size beds (campers provide their own pillows and linens), ceiling fans, windows, and several small vertical 'lockers' for personal belongings. Each cabin has a red emergency phone that is connected to the Camp dispensary. Every cabin has a 'testing station' stocked with blood glucose meters, strips, and glucose tabs. All camper cabins have steps at both entry and exit doors. Campers are pre-assigned to cabins by age and the best interests of the group. We do our best to honor same-age roommate requests made at the time of camper registration.

Dining Hall: Campers eat all meals in Humphrey Hall. Campers select diabetes-friendly foods from a menu planned by a registered dietitian and prepared by a staff of experienced cooks. Campers carry their own trays through a serving line and sit with their cabin mates and cabin counselors during each meal. Camp Ho Mita Koda provides gluten-free menu options and vegetarian substitutions. These accommodations are pre-arranged between parents and the Camp Dietitian. Foods can be brought from home and is encouraged for day campers if they are picky eaters. If you do pack your day camper's lunch please provide Camp with all carbs for each item in the lunch.

Dispensary: A modern, air-conditioned dispensary is located on the lower level of the Great Hall, beneath the Dining Hall. All medications, including insulin, are dispensed in the dispensary under the supervision of licensed medical personnel. Additional information on diabetes supplies and diabetes management is included in this handbook.

Bathroom: Bathrooms are not attached to individual camper cabins. Camp Ho Mita Koda has a central bathhouse, located equal distance from the boy camper cabins and the girl camper cabins. The bathhouse is separated into sections with separate entrances for male campers, male staff, female campers and female staff. To ensure privacy, showers have curtains and toilets have stalls. Campers must bring their own towels and toiletry items and are expected to independently manage personal hygiene, including showering and toileting.

Pool: Camp Ho Mita Koda has an outdoor swimming pool. Lifeguards are present at all times when the pool is open. All campers take a swim test on the first day of their camp session. Campers are given a color-coded wrist band based on their swimming ability.

Lake: Founder’s Lake, a six acre lake, offers opportunities for instructional and recreational boating, swimming, fishing, and water games. All campers and staff are required to wear life jackets and shoes in and around the lake. Lifeguards are on duty during all lakefront programs and activities.

Additional facilities include an arts and crafts building, high and low ropes challenge course, sports pavilion, archery range, paint ball range, hiking trails and playing field.

Camp Activities

Campers participate in a wide variety of programs and activities at Camp Ho Mita Koda. There are generally four to five activity periods at Camp each day, including one period of all-camp free swim. Campers have an opportunity to select several activities during designated activity periods. Once placed, campers remain in these scheduled activities for consecutive days. Campers in consecutive sessions can select new activities for the second camp session. In addition to selecting individual activities, campers and staff participate as a camp community each day in activities such as flag-raising and flag lowering, meals, free swim, assembly, cabin time and evening activity.

Each camper will partake in Diabetes Education focusing on Self-Management, distress, resilience, and nutrition.

Sports & Waterfront

- Archery
- Basketball
- Canoeing
- Floor Hockey
- Kayaking
- Kickball
- Paintball Target (separate fee)
- Waterfront Sampler
- Pirates
- Dodgeball
- Rowing
- Sand Volleyball
- Softball
- Soccer
- Swimming
- Tennis
- Yoga

Outdoor Adventure

- Capture the Flag
- Climbing Tower
- High Ropes Challenge Course
- Hiking
- Low Ropes Challenge Course
- Nature Program
- Slicker Hikes in the Rain

Arts & Other

- Arts and Crafts
- Diabetes Education Classes
- Drama
- Horseback Riding (separate fee)
- Nutrition Classes
- Talent Show
- Vikings

Food and Nutrition

Nutrition education: Nutrition education occurs in all forms at camp.

- Dietitians, dietetic technicians, diabetes educators, and dietetic interns are involved with education at Camp.
- The nutrition education that takes place most often is informal education. We take advantage of the teachable moments at camp. Informal education is done during swim period, while walking to the climbing wall, during breakfast, or even while fishing. The nutrition staff uses these opportunities to build on the educational sessions offered during the week and to answer individual questions.
- All nutrition education is focused on healthy eating and is intended to supplement the nutrition and diabetes education your child receives from his/her healthcare team.

Carbohydrate Counting

- A prescribed or set carbohydrate range will be used for each camper. If a carbohydrate range isn't routinely used at home, the nutrition staff will determine one that is flexible, safe, healthy, and appropriate for the camper's age and activity level at Camp.
- Carbohydrates will be counted at all three meals and snacks. At each meal, the nutrition staff will help each camper count carbs and ensure they are eating a healthy, balanced meal. This is how we can be sure the camper's meal contains enough carbohydrate to match the insulin dose or bolus for that meal.

Food Allergies, Intolerances and Celiac Disease:

- Campers with food allergies will be accommodated with appropriate substitutions. If you have any concerns, please contact the Camp Director at 440-739-4095 before camp begins.
- Gluten free menu options will be provided by Camp for those campers with celiac disease. Camp will provide substitutions for vegetarian campers.

Hypoglycemia:

- Low blood sugars are treated with glucose tabs, instant glucose, juice, PBGs (peanut butter and graham crackers) or a combination of these. Please do not send food from home or other forms of treatment for your child.

Picky Eaters:

- A registered dietitian plans a menu of kid-friendly, diabetes-friendly foods. Alternative food options such as peanut butter and jelly sandwiches are offered at every lunch and dinner. As part of the camping experience, campers are encouraged by staff to try new foods and items on the menu. Day campers are encouraged to pack their lunch if they are picky eaters. Please include all carbs for each food item.

Diabetes Management at Camp**HW.10**

Camp Ho Mita Koda strives to make each child's experience at camp safe, fun, and memorable. We understand that diabetes presents unique challenges for each child; therefore, diabetes management at camp can be different than diabetes management at home. Our medical staff is dedicated to providing campers with the support, knowledge and skills necessary to optimize their diabetes management.

Medical Staff:

The Medical Director directs all clinical diabetes management activities at camp. The Senior Medical Staff is comprised of experienced physicians and diabetes specialists from The Cleveland Clinic, The MetroHealth System, University Hospitals, and other area medical facilities. Each camper meets with a physician during camper check-in to provide their current medical history and to establish the insulin regimens that will be used at camp. A member of the Senior Medical Staff visits camp each day to review current care plans with the camp medical staff members and is always on call to assist in decision making involving camper medical care.

The dispensary staff, supervised by the Camp Head Nurse, consists of a team of licensed nurses and nursing students who are in residence at camp all summer. Dispensary staff manages day-to-day insulin administration activities and responds to the medical needs of the campers.

Emergency ambulance services are available and Geauga Hospital is less than 10 minutes away from Camp Ho Mita Koda.

Camp Medical Program:

Each camper parent/guardian will receive a Medical History form prior to arriving at camp. It is important that camp staff have current information on each camper's "home diabetes" regimen. The form must be completed prior to arrival at camp and will be reviewed with the parent and camper during check-in. Questions should be directed to the medical or dietetic staff at that time.

One of the primary goals related to diabetes management at camp is to balance insulin dosage with activity levels and food intake so that blood glucose levels remain in a safe range, especially with respect to the prevention of hypoglycemia. Typically, basal rates and blood glucose targets will be changed, and if needed, bolus doses may also be changed at camp to account for increased activity levels associated with the camp program. These adjustments to insulin doses are necessary to ensure the safety of your child. For example, many activities at camp require an increased level of physical activity compared to what a child may typically be engaged in at home. Insulin requirements may change. Accordingly, when campers go home, the reverse may happen. Parents/guardians will be provided with a copy of their camper's diabetes records at check-out so that they and their physician will have this information in order to make adjustments at home.

Blood glucose testing is an important part of every camp day. Testing is scheduled 4 times each day and campers may test more frequently as necessary. Blood glucose monitoring supplies are available in the camp dispensary, at each activity site and in each cabin. Results are recorded.

Finally, every effort is made to ensure campers' health and safety. **However, if an unforeseen medical event occurs, the Camp will contact the parent(s) as soon as possible after the following incidents: glucagon administration (for severe hypoglycemia), emergency room visit or hospitalization, seizure, any emergency medical call from cabin to dispensary, allegations of abuse, or medical error. Please ensure that Camp has accurate parent/guardian 24/7 contact information.**

Diabetes Supplies and Other Medicines:

Camp is privileged to provide campers all necessary supplies to manage their diabetes while at camp. Supplies include insulin, syringes, insulin pens, blood glucose meters, lancets, blood glucose meter strips, alcohol swabs and glucose tablets. Children need *not* bring their own supplies or equipment to camp *unless* they are using an insulin pump.

If your child is under current treatment for an illness or condition other than diabetes and is taking other prescription or over-the-counter medication, please bring treatment instructions and an adequate supply of the medication(s) to Camp and give it to the medical staff during the camper's arrival interview. All medications, both prescription and over the counter, must be in their original bottle or container. The medical staff will supervise/administer the medication and ensure adherence to the prescribed treatment.

Continuous Glucose Monitors: The purpose of the continuous glucose monitor is to show trends and not to adjust insulin. No alterations in a child's medical plan will be made based on continuous glucose monitor readings/warnings without discussion with and approval of Camp Ho Mita Koda medical staff.

Campers may bring continuous glucose monitors to Camp; however Camp Ho Mita Koda will not be responsible for any loss or damage that may occur. Parents are strongly encouraged to contact their insurance company about coverage for their child's monitor or consider leaving these devices at home.

Diabetes Education:

The camp setting is an optimal environment for campers to gain valuable knowledge and skills to improve their diabetes management. Diabetes education is integrated in all camp programming and takes advantage of many "teachable moments." The primary educational goal of Camp Ho Mita Koda is to encourage the development of lifelong wellness habits. Camp Ho Mita Koda strives to support, encourage and teach diabetes management skills in a fun, interactive and age-appropriate manner. Our education goals at camp are as follows:

- Campers will learn new skills and reinforce existing knowledge through planned participatory activities, observation, and individual and group instruction. Such activities may include swimming, boating, hiking, archery, climbing, and team building.

- Diabetes education will be incorporated into the weekly camp schedule and include elective diabetes education sessions, planned small group discussions, and at least one all-camp educational activity during each camp session.
- Carbohydrate counting will be taught and reinforced at all meals and snacks. Grams of carbohydrates will be used to determine overall carbohydrate servings.
- Campers will develop a sense of environmental awareness through interaction with the natural environment.
- Campers will improve self-confidence, interpersonal skills, and conflict resolution skills through the camp experience.

Authority and Payment for Medical Care:

Medical services, diabetes supplies and medicines provided at Camp Ho Mita Koda by the Camp's medical/dispensary staff are available at no charge to campers. The Camp, however, does not provide health insurance benefits for campers and is not responsible for payments to ambulances, hospital/ambulatory care facilities, physicians or other medical care provided off-site and/or by medical personnel other than camp staff members, resident physicians in training at camp, and members of the camp's volunteer senior medical staff on duty.

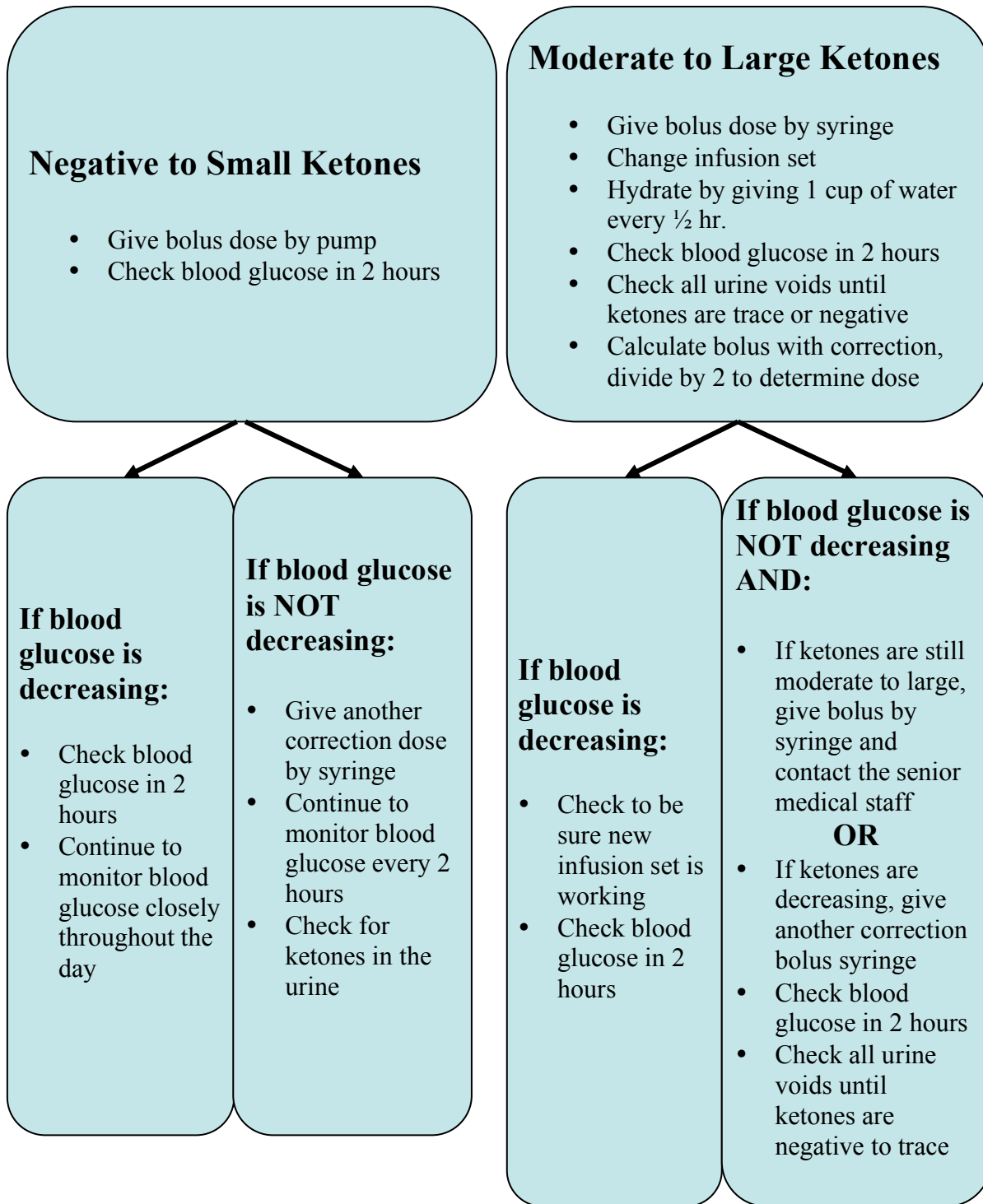
The *Parental Permission for Medical Treatment of a Minor* form gives your authorization for treatment in the event an illness or injury requires hospital or emergency room care. In the event of any illness or injury involving evaluation or treatment in an emergency room or hospital, the camp medical staff will notify you. The *Medical Insurance Information* section of this form indicates your agreement to be responsible for medical charges if there is a need to engage outside medical services (an ambulance, emergency room, hospital and related care). In these circumstances, the family assumes responsibility for all costs.

INSULIN PUMP POLICY

1. Campers using an insulin pump are **required** to bring the following pump supplies:
 - Infusion sets (bring double the amount you anticipate using while at camp)
 - Extra batteries
 - Insulin cartridges/ reservoirs (bring double the amount you anticipate using while at camp)
 - An injector (if used)
 - IV prep and extra tape
 - Pump manual
 - Backup pump (if available).

All pump supplies should be brought to Camp in a bag or container labeled with the Camper's name.

2. As with all medical supplies, individual pump supplies are stored in the dispensary.
3. Each time a camper changes his/her site, it will be recorded on his/her chart noting time and date.
4. Basal rates of pumpers are adjusted under the supervision of the attending senior medical staff. If needed, changes may be made to blood glucose targets and bolus doses.
5. All campers, including those on a pump, will check their blood glucose prior to meals in their cabin. Campers will have access to the menu to select their carbohydrate serving choices.
 - Number of carbohydrate servings are recorded on the blood sugar result sheet.
 - The pump smart feature will be used to calculate the meal bolus.
 - Dispensary staff will calculate the meal bolus if pump smart features are not being used.
 - Campers on a pump are required to report to the dispensary for supervision of delivery of the bolus dose.
6. Campers are required to attend all meal and snack times. Campers not required to take snacks will still test blood glucose at this time. The dispensary staff can require a snack if the blood glucose level seems too low. At this time, a correction bolus may be administered as per the pump settings.
7. Campers may suspend their pump and remove it for showering without taking a bolus. It will be the responsibility of the cabin counselors to ensure that all campers are reconnected.
8. Pumps and swimming:
 - Prior to free swim, pumpers will test blood glucose and if needed will give correction bolus to target of 200. After this, campers can suspend pump.
 - Blood glucose will be checked every two hours when the pump is suspended.
 - All campers will test blood glucose and have a snack at 3:00 PM. Corrections will be made as needed.
 - It will be the responsibility of the cabin counselors to ensure that all campers are reconnected to their pump.
9. If a camper uses a pump with "smart features," every effort will be made to maintain this plan. However, if the resident or attending physician decides that the camper needs more or less insulin, the pump's calculation may be overridden.
10. The dispensary staff will periodically check the pump history to support the campers safe dosing and delivery of insulin.
11. Protocol for High Blood Glucose Management:
 - If blood glucose is greater than 300mg/dL or greater than 250mg/dL twice in a row, check urine ketones and troubleshoot pump and infusion set.



In the event the pump is malfunctioning, the pump help line will be called. If the problem cannot be resolved, parent(s) will be notified.

CGM Policy

With FDA approval of continuous glucose monitoring systems (CGMS) use in children, many campers are using these devices. Some devices are now approved to be used without confirmatory blood glucose monitoring, and several do not require calibration. At Camp Ho Mita Koda, we want to encourage campers to grow in their diabetes care and we will support those who choose to wear CGM devices. However, the camping environment is different from home and we are implementing the following policy around CGM use to make sure camp remains a fun and safe experience for all of our campers.

There are now several different brands and versions of CGM available. They have different calibration needs and different situations where they can be used without additional blood glucose meter monitoring. In addition, consideration must be given to the delay that CGMs may have compared to blood glucose meter values.

This policy is intended to allow for maximum benefit to campers utilizing CGMs in the camp setting.

1. Camp Ho Mita Koda is not responsible for the loss, damage, or theft of the camper's real time CGM or sensors.
2. All campers must use the RECEIVER for the CGM data. No cell phones are allowed, and there will be no CGM data sharing at camp. Please note: Receivers for the Dexcom G5 and G6 can be requested from your distributor. Please contact Camp ahead of time if you would like your child to use a Dexcom but you do not have a non-mobile receiver available.
3. Counselors and medical staff will NOT be routinely checking the real-time CGM results.
4. Changes in insulin management and camp activity clearance will be based on both meter BG results and available CGM results (such as arrows), although there will be no download of CGM data.
5. The CGM alarm will be set at its loudest audio volume.
6. Dispensary staff will assist campers with insertion of new sensors when needed. We ask that all campers come to camp with a CGM placed 12-24 hours prior to the start of camp, with the goal that it will last until the end of the camp session.
7. Dispensary staff will assist campers in calibrating CGMs in the morning and before bed. Calibration glucoses must be within 5 minutes of entering the value into the CGM. Calibrations will be done on all Medtronic CGMs and the Dexcom G5. Dexcom G6 will not be calibrated. Freestyle Libre does not require calibration.
8. Medtronic sensors and Dexcom G5 sensors will be worn for up to 7 days. Freestyle Libre and Dexcom G6 will be worn up to 10 days.
9. Sensors will be stored in the Camp Dispensary, documented with the camper name.
10. All campers will have a blood glucose meter test prior to meals. CGM data will not be used to dose insulin.
11. The LOW glucose alert will be set between 70-80 mg/dL based on discussion with parents and physician at check-in. If there are multiple false alarms, the dispensary staff in discussion with the camp physician may change alert thresholds. If the low glucose alert sounds, the CGM glucose can be used WITHOUT A CONFIRMATORY METER GLUCOSE CHECK and the hypoglycemia protocol should be used. Recheck of a low glucose must be done on the blood glucose meter. If a child feels hypoglycemic but the CGM does not have a low reading, a blood glucose meter test should be done, and that number should be used to decide if treatment is needed. If available, the repeat/snooze alarm interval will be set at 30 minutes for a "LOW glucose."
12. The HIGH glucose alert will be set at 400. If the alert sounds, a confirmatory blood glucose meter reading should be done, and the blood glucose reading will be used to determine the required insulin dose. If there are multiple false alarms, the dispensary staff in discussion with the camp physician may change alert thresholds.

Arrival and Check-in at Camp

Every overnight camp session begins on a **Sunday** afternoon with a formal check-in process at 2:00 PM. You will receive an email with your specific time to be checked in. We kindly request that you do not arrive before your established check-in times. The Camp gate will not open until 1:45 PM and staff will **not be available** to accommodate early arrivers.

- During the check-in process, all staff and volunteers have assigned roles and responsibilities. They are not able to provide supervision at activity sites or at the waterfront. Therefore, in the interest of safety to all, Camp Ho Mita Koda will not permit campers or guests to walk the grounds or utilize program areas.
- **Swim Test:** Your child will take their swim test for the week on check in day. Each camper will receive a wrist band based on their swim level.
- **Tours:** Requests for tours on check-in days should be made in advance. This will allow us to assign staff members to provide personalized tours to families who have not had an opportunity to visit Camp prior to check-in.
- **Location:** “The Porch” at Camp Ho Mita Koda. Camp is located at 14040 Auburn Rd. in Newbury, Ohio. Driving directions are enclosed.
- **Parking:** Families arriving at camp should follow signs to the gravel parking lot. For the safety of our campers, parents, and staff, please do not park your vehicle along the main drive or in front of the Great Hall. Parking in the drive limits accessibility to other vehicles and creates a barrier for emergency vehicles. Vehicles may not be driven to or parked near the camper cabins.
- **Luggage and Gear:** Please bring your camper’s luggage with you to the registration table on the porch. Luggage may be left on the porch while you and your camper complete check-in. Campers will be permitted to unpack, set up their bed, and settle into their cabins after their paperwork is on file at the registration table. Staff will be available to assist with carrying luggage to cabins.
- **Meals:** Camper meals will begin with dinner on arrival day, and will end with lunch on departure day.
- **Pets** are not permitted at Camp. Please do not bring pets to check-in or check-out. Service animals are welcome (however, prior notice should be given to Camp Director).

Departure and Check-out Process

Parents should arrive at Camp on the last day of their child’s camp session at 6:00 PM.

The campfire will begin promptly at 6:00 PM. For the safety of our campers, we kindly request that you do not arrive early. The Camp gate will be closed until 5:45 PM.

Check-out should end no later than 7:00 PM on Friday.


Campers will eat lunch on the last day of the camp session. After lunch, campers will greet their families at a closing campfire. A campfire on the last day of each camp session is a favorite tradition at Camp Ho Mita Koda.

Location: Families should go directly to the Flag Circle to wait for their camper. In the event of rain, families should wait on the porch until lunch is complete. A closing ceremony will be held in the Dining Hall in the event of inclement weather. Please note that we cannot accommodate families for lunch.

Departure: When the campfire is over (approximately 30-40 minutes), formal check-out will begin.

1. All campers and parents must return to their assigned camper cabin.
2. **Photo ID** will be verified in the camper cabins by camp staff.
3. Group photos, camper contact lists, blood glucose records, and any additional camper paperwork will be distributed in the camper cabin by a cabin counselor.
4. Campers will gather packed belongings and depart. Camper cabins will not be accessible during the campfire. Belongings cannot be loaded into cars until a camper has been released from camp.
5. **Parents/guardians who wish to consult with the dispensary staff may go to dispensary after they have completed formal check-out in their cabin.**
6. If you will be picking up your camper at any other time, you must inform the Camp Director in writing on the day of check-in. We cannot accommodate check-out during lunch or during the campfire.
7. Parents arriving after 7:00 PM on the departure date will be charged a late fee for child care of \$100.00 for every hour, or portion thereof, that they are late.

Camper Mail

 <p>Camper's Name / Session # Camp Ho Mita Koda 14040 Auburn Rd. Newbury, Ohio 44065</p>

Campers love to receive **mail** while they are at camp! We recommend that you start sending letters or cards 3-4 days before your camper's session begins to ensure delivery while your child is at camp. Please be sure to include your camper's session number on the envelope. Some parents prefer to bring mail with them to check-in. Mail brought to camp will be held in the camp office and distributed on the date(s) you've indicated on the outside of each envelope.

Care packages are permitted. Books, magazines, disposable cameras, stationary, playing cards, games, activity books, and journals make fun gifts. Please do not send candy, food, gum, or electronic devices. These items are not permitted at camp.

Birthdays at Camp

Birthdays that occur during a camp session will be recognized. The entire camp will sing a rousing chorus of "Happy Birthday" and the camper will receive special recognition throughout his or her special day. Parents may send a surprise package to be delivered on their camper's special day (no food please). This package may be brought to check-in and will be kept in the Camp Office until the camper's birthday. Non-food birthday packages for the enjoyment of your camper's cabin mates and counselors are permitted. Please direct questions to the Camp Director.

Camp Store

The Camp Store has been moved to our website and is open year round! Please visit www.camphomitakoda.org to get your camp gear.

Campers will be provided an official camp animal. We also have postcards and other small items available to campers free of charge.

Driving Directions to Camp Ho Mita Koda

The camp is located in Newbury, Ohio (Geauga County) on Auburn Road between Fairmount Road on the North and Pekin Road on the South. The camp is East of Route 306, West of Route 44, North of Route 87 and South of Route 322.

From Cleveland:

Take I-480 east to 271 North to Chagrin Blvd (Route 87). Exit to the right (east) and follow Route 87 (street name changes) past Route 306 to Auburn Road. Turn left on Auburn Road to camp, which is past Pekin Road on the left.

OR

Take I-90 east to I-271 South to Mayfield Road (Route 322) towards Gates Mills (east). Follow Mayfield Road past Route 91 (SOM Center Rd.) and past Route 306 (Chillicothe Road) to Auburn Road. Turn right, pass Notre Dame Academy on the right and continue past Fairmount Road (on the right) to Camp, which is on the right.

OR

Take Fairmount Blvd east; it becomes Fairmount Road. Follow it eastbound past Route 91 and Route 306 to where it ends at Auburn Road. Turn right and Camp is a short distance ahead on the right.

OR

Take I-480 east or Route 271 north to Alternate 422 east (toward Solon). Take 422 to Route 306, turn left off exit (heading north) to Route 87. Turn right (east) at Route 87 and go to first light at Auburn Road. Turn left on Auburn Road to camp, which is past Pekin Road on the left.

From Akron area:

Take Route 8 to Route 271 north to either Route 87 (Chagrin Blvd.) east (see first set of directions, above) or to Alternate Route 422 east (see above).

From Lake County:

Take Route 44 south to Route 322, west to Auburn Road. Turn left on Auburn Road.