

Camp Conrad Chinnock

Parent Guide



About Camp:

Located in the San Bernardino Mountains of California, Camp Conrad Chinnock offers recreational, social, and educational opportunities for youth and families with diabetes. Campers are taught diabetes self-management skills in a fun, interactive, and safe environment. A primary focus of Diabetes Camping and Educational Services is providing residential camping experiences for youth with Type 1, insulin-dependent diabetes and their families at Camp Conrad Chinnock. Whether attending a youth or family camp, a comprehensive educational program provides training in formal and casual settings to teach children how to manage their medication, eat properly, and integrate physical activity into their lifestyle.

Activities:

- Rock Climbing Wall
- Archery
- Riflery
- Swimming Pool
- Canoeing
- Fishing
- Arts & Crafts
- Nature Center
- Mountain Biking
- Hiking
- Campfire
- Themed Dances
- Sports
- Game Room
- Camp Store

Medical Management:

Campers test blood sugars, administer insulin, and count carbohydrates as a cabin before meals with their counselors and assigned medical team. Medical teams also perform night rounds at midnight and 3:00am to test blood sugars and administer treatment to campers, as needed. The medical staff are available in the Camp Health Center 24-7, and often participate in Camp activities with campers.

Under the watchful eyes of the medical staff, campers are encouraged to be involved with their own diabetes care. Each year, at Camp, many children learn to give themselves insulin injections, how to handle special occasions, about the importance of diet and exercise, and try and insulin pump site.

At the end of each Session, parents receive a copy of their camper's medical record while at Camp.

Teen Camp Sessions:

Session 1: July 5 – 11

Session 2: July 11 – 17

Session 3 July 17 – 22

Teens 13-17 years of age are grouped into cabins by age and gender, and are assigned a Cabin Counselor for the duration of the 7- or 6-day session. Days are a mix of cabin-group based activities, free-choice periods, and diabetes education discussions.

Campers not only bond over fun-filled Camp activities, but through managing daily life with diabetes alongside others. Watching other campers check their blood sugars, take their insulin, deal with high and low blood sugars and talking with them about how they handle their diabetes in terms of school, athletics, peers and families are some of the most powerful learning opportunities which occur during camp.

Youth Camp Sessions:

Session 4: July 27 – August 1

Session 5: August 1 – August 6

Youth 7-12 years of age are grouped into cabins by age and gender, and are assigned a Cabin Counselor and a Counselor in Training (CIT) for the duration of the 6-day session. Days are a mix of cabin-group based activities, free-choice periods, and diabetes education sessions.

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Counselors in Training (CIT):

Session 4: July 27 – August 1 (2nd Year Returning CITs)

Session 5: August 1 – Aug 6 (1st Year CITs)

The CIT program is open to youth ages 17-19, with or without diabetes. Young leaders are given an opportunity to learn and explore group dynamics, human development, communications skills, recreational programming, and organization. The objective of this two-year program is to build a strong counseling staff for our program and promote leadership in our communities and at camp.

All CIT applicants complete an application in addition to Camp registration. Qualifications we look for in our CITs are teens that can demonstrate a level of maturity that enables them to assume responsibility and develop strong leadership skills. The applicant must demonstrate an interest in camping and show the ability to learn and work with diabetic children. Being a healthy role-model for children with diabetes is critical!

Responsibilities in the first year will include learning camp operations, developmental needs of children, how to lead a group, and other key components of a camp staff member. CITs may assist in the kitchen, work in an activity area, or assist Cabin Counselors. Returning CITs attending Session 3 are given additional responsibilities, and may have the opportunity to be promoted to a staff member during Session 5.

Family Camps:

Family Camp A: June 12-15

Family Camp B: June 19-22

Family Camp C: June 26-29

Because Diabetes is a condition impacting the entire family, Family Camps enable families to learn about diabetes and share common experiences in a fun and supportive environment. Our topnotch program includes diabetes workshops, parenting workshops, camp activities for children ages 4+, parent socials, and more. Generally, two families share a cabin, and all meals and snacks are provided in the Dining Hall.

Transition Family Camp:

Transition Camp July 25-27

Going away for the first time to a sleep-away camp can be challenging for any child. It is even more challenging for a child with diabetes. To assist in helping the parent and child adjust to the experiences at Camp Conrad Chinnock, a Transition Family Camp is available for children 7 to 12 years old and their families. Transition Family Camp immediately precedes Session 4 for the same age group. This unique opportunity enables the child and family to understand how diabetes is managed at camp, the activities available, and develop a relationship with cabin counselors and staff. When registering for this session, please also sign-up the child with diabetes in Session 4. If after attending the Transition Family Camp the child is not suitable, the family can cancel the Session 4 registration without penalty.

Medical Staff:

Each Teen and Youth Session is supervised by an on-site physician with experience treating children with Type 1 diabetes. Each cabin is also assigned a designated medical team of physicians, nurses, and other medical professionals to monitor their blood sugars, dosages, medications, carbohydrates, and general health throughout the day.

While parents are responsible for their child's diabetes management during Family Camps, medical staff are on-site throughout the session to aid in care and answer questions.

Diabetes Supplies:

Camp receives generous donations from medical organizations each year allowing us to provide the majority of diabetes supplies needed by our campers during Teen and Youth Sessions, insulin, test strips, blood meters, and glucagon. *We ask that each camper provide (2) two bottles of glucose tablets to manage any unexpected low blood sugars.

Tuition: (3) three-tiered cost structure.

Early Bird: Get the lowest fee for summer sessions with an early bird discount by paying session fees in full by **May 1, 2020** We will be running the early bird price the entire time for Family Winter Camp and Teen Winter camp.

Regular: You do not have to apply for this option, it is available to all families that need a reduced fee. Thanks to donations from individuals, corporations, community organizations and through fundraising events, DCES is happy to offer a subsidized fee. For Family Camps and Transition Family Camp, there is no charge for children three years of age or younger at the time of the camp. *Due to shared spaces we do not encourage children 2 years of age and younger to attend camp.

Full Cost: This fee represents all the costs needed to operate camp, including insurance, utilities, personnel, program supplies, transportation, and maintenance. By choosing to pay the Full Cost, Camp Conrad Chinnock can help send more kids and families to camp.

Fees:

Deposit: A non-refundable deposit of \$100 is required at the time of registration for each session. The deposit is applied to your overall financial balance.

Gluten-Free Meals: For campers requiring gluten-free meals, a \$25 fee is charged per session.

Financial Assistance and Discounts:

Multi-Session Discount: Campers receive a one-time \$50 discount when registering for more than one Camp session in a season.

Sibling Discount: Each additional camper in a family after the first child receives a \$75 sibling discount when registering for the same Camp season.

Scholarships: Scholarships are available for qualified families and those experiencing hardship. A Financial Assistance is available in your Online Camp Account after registration. A paper form is also available on our website. If requesting financial assistance, the completed application and financial assistance forms must be submitted at the time of registration with a \$100 non-refundable deposit.

Fundraising: Campers and families are encouraged to seek fundraising opportunities within their own communities. Families can create their own custom fundraising page through First Giving at <http://www.firstgiving.com/DiabeticYouthServices>.

Payment Plans: Parents may elect to use our payment plan option to pay the camp fee in monthly installments. The final payment must be made two weeks before attending a camping session.

FAQS:

What are the living arrangements at Camp?

During Teen and Youth Sessions, campers stay in cabins with an average of 10-12 other children their age and gender, along with a Cabin Counselor (and CIT for Youth Sessions).

During Family Camps, families share a cabin, each taking one side with a privacy partition. Occasionally, families of 2 or 3 will also share a side with another small family.

Cabins are equipped with 6 bunk beds, air conditioning, a toilet and sink. Showers are located in separate bath houses.

What are the meals like at Camp?

Three meals and three snacks are served in the Dining Hall daily. During Teen and Youth Sessions, each camper has a card to record, with the assistance of Camp staff, each meal's carbohydrates, which are transferred to the medical record. The amount of food consumed is dependent upon the child's activity levels, and their insulin dose is modified accordingly. Campers are not permitted to bring their own food to Teen or Youth

Sessions unless they are on a special diet (e.g., lactose- intolerant, vegan; contact the Camp Office). Snacks are an established, consistent amount; unlike meals, a camper is not allowed to add or subtract carbohydrates.

How do I transport my child to and from Camp?

Camp provides complimentary bus transportation to and from Camp and the bus stop in Fontana, CA for our Teen and Youth Sessions. *** To better manage our campers, starting summer 2020 we are not offering camper drop off directly at Camp Conrad Chinnock for any Youth or Teen Session.

Families are responsible for their own transportation during Family and Transition Camps.

Am I able to communicate with my child while they are at Camp?

Parents are encouraged to write letters. Visit our Facebook and Instagram page to track your child through pictures and videos. Communication via the telephone is not encourage to ensure a camper's complete immersion in our Camp environment.

Who are your Camp staff?

Camp Conrad Chinnock is fortunate to have many of its staff members with diabetes who attended Camp as a child. A majority of staff complete the two-year Counselor-in- Training program. Each staff member is interviewed by the Camp Director, must complete a criminal background check, and attend a multiday staff in service training before camp begins.

Can a non-diabetic sibling or friend attend Camp with my child?

Non-diabetic siblings and friends are allowed to attend Youth Session 5 with a T1D camper, and must pay the regular registration fee. Siblings who attend Transition Family Camp are also able to stay with their sibling for Youth Session 4.

Added information will be provided (2) two weeks prior to your child's camping session, we encourage new parents to visit our FAQs tab at www.diabetescamping.org for further Q and A.

Thank you for your interest in Camp Conrad Chinnock!
With a Type 1 diabetes camping legacy dating back more than 60 years, Camp Conrad Chinnock is more than a summer camp; it's a family! We hope you join us for one or multiple sessions this summer, and experience the magic of Camp!

Business Office Address:

Diabetes Camping and Educational Services, Inc.
12045 E. Waterfront Drive
Playa Vista, CA 90094

Bus Stop Address:

Don Day Community Center
14501 Live Oak Ave.
Fontana, CA 92337

Camp Address:

Camp Conrad Chinnock
4700 Jenks Lake Road, East
Angelus Oaks, CA 90235

Email: info@diabetescamping.org

Phone: 310-751-3057