



Forest Home Diabetes Policy

CAMPER GUIDELINES/RESTRICTIONS

- Diabetic campers that attend Forest Home must have been vetted through the Nurse camp.
- A camper must have been diagnosed with diabetes for a minimum length of time:
 - Wild Rock - 1 year
 - Creekside -1 year
 - Lakeview-1 year
 - Family Camp - no restriction
- There are no restrictions on the number of non-insulin-dependent diabetics per camp
- In most circumstances, there may be a maximum of two insulin-dependent diabetics per camp unless a specified nurse with diabetic education is available and willing
- Campers must have stable blood sugars and must understand how to adjust their insulin based on carbohydrate intake and the amount of exercise performed
- Parents will provide an Independent Diabetic Action Plan to the Nurse Manager one week prior to their camper arriving to camp
- For insulin dependent campers, parents will send a Glucagon injectable with their camper

CAMP REQUIREMENTS

- Campers must check in with the Camp Nurse upon arrival at camp to review supplies and orders.
- Campers must be self-sufficient in counting carbohydrates, administering insulin, and managing overall care of their diabetes
- The camper will be responsible for always carrying own supplies on them
- ALL INSULIN DEPENDENT DIABETICS MUST BE ON A MONITORING SYSTEM (e.g., Dexcom)
- ALL INSULIN DEPENDENT DIABETICS MUST BE RECEIVING INSULIN FROM AN INSULIN PUMP OR BE ABLE TO CALCULATE, DRAW UP, AND ADMINISTER THEIR OWN INSULIN

INDEPENDENT CAMPER ALTERNATIVE

- In the event that a camper is unable to manage his/her diabetes independently and requires guidance/supervision to count carbs, assess blood sugar, and administer insulin; the camper must have a **PARENT** who comes to camp with the camper, is with the camper at all times, and assumes ALL responsibility for managing and medicating the camper in accordance with the physician's diabetic orders for that camper.