



ICD Camper Handbook



Welcome to Camp!

Welcome! Welcome! Welcome to I Challenge Diabetes Summer Sports Camp at York University. We are excited to meet you! Our camper handbook was created to give you a clear understanding of what you should expect from camp this summer. We are excited to provide this opportunity to connect with T1D peers and mentors, get in on the action in the Diabetes and Exercise Research labs on campus, and hone new skills in a wide variety of sports!

Before you get to camp in July, please take a read through this handbook to help you feel more prepared for camp. This guide will provide you with the following:

- ★ Age group overview
- ★ Expectations as a camper
- ★ Day to Day
- ★ Special Event
- ★ Examples of log books
- ★ FAQ

We hope that this handbook helps you to prepare for camp and get ready for an amazing summer!

From the team here at I Challenge Diabetes, we look forward to seeing you this summer! If you have any questions or concerns please contact Camp Co-ordinator Ariel Whaley directly at 647-966-4232 any time.

Happy Camping,
The I Challenge Diabetes Team



Camp Overview

ICD Sports Camp is a multi-sport day camp that began at York University in 2017. Focused on providing diabetes support, education, mentoring and normalization, integrated with fun workouts and skill development opportunities, we offer summer camp fun for all ability levels. The camp operates in an inclusive framework to allow T1D campers to participate alongside their peers. Open to children with and without type 1 diabetes aged 6-12 years each week, with a specialized leadership development program for youth aged 13-15 years.

Our Facilities

Our camps operate in several cities and venues, each offering unique qualities that add to the camper experience.

Our York University location in Toronto offers camp just meters away from the lab where the exercise physiology team leads their experiments, testing all manners of impacts of diabetes including studies on how the artificial pancreas should manage exercise! It is quite likely that one of these awesome researchers will welcome us into the lab and allow the kids to see this research in action – A highlight of last year's camp!

Our Brock University location in Niagara offers the chance to try rowing in a world class rowing tank, with coaching from members of the Brock Rowing Team and the highest calibre athletes - think Olympians!

Our Team

Chris Jarvis, ICD founder and president, has been type one for almost 25 years and is a former Olympic rower competing on the world stage. Some of his accomplishments include racing on the Canadian Rowing National team from 2002- 2009, winning many medals, including a Pan Am Gold Medal! More recently in 2011 and 2012 he ran in the Canadian Death race which covers 70 km with 10,000 feet of elevation change in 10 hours. Through all these incredible experiences he has gained knowledge of diabetes management and never left his diabetes on shore when pushing off the dock or at the bottom of mountains before starting his ascent. He has experience in the outdoor education realm and has lead over 2400 km of ICD's outdoor adventure hikes across Canada.



Ariel Whaley is a type one of just over 10 years and is our Camp Coordinator. Her sport background includes softball, tennis, rugby, and dragon boat, competing on the National Dragon Boat team in 2013, 2015, and 2019. She traveled to Zseged, Hungary in the summer of 2018 competing with her local club at the Club Crew World Championships winning Gold in all race distances with her mixed crew and Silver in all distances with her women's crew. She is currently training to compete on the world stage for her 3rd time this August in Pattaya, Thailand. She has a passion for inspiring young T1Ds to do anything and everything and to not let T1D hold them back!

ICD Mission, Vision and Values

Our mission at I Challenge Diabetes (ICD) is to support, empower, and connect people living with Diabetes, by providing challenging programs to test the limits of living with the disease, and high-quality services to help them grow and take accountability for their own health.

Our vision is that all people living with Diabetes will have the skills and courage to face the challenges of the disease and will learn to accept Diabetes as an empowering force in their lives.

Our values are reflected in the way we interact with our community and in the formulation of all programs, policies, decisions, and consultation processes.

People with Diabetes First

Those we serve are our first priority in all decisions.

High Quality Programs and Services

ICD programs and services will be of the highest standard, to ensure participants will develop their goals and grow towards achieving them.

Compassion

Conduct ourselves in a manner that demonstrates empathy and respect for all.

Enjoyment

We will strive to promote programs, activities and environments that are fun, engaging, and promote a positive, long-lasting emotional experience.

Empowerment

We enable people living with diabetes and their support networks to take action, so that they may live healthy, fulfilled lives.



Diabetes Empowerment

Our camp staff, who lead drills and games for all the kids, share their stories and demonstrate openly what they do themselves to stay on top of their health, the challenges they face, and how they overcome obstacles. This helps to reduce the stigma and discrimination of managing diabetes, as campers interact with people who have T1D in a positive, open context. Our camp environment demonstrates the growth mindset behind every person with a challenge who is required to perform at a level with their peers. Camp staff and peers with T1D who share the same daily tasks and obstacles to achieve success, create an immersive environment to empower growth, develop independence, and self-confidence for youth as the routines they are required to live with are now normalized.

Communication and Development

Our goals are to:

1. Connect with parents/caregivers at the start and end of each day to capture any directions from parents for the day.
2. Follow through with a flexible support plan to help campers gain confidence in their diabetes management.
3. Track all BG tests, snacks, and insulin delivery using our log sheets integrated with activities to provide a daily print out with pointers for potential adjustments when needed.

Camp Themes

This year at camp we will again be working in conjunction with York Lions camp. The themes of camp have been set up and we are excited to announce them to you! They are outlined below.

Week 1: Swim, Sport, and Splash

Week 2: Swim, Sport, and Science

Week 3: Warriors Adventures



Age Group Overview

Your child will be placed into groups with other campers their age. Special requests MAY be considered.

5-8 year olds

9-12 year olds

13-15 year olds Leadership Development Program: These campers will be paired up with and supervised by an assigned counsellor. They will take part in all the fun of summer camp, with opportunities for leadership included each day - ie; leading a game, supporting a younger camper, setting up for a special event

Expectations For Campers

At Sports Camp we have certain expectations of our campers to ensure a fun and positive experience for all.

- Be respectful of all people, places, and things while at camp
- Ask for help, when you need it
- Always be courteous
- Play safe and practice good sportsmanship
- Leave valuables at home
- Be a team player and help clean up when needed
- Inappropriate language will not be tolerated
- Most importantly: HAVE FUN!



What to Bring to Camp

You might be wondering what to bring to a day at camp. Reference the list below when packing your bag for camp.

- Water bottle
- BG supplies -extra glucometer, test strips 15 minimum per day, insulin as needed, extra insulin pump supplies, or pen tips, syringes.
- Extra tape/adhesive to secure sensors/pump sites in the pool
- Comfortable athletic clothing and footwear (running shoes required for gym)
- Bathing suit
- Towel
- Goggles if desired
- Lunch and snacks
- Layers appropriate for outdoor activities (ie rain jacket, sweater for rainy, chillier weather)
- Sunscreen
- Hat

Special Events

ICD Sports Camps provide our campers with a unique experience by giving them the opportunity to meet with T1D leaders and influencers who have positively impacted the T1D community. Elite athletes and Diabetes Community Leaders joining us this summer include:

Dr. Dessi Zaharieva: World Taekwondo Champion, and PhD at York University in Kinesiology and Health Science, Dessi shares her love of learning as our research lab tour guide, and teaches a fun and active self-defence class.



Dr. Deanna Paolantonio: Founder of D-Dance, the only dance program for dancers with T1D, and PhD at York University in Philosophy, Dance Studies and Dance Education, Deanna leads a fun-filled Zumba workshop at camp!

Matt Stein: Director and Founder of the Diabetes Leadership Foundation, with a Masters in Management from the London School of Economics, Matt shares his passion for MMA and Jiu-Jitsu with ICD campers in York’s padded studios.

Sarah McGaugh: Women’s Hockey player, and Masters student at York University in Diabetes and Exercise, Sarah runs hands-on activities in the Exercise Lab, and leads hockey skills and drills in the gym.

Carlo Capaldi: Cycling Time Trial Canadian and Provincial Champion, and founder of Team Type One Cycling, Carlo puts our campers through the paces in his Bootcamp sessions!

Dr. Mike Riddell: PhD and Professor at York University, has spoken at international conferences about his research in diabetes and exercise, is the author of the book Getting Pumped and a founder of the York U Diabetes Sports Camp.

Each of these athletes and leaders have a unique set of skills and qualities that we take pride in sharing with our campers, and a passion for supporting individuals with T1D in the field of athletics.

Sample Blood Sugar Log

While at camp it is important that we (the team) do our best to provide you (the camper and parents) with a document that can help us work as together to track trends throughout your child’s time at camp. As technology over the years has changed, many T1Ds are now using Continuous Glucose Monitors that can automatically track blood sugars and trends for us through an app or computer. This is a great tool for daily tracking. At camp, counsellors will be tracking each camper’s blood sugars on manual logs, such as the one below. This log will be provided to the parents at the end of the week, and will be referred to throughout the week when planning for the next day’s activities.

York Diabetes Sports Camp			
Participant Name _____ Age _____		Insulin/carbohydrate ratio: 1 unit covers ____ grams of Carb	
Week _____		Insulin sensitivity factor: 1 unit lowers BG by ____ mmol/L	
Basal Rates	Begin Time	Units/hr	Basal adjustment notes
1			
2			
3			
4			
5			
6			
Date			
Blood sugar			
Total CHO (gm)			



Frequently Asked Questions

Q How will you be managing my children's diabetes while at camp?

A Support: We create an environment where the importance of diabetes management is paramount to the youth attending our camps. We provide structured support to ensure testing and insulin decisions are being made with an individualized commitment to support any aspect of diabetes management that enables the child to grow. Whether that is delivering insulin whenever needed, carb counting, site changes, pump problem solving, or decisions on treatment.

Q What safety protocols do you have in place?

A Staff Training: While ICD staff are seasoned veterans with T1D, we also work with the facility camp staff to broaden this awareness and give first-hand learning experiences to these staff and better prepare them to support other camp programming throughout the summer. All staff will be trained in the following:

- watching for lows,
- recognizing trends, and
- knowing how food and exercise impact diabetes.
- They will also be trained on how to use Glucagon in the rare case that they have to administer it to anyone.

Q What will my child be doing while at camp?

A Whether you're new to camp or a returning camper, it's always nice to have an overview of what a typical day at camp looks like (reference the example schedule below) Each day at camp can be slightly different, but because all of our campers have T1D and sticking to a schedule



helps with better management, we try our best to schedule the days at camp fairly similarly in regards to activity levels.

MONDAY	Ages 5-8	Ages 9-12	Ages 13-15	ICD Schedule	Guest Schedule
8:00 AM	Early Care 8am to 9am			Staff Brief	
8:30 AM					
9:00 AM	Soccer field	Field House Gym	Football Field	BG Check	
10:00 AM					
11:00 AM	Field House Gym	Football Field	Field House Gym	Snack/BG Check	
12:00 PM	316 - Lunch	Studio 1 - Lunch	316 - Lunch	BG Check	
	Diabetes Discussion	Diabetes Discussion	Diabetes Discussion		Carlo Capaldi
1:00 PM	Field House BootCamp ICD Carlo	Field House BootCamp ICD Carlo	Field House BootCamp ICD Carlo	BG Check	Carlo Capaldi
2:00 PM	Pool	Pool	Pool		
3:00 PM					
	Field House Gym/Field			Snack/BG Check	
4:00 PM	After Care 4pm-5pm			Staff Debrief	
5:00 PM				Staff Debrief	

Q Can I/should i stay at camp with my child?

A While camp is specifically designed with independence in mind, with our trained staff ready to support all diabetes management, we also understand that parents want to make sure their children are comfortable first. For this reason we offer a video or phone call with senior staff to



talk with you and your camper about how the day will look and ask any questions, to be scheduled before camp begins.

A (cont.) During camp, you can stay on campus if you would like. There is a cafe that you could relax in while you wait for your child, once you have dropped them off at camp.

Q Can siblings and friends register for this camp too?

A Absolutely! Siblings and friends are welcome to register through our website.

Q How can I contact staff at camp?

A While your child is at camp there are 2 options to get in contact with staff on site. Option 1 call the summer camp coordinator, Ariel Whaley directly at 647-966-4232 or call the program manager, Tracy DiMarco directly at 905-360-0351. All staff will be reachable by cell phone at camp, however please be aware that they may be in the pool, or otherwise engaged and will get back to you as soon as possible.

Q Who will my child's counsellor be?

A All of our counsellors and senior team members are fully trained, T1D leaders who really get it. You will receive a call a couple of days before your child's camp session begins, to let you know what group your child will be in, who their counsellors will be, and any other pertinent updates. This is also a great time to ask questions about the upcoming week.

Q What happens to my child's medical devices/supplies while they are in the pool?

A While we are in the pool, campers will have all diabetes supplies on deck, and there will be at least one staff member on the deck to be available for blood sugar checks, and to keep supplies safe. To keep attached devices (pods/sensors) secure during swim times, we ask that you send extra adhesive or tape.

Q We don't have a plan for diabetes management during sports, can you help?

A Yes we can! We will touch base with each family at drop off in the mornings, and again at pick up in the afternoons, to share trends and troubleshoot plans for overnight and the next day. Families can request a video or phone call with a senior team member to discuss strategies for



reducing lows due to exercise such as decreasing basal or long acting insulin. Our staff have been trained to assist campers and parents with diabetes management strategies.

A (cont.) All are veterans with T1D and can speak from experience about how they have managed their diabetes in similar situations.

Q My child is afraid of lows/highs/needles/etc. Do you have a plan to assist?

A Our staff have been trained to support campers in all situations, and can offer support to any camper with any tasks as needed. As camp goes on your child will observe and learn from their peers and mentors, giving them new confidence in their diabetes skills. Our staff will empower campers to create their own goals and take steps towards accomplishing their goals during each week of camp.

Q What sports will my child be participating in?

A While each day and each week will be a new and different adventure, some sports that your camper can expect to enjoy are: basketball, swimming, lacrosse, soccer, pickleball, bootcamp, zumba, yoga, MMA, volleyball, and a variety of other gym and field games.

Q Is this camp peanut free?

A Yes, this camp is peanut free, please refrain from sending snacks and lunches containing nuts.