

# Dose of Camp Kudzu

## 2024 CAMP GUIDE



**Wednesday, June 17- Friday, June 19, 2024**



**Camp Grace  
2559 Walkers Chapel Rd  
Roberta, GA 31078**



**Camp Kudzu Office**

**(404) 250-1811**

**At Camp**

**(404) 495-4862**

**Camp Grace Office**

**(478) 957-5215**

# COVID-19 PROTOCOLS:

## Summer 2024

\*With guidance still changing, we plan to update our COVID-19 policies and requirements as needed. Please read below for our current protocols as of Spring 2024. Should these protocols and/or requirements change, we will update registered participants as soon as possible!

As we did for our in-person overnight programs in 2023, we will be following all protocols based on the most recent guidance from the Centers of Disease Control and Prevention (CDC), The American Camp Association (ACA), the local health departments, and Camp Kudzu's Medical Core Advisory Team.

**Everyone, including Camp Kudzu Staff, Volunteers, and Campers will keep a temperature and symptom log for 10-days prior to Little Shot of Camp Kudzu. All attending persons will complete and record temperature and symptoms twice a day during that time frame. This log will be turned in during the check in process at camp. We recommend taking a rapid test for COVID-19 the morning of Little Shot of Camp Kudzu if you have access, but will NOT be testing during the check-in process at camp. The 10-day log will begin on Sunday, July 7!**

Click [HERE](#) to order free rapid COVID-19 tests to your home!

### **COVID-19 VACCINATIONS**

Camp Kudzu STRONGLY recommends that participants, staff, and volunteers be fully vaccinated against COVID-19, (up to date on the most current dose of a multi-dose or single series vaccine) but will NOT require it for attendance at our in-person overnight programs in 2024.

*Thank you all for your patience and flexibility as we continue to keep the safety of our campers, volunteers, and staff a top priority. We understand how difficult these months continue to be. If there is something we missed or you have additional questions, please email Reed Stewart at [rstewart@campkudzu.org](mailto:rstewart@campkudzu.org).*

# ARRIVAL & DEPARTURE

## CHECK-IN

1. Check-in will be at 9:00AM!
2. Once you arrive on campus, Camp Kudzu signs and staff will direct you around the campus to check-in.
3. You will complete the camper check-in process with the campers clinician to get your camper checked in for single day of camp. You will receive a car tag to place on your car for check out use at the end of the day.

**Please arrive on time Wednesday morning, as it will take few minutes to get your camper checked in for a Dose of Camp Kudzu!**

**Check-in will be Wednesday, July 17 at the following times:  
9:00- 9:30AM**

**When navigating to camp, be sure to use the address to the right!**



Camp Grace  
2559 Walkers Chapel Rd  
Roberta, GA 31078



**There are two entrances to Camp Grace! Your navigator will take you to the first entrance which will be the exit. please follow the signs to the main entrance.**

## CHECK-OUT

1. Check out is a 3:00PM!
2. Once back on campus, please follow the signs to check-out area.
3. Camp Kudzu Staff will staff will escort your camper to your vehicle and ensure they are safely loaded.

**If there are any changes to your pick-up plans, we must be notified in writing, via email, or phone call. Any person picking your camper up for you will be asked to provide photo identification before your camper is released.**

# MEDICAL INFORMATION

## MEDICAL SUPPLIES: WHAT TO BRING

Thanks to the generosity of our pharmaceutical suppliers, Camp Kudzu provides all insulin vials, syringes, insulin pens, low treatments, meters, lancets, strips and more for each camper. Your camper won't need to lug any of these things along with them each day! However, read below for a few exceptions to this rule.

Insulins provided include the following: Apidra, Humalog, Novolog, Fiasp, NPH, R, Basaglar, Lantus, Levemir, Toujeo, and Tresiba. If your camper uses insulin(s) other than those listed above and you have not indicated so on their application, please be prepared to bring insulin with you. Oral diabetes medications are also not provided.

Pump sites—if your camper uses an insulin pump, please send 1-2 extra pump sites per day. Camp is hot, sticky, active, and wet! Pump sites have a lot more trouble "sticking" at camp than in your home environment. If you have a favorite adhesive, please include this as well. We may not need them, however it's best to be prepared.

If your camper uses a Medtronic; 670G, 630G, or 770G, please include their blood glucose meter that corresponds with the pump as well as an adequate amount of blood sugar strips in their suitcase! They will use this meter to calibrate the system.

Continuous Glucose Monitors/CGMs—While we prefer the original receiver for CGMS, If your camper utilizes a cell phone as the receiver for their Continuous Glucose Monitor, we will allow them to have the cell phone at camp. Campers who bring their cell phone as their CGM receiver will have the "Share" feature turned off each morning as they arrive to camp! Please see the "Cell Phones" section on Page 6 for more detail!

## OTHER PRESCRIPTION/OVER-THE-COUNTER MEDICATIONS/VITAMINS

If your camper requires dosage of any other medication during the day while they are attending Camp Kudzu, please bring the necessary medications in their original container marked with the camper's name and daily dosage amount in a clear zip lock bag. All these medications will be stored in our Med Lodge throughout the day and returned to campers at the end of each day at check out. There is no need to send over the counter medications, as we have a large supply of these at camp that can be accessed in the med lodge as necessary."

Campers with asthma or allergic reactions who require emergency medication such as inhalers or EpiPens will have access to these items at all times, as they are carried by the camper's counselor. If a camper requires EpiPen administration, a trained staff member will do so and parents will be contacted accordingly. Please have these items with you at check-in to discuss with our medical staff.

## SPECIAL NOTE FOR CAMPERS WITH ADD/ADHD

Many children who take medication for the above conditions discontinue the medication during the summer months. Since camp is such a structured program, our medical team strongly encourages the continuation of these medications prior to and during the camp session.

**If your child has special medical needs beyond those related to his/her diabetes, please discuss them with Reed Stewart, Medical Manager, prior to the start of the camp session. She may be reached at 404-495-4854.**

# MEDICAL INFORMATION CONTINUED...

## MANAGING DIABETES AT CAMP

Each camper group is assigned a Clinician for diabetes management and an Endocrinologist is always onsite or on-call. Alongside group counselors, these diabetes professionals work as a team to monitor blood sugars, deliver and adjust insulin levels, help campers manage their diabetes throughout the week, and teach campers skills that are vital to successfully managing diabetes on their own.

All volunteer staff members are equipped with meters, strips, single-use lancets, alcohol swabs, sharps containers, and low supplies. Counselors are trained to identify symptoms of below and above target blood sugars.

## MEDICAL FORMS

Prior to the single day of camp, please complete the Pre-Camp Blood Sugar Log and Daily Diabetes Form.

- Pre-Camp [Blood Sugar Log](#): Please use this log to record blood sugars, insulin doses (basal/long acting, corrections, and boluses, etc.) and carbohydrate intake beginning the Friday before camp. This will help your camper's clinicians see any recent trends in blood sugars!
- Daily Diabetes Form: This form is to help with transitioning your camper's diabetes management between you and their clinician each day! Your camper's clinician will complete the bottom half throughout the day at camp. You will receive a copy of the completed form at the end of each camp day in addition to a new, blank form to complete prior to arrival the following day. You should only complete the top half of the Daily Diabetes Form!

**You will be able to download a copy of the pre-camp blood glucose log above and on the final page of the guide!**

## MEALS & NUTRITION AT CAMP

All Dose campers should come with a sack lunch that day. All snacks will be provided by Camp Kudzu. If your child has any special dietary needs (allergies, intolerances, celiac disease) that you did not note on their camper registration form, please let us know as soon as possible.

Because of allergies and other special dietary needs, we discourage the sharing of food. **Camp Grace follows a peanut-free policy in their dining areas, and we require the avoidance of peanut products in your camper's lunch each day.** We encourage campers and staff to practice healthy habits when it comes to nutrition. Each day of camp is filled with activities that require adequate nutrients and "fuel" to keep blood sugars in range! It is for this reason that we ask you not to send any juice or sugary beverages, as we reserve 100% fruit juice to treat low blood sugars at camp. Campers will also have constant access to drinking water throughout the day. Please pack a water bottle (plastic please—no glass!) to keep them hydrated! All lunches should be packed in a clearly labeled lunchbox. In addition, there are no refrigerators available for Dose campers, so please include ice/cold packs in your camper's lunchbox.

The "Daily Diabetes Form" has space for you to include carbohydrate counts for each lunch item that you pack. It can also be helpful to include carbohydrate counts on the actual food item as well. For example, some parents put a post-it with "30g" written on the sandwich they pack. Prior to departure each day, your camper will receive a snack. The clinician will record the carbohydrate of the snack, a pre-snack blood sugar, and how much insulin—if any—was given for the snack.

# PREPARING FOR CAMP

## REMINDERS AS YOU PACK: THINGS TO LEAVE AT HOME!

1. Electronics including, but not limited to, cell phones (if NOT being used as a CGM receiver), smart or apple watches, laptop computers, iPods, iPads, Gameboys, and MP3 players, etc.
2. Food of any kind (other than lunch in a labeled lunchbox!), including sugar-free candies or chewing gum (All snacks are provided.)
3. Knives, guns, weapons, fireworks, matches, lighters, etc
4. Alcohol and other drugs
5. Tobacco products, in any form, including vaping machines
6. Animals or pets of any kind
7. Money, jewelry, or expensive items
8. Skateboards, bicycles, scooters, rollerblades, roller skates, etc., and other personal sports equipment.
9. Diabetes supplies **\*\*NOTE: Some exceptions apply, see "Medical Supplies" section above\*\***

## CELL PHONE POLICY

Camp Kudzu strives to educate campers on embracing new technology and utilizing current diabetes management techniques to the best of their ability. Cell phones have come to the forefront of cutting-edge diabetes technology and to continue growing alongside new technology, we have updated our Cell Phone Policy. Please read through our updated policy to help us ensure the safety of campers and staff as we begin to use cell phones as diabetes technology at camp.

We would prefer if your child came with their Dexcom/Libre receiver but understand not everyone may have access to those. If you do not have access to a receiver, we will allow the cell phone to be used as the receiver for a camper's CGM. Insulin dosing and decisions may be verified by a fingerstick BG, if needed. CGMs will be calibrated, as needed, based on manufacturer's recommendation.

*If your camper uses the Dexcom Share or LibreLinkUp function, it will be TURNED OFF each day as your camper arrives to camp.*

# PREPARING FOR CAMP CONTINUED...

## PACKING LIST

- Backpack
- Cool, comfortable clothing that can withstand water, paint & mud
- Secure shoes (Flip flops and crocs may NOT be worn at camp)
- Sunscreen
- Change of clothes
- Swimsuit & Towel (*If possible, send your camper with their swimsuit on under their clothes!*)
- Lunch & Water Bottle- both clearly labeled with camper's name!
- 1-2 extra pump site changes \*If applicable

## DRESS CODE

Campers are asked to bring appropriate casual clothing and footwear to camp. Please use the following as guidelines:

1. Boys should have swim trunks and girls should have one piece suits or tankinis.
2. In order to be respectful of our community, we ask that clothing be modest and unoffensive.
3. Any clothing that alludes to alcohol, tobacco, or drugs cannot be worn at camp.
4. Studies have shown that foot injuries at camp INCREASE when campers are wearing flip-flops. For everyone's safety we ask that you do not bring flip-flops to camp but instead, opt for sturdy, close-toed shoes. Chaco and Teva style sandals with straps and ankle support are acceptable for some activities.

If your family needs assistance in getting your child necessary items for their camp session, please email [mfrank@campkudzu.org](mailto:mfrank@campkudzu.org)

## CAMPER CONTRACT

To ensure Camp Kudzu is a safe and enjoyable experience for everyone, my camper agrees to abide by the below rules of Camp Kudzu. I understand that my camper is responsible for their actions, and if they break one of the below rules, action will be taken which may result in notification of parents/guardians, dismissal from camp and possible exclusion from future Camp Kudzu programs.

1. I will not possess firearms, knives or weapons at camp.
2. I will not use foul language.
3. I will not bolus without the permission of my clinician.
4. I will not leave an activity area without supervision of a counselor.
5. I will help to keep camp clean.
6. I will not damage camp property.
7. I will not touch, go through, or destroy another camper's or staff member's personal belongings without their permission.
8. I will not hit, slap, punch, or abuse another individual.
9. I will not emotionally or verbally harm another individual through bullying, gossiping, name calling, or exclusion.
10. I am not allowed to have or use a cell phone at camp unless it is being utilized as my CGM receiver.

# WHAT TO EXPECT

## SAMPLE DAILY SCHEDULE

9:00-9:30	Camper check-in!
9:45-10:45	Activity 1
11:00-12:00	Activity 2
12:15	Meet with Clinicians
12:30-1:30	Lunch
1:30-2:00	Singing & Dancing
2:00-3:00	Diabetes Education & Activity
3:00-3:30	Camper check-out!

## CAMP FORMS

### 10-DAY TEMP & SYMPTOM LOG

Beginning Sunday, July 7, please log a temperature for your camper each morning and evening as well as any symptoms they may exhibit. Please read the full COVID protocols at the beginning of this Guide!

### PRE-CAMP BLOOD GLUCOSE LOG

Beginning on Sunday, please begin keeping a log of your camper's blood sugars including low treatments, insulin doses, etc. You will bring this to check-in with your camper's clinician! The log will help the clinician be aware of any trends in blood sugars that have been recently occurring!

### DAILY DIABETES FORM

This form is to help with transitioning your camper's diabetes management between you and their clinician each day! Your camper's clinician will complete the bottom half throughout the day at camp. You will receive a copy of the completed form at the end of each camp day in addition to a new, blank form to complete prior to arrival the following day. You should only complete the top half of the Daily Diabetes Form!



# CAMP FORMS

## PRE-CAMP FORMS & UPDATED POLICIES!

10-DAY TEMP &  
SYMPTOM LOG

PRE-CAMP BLOOD  
GLUCOSE LOG

CELL PHONE  
POLICY

## CAMP KUDZU STAFF (AT CAMP!)



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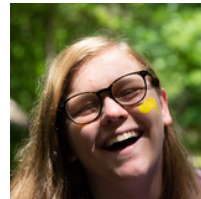
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### KAT SHREVE

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During the camp session, to leave a voicemail for the Program Coordinator, please call 912-715-1005. Your call will be returned as soon as possible. Our staff will be monitoring emails and voicemails periodically. If you need immediate assistance, please contact the Camp Kudzu office at 404-250-1811.