



camp kudzu
We've Got Diabetes Covered!

Summer Session 4 2024 CAMP GUIDE



Sunday, July 28 - Saturday, August 3, 2024



***Check-in & Check-Out:**
White County Middle School
283 Old Blairsville Road
Cleveland, GA 30528



Camp Kudzu Office
(404) 250-1811
Camp Kudzu While at Camp
(404) 495-4862
Camp Barney Medintz Office
(706) 865-2715

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 Summer 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 Summer Session 4. 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 Summer Session 4 if you have access, but will NOT be testing during the check-in process at camp. The 10-day log will begin on Thursday, July 18!

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.

CHECK-IN

1. All campers must be checked in by a parent or guardian, as indicated during registration.
2. You will arrive at White County Middle School and follow the signs to the check-in lot. Here you will be greeted inside your car, have a cabin number place on your car's windshield, and receive a clipboard with forms for you to complete during the check-in process.
3. You will pull through a series of check-in stations: General Medical check-in, Meet your camper's Clinician, Tagging & labeling of your camper's phone and/or insulin pump (if applicable!), and medication intake
4. Once you have completed all check-in stations, you will be directed back to the road and to the second check-in parking lot to drop off your camper's luggage and then your camper! Campers will board the bus with their counselors to head to camp!

*** Please note that in an effort to have less visitors into our camp bubble, parents/guardians will NOT be riding the bus to camp. Counselors will be at the middle school to ride the bus back to camp to greet and help campers get to their cabin. They will also help your camper get settled including setting up their bed and unpacking for the week!**

Check-in will be Sunday, July 28 at the following times:

1:00-2:00PM --> Teen Campers & CITs

2:00-3:00PM --> 8-12 year old Campers

When navigating to camp, be sure to note that check-in and check-out are at WHITE COUNTY MIDDLE SCHOOL!



White County Middle School
283 Old Blairsville Road
Cleveland, GA 30528

REMINDERS

- Driving age campers, CITs, and Junior Counselors are NOT permitted to bring vehicles to camp and must be checked in by a parent/guardian!
- We will NOT serve lunch on Sunday. Please have your camper eat before arriving to camp!
- Please remember to keep your paperwork (including the 10-day log, blood glucose log, medications and other important items easily accessible in your car. You will need all these items during the check-in process!
- Please pack your camper's pump & CGM supplies (if applicable!) IN their luggage!
- The check-in process will last about an hour. Thank you for your patience as we navigate our check-in process to enable a safe & fun week of camp!

CHECK-OUT

1. Please remember that you will need to bring photo identification with you in order for your camper to be released to you. If someone other than the parent or guardian listed on the registration form will be picking your camper up, please notify us right away via email. (pclark@campkudzu.org)
2. Once you have arrived to White County Middle School, you will be directed to the parking lot and camper pick-up line. We will send your camper with their luggage to your car when you get to the front of the line! Please be sure to help your camper double check that they have ALL luggage items as they get into the car!

Check out will be Saturday, August 3 at the following times:

9:00AM --> 8-12 year old Campers

10:00AM --> Teen Campers, CITs, & Junior Counselors

MEDICAL INFORMATION

MEDICAL SUPPLIES: WHAT TO BRING

Thanks to the generosity of our pharmaceutical suppliers, Camp Kudzu provides 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, Lyumjev (vials only), 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. At this time Camp Kudzu does not carry refillable cartridges or Smart Pen insulin pens. Please be prepared to bring your own or we can switch your camper to prefilled insulin pens for camp. Oral diabetes medications are also not provided.

Pump sites—if your camper uses an insulin pump, please send please send 8-10 total extra pump sites for the week. Camp can be 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. Please have your camper arrive to camp with a newly placed sensor as well as 2-3 back-up sensors.

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—We are excited to continue changing our medical protocols as technology surrounding diabetes care evolves! We WILL calculate insulin doses using CGM data during camp programs, however, please know that there are times when Clinicians ask for a fingerstick to verify a decision if the CGM readings seem off. Clinicians will monitor calibration according to manufacturer recommendations each day. Alarm settings will be adjusted and *the “shared data” feature will be turned off*. Please be assured that we check blood sugars frequently, averaging 8 checks (or views of the CGM) daily and your camper has the right to check his/her blood sugar and/or view their CGM readings at any time.

If your camper desires to use a CGM while at camp, please note that we WILL allow cell phones as a receiver. Please review our [updated cell phone policy](#) with your child. Additionally, all “shared data” features must be turned off. Please come to camp with a newly placed sensor as well as 1- 2 back-up sensors in the event the sensor is dislodged. Please see attached [CGM policy](#) for elaboration.

OTHER PRESCRIPTION/OVER-THE-COUNTER MEDICATIONS/VITAMINS

Please bring all oral diabetes medications, non-diabetes medications, vitamins, and supplements in original containers marked with camper's name and daily dosage amount in a clear plastic zip bag. Please have this bag accessible during check-in and NOT in your camper's luggage. We will collect camper medication during the check-in process. There is no need to send over-the-counter medications, as we have a large supply of these at camp that can be accessed via the Med Lodge. All medications will be stored at the Med Lodge and will be administered to your camper per label's instruction. Campers with asthma, allergic reactions, or epilepsy who require emergency medication such as inhalers, EpiPens, or Midazolam will have access to these items at all times, as they are carried by the camper's. If a camper requires emergency medication 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 Rstewart@campkudzu.org.

MEDICAL INFORMATION CONTINUED...

YOUR CAMPER'S HEALTH WHILE AT CAMP

Camp Kudzu Medical Staff will notify parents or guardians by phone about any significant medical problems that may arise at camp or medical issues that require urgent care. Each person's health form contains contact information as well as designated alternate contacts if the parents/guardians cannot be reached. This process is initiated by the Program Manager or the Medical Manager but can be delegated to an appropriate staff member. We realize that every parent may have a different definition of emergency. The general camp practice is to contact parents when the Program Manager or the Medical Manager have a concern about a person's health, need parental consent, and/or when a situation is not progressing as expected. Because many people remotely access their voice mail, it is expected that camp personnel leave voice messages that appropriately communicate the need for a given parent to call the camp. We will share with you details in that message and give you a phone number to return the call. Should the Medical Manager recommend that a camper be seen by a healthcare provider outside of the camp setting within 12-24 hours, but it is not an immediate medical emergency, the parent will be contacted and offered the following:

- Explanation of the situation.
- Ask parent/legal guardian to come pick their child up and take them to see their personal health care provider with the understanding that once a camper has to exit camp for an illness-related reason, they will NOT be able to return to camp for the remainder of the session.
- Some situations do require that a camper be sent home. These instances include but are not limited to persistent vomiting/diarrhea/fever, identified communicable disease, or head lice. Parents will be notified immediately of issues that medical personnel deem to be major medical concerns. In extreme medical emergencies, the Medical Manager, Program Manager, or designee may call 911. For non-life threatening issues, we prefer that parents transport their child to their doctor or clinic for further medical attention. Again, please be aware that if a camper needs to leave the camp grounds for any reason, they will NOT be allowed to return back to camp for the remainder of the session. We generally do not call parents regarding minor issues which are easily taken care of and do not significantly affect the camper's day including an above or below blood sugar that our team can treat and manage, minor cuts, scrapes, bruises, or bug bites.

MANAGING DIABETES AT CAMP

Each cabin group is assigned a Clinician for diabetes management and an Endocrinologist is always onsite or on-call. 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.

We also have a team of nurses to manage day-to-day non-diabetes medications and health needs.

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



MEDICAL INFORMATION CONTINUED...

MEDICAL FORMS

Prior to coming to camp, please complete the Pre-Camp Blood Glucose Log as accurately as possible and bring it with you to check-in. Keep this log with you and outside of your camper's luggage to expedite your check-in process. This form will be used by your camper's Clinician to determine insulin doses at camp and to alert them to any blood sugar trends that they will need to monitor during camp. Please begin the log the Thursday before camp begins.

You will be able to download a copy of the pre-camp blood glucose log [HERE](#) and on the final page of the guide!

Example BG Log [HERE](#)!

When completing the BG log, please note that you do NOT need to fill in every hour necessarily, just log anytime you do a BG check/Use a CGM number to dose or treat, low treatment, insulin dose, etc. throughout your normal routine!

MEALS & NUTRITION AT CAMP

Before and after each meal, Clinicians meet their campers to dose insulin. Campers and staff will use a carb count and allergen alert sheet that is developed for each meal. The cabin counselors work with campers to make choices and count carbs for each meal. Campers have an opportunity to look over the food choices for the meal and decide, in partnership with their Clinician, a pre-meal bolus of insulin to cover the carbohydrate content of the meal.

During the meal, campers sit at tables with their cabin and counselors. While we encourage campers to try new things that may have a slight spin on what they are used to eating at home, we realize some children are picky eaters. It is for this reason that fresh fruit, Sunbutter and jelly, bread, and other items are available at all meals as well.

Our Senior Medical Coordinator works with the Camp Barney Medintz staff prior to our arrival on a menu filled with healthy and tasty foods for our campers. Menu items are chosen with consideration of kids' palates in mind. Foods that are nutritious and fuel their activity throughout the day are important at camp.

Campers with allergies and special dietary needs are served meals that mimic menu items served to the rest of camp. For example, a camper who eats a vegetarian diet would be served a tofu stir fry instead of stir fry chicken; campers living with celiac disease would be served a gluten free version of stir fry as well.

After each meal, campers meet with their Clinician once more to review the insulin needed to cover the carbohydrates just consumed and make adjustments to doses if needed.

Snacks are served mid-afternoon as well as just before bedtime. Snacks include both carbohydrate and protein to encourage stable blood sugars throughout the day.

Should you have any questions or concerns as it relates to meals, nutrition, and dietary needs at camp, please reach out to Caroline Tallman, Senior Medical Coordinator, at caroline.tallman@campkudzu.org

PREPARING FOR CAMP

MISSING HOME

For many, this will be the first time away from home since diagnosis. Upon arrival, the newness of the camp environment, making new friends, and the natural longing for the “old and familiar” make moments of missing home happen for many campers. Experience has taught us to expect the symptoms of missing home to occur over the first 36 hours of camp – often during rest period and/or lights out. Most often with a few conversations with counselors and the security of new friends and activities, the missing home dissipates.

Here are some tips to help prepare your child for camp and the possibility of missing home:

PRIOR TO CAMP:

1. Have a positive family attitude
2. Discuss expected camp activities
3. Mark a calendar with days until camp starts- HOORAY!!!
4. Give gentle encouragement that missing home is “ok”
5. Go shopping for the things he/she will need at camp
6. Avoid phrases such as “If you stay until Wednesday, then we will come and pick you up.”
7. Share with your camper the example schedule, and the check-in procedures, including that you will not be able to get out of the car and walk them to their cabin.

DURING CAMP:

1. When writing letters to your child, avoid phrases such as “wish you were here,” or detailed accounts of what siblings and the family are doing. Instead, ask about camp activities, counselors, specific programs, etc.
2. Pack “surprises” or notes of encouragement among your camper’s belongings
3. Express your confidence in his/her ability to be away from home and that the counselors are there to assist him/her if he/she should need anything as you are departing

MAIL AT CAMP!

Campers love receiving mail at camp! You can either mail a letter to camp using the address below or you can drop-off mail in the designated box during check-in. If you would like to leave mail during check-in, you will find a box designated for camper mail at the end of check-in! Prepare your camper's mail with their name and cabin number! Please mail any letters by the Tuesday of the camp session or well in advance of camp to ensure it arrives before the end of the session. If you'd like to receive mail from your camper, be sure to send pre-addressed and stamped stationary with them to camp.



Camp Barney Medintz
Camper Name
C/O Camp Kudzu
4165 Hwy 129 N
Cleveland, GA 30528



PREPARING FOR CAMP

REMINDERS AS YOU PACK: THINGS TO LEAVE AT HOME!

1. Cell phones (unless being used as a CGM receiver), apple or smart watches, laptop computers, iPods, iPads, Gameboys, and MP3 players, etc.
2. Food of any kind, 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.

Phones will not be used at camp for reasons other than diabetes management. Functions such as calls, texts, social media, internet access, games, etc will not be allowed. **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.

- During check-in at camp, cell phones will be placed in a locked bag and will be the responsibility of the camper. Both counselors and clinicians will be able to unlock phone bags at any time to review CGM data. We will ask that all non-CGM notifications and alarms are turned off during check-in and remain off for the duration of the program. We will also temporarily change the passcode to be able to access the CGM data more easily during midnight blood sugar checks.
- If your camper uses the Dexcom Share or LibreLinkUp function, it will be **TURND OFF** at check-in when the phone is turned in and will be turned back on when the phone is returned to that camper's parent/guardian at check-out.
- If you upload CGM Data from your phone, all data will be available, in its entirety, from the Dexcom Clarity or LibreLink Apps following the conclusion of the program.
- Phones will be returned to Parents/Guardians during check-out from camp.
- Failure of campers and/or parents to follow these rules could result in a camper's early dismissal from the camp program.

PACKING LIST

CLOTHING:

1. 7-8 pairs of shorts
2. 9 shirts
3. Sweatshirt or jacket
4. Raincoat or poncho with a hood
5. 2-3 pairs of pajamas
6. 10+ pairs of socks
7. 9 pairs of underwear/undergarments
8. "Goodnights" (if prone to bed wetting)
9. 2 swimsuits
10. Swimming goggles (if preferred)
11. Hat
12. Sunglasses
13. Laundry bag
14. Comfortable walking shoes

AND:

1. Flashlight (and extra batteries)
2. 2 Water bottles
3. **Backpack, knapsack or small bag to carry "stuff" around (Camp Kudzu will unfortunately not be providing backpacks this summer!)**
4. Music Party Costume! This year's theme – Camp Kudzu is my Happy Place! Dress in 70s, disco.
5. Plain white 100% cotton t-shirt for tie-dye
6. Plain blue shirt and red shirt for Color Wars!
7. Phone charger IF your camper is bringing a cell phone as their CGM receiver.



LINENS AND BEDDING:

1. Two sets of twin sheets and a warm blanket or sleeping bag and a fitted sheet
2. Pillow and pillow case
3. Two bath towels and washcloths
4. One beach towel

TOILETRY ITEMS:

1. Plastic or waterproof container for your toiletries/shower supplies
2. Bathrobe/Shower robe
3. Shower shoes (flip flops, plastic shoes)
4. Toothpaste and toothbrush
5. Soap and Soap Container
6. Comb/Hair brush
7. Shampoo and Conditioner
8. Sunscreen
9. Deodorant
10. Insect repellent
11. Lip balm
12. Feminine products

8-10 pump site changes (including sites, reservoirs, and tubing) or pods.

Please remember to have all medications out and accessible during check-in. Pump site changes will be given to clinicians during check-in.

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. However, camp activities, including ropes course and horseback riding, require close-toed shoes for participation.**

If your family needs assistance in getting your child necessary items for their camp session, please email pclark@campkudzu.org!

WHAT TO EXPECT

SAMPLE DAILY SCHEDULE

8:00	Breakfast	4:30-5:30	Activity Period
9:00-9:30	Seeds/Skills	6:00	Dinner
9:45-10:45	Activity Period	7:00	Singing & Dancing!
11:00-12:00	Activity Period	7:30-9:00	Evening Program for Ages 8-12
12:30	Lunch	9:00	Snack
1:30	Singing & Dancing!	9:30-11:00	Evening Program for Teens
2:00-3:00	Shoes Off	11:00	Lights out
3:15-4:15	Cabin Free Choice	12:00	Midnight Rounds begin

EVENING PROGRAMS

Each night of the week will feature a special program for our campers.
Below are some of the evening programs we have done before.

SUNDAY Opening Cermonies!

MONDAY Pool Party!

TUESDAY Teens: Counselor Hunt!
8-12 Year-Olds: Wanted!

WEDNESDAY Color Wars! CIT Led Program!

THURSDAY Cabin Talent Show

FRIDAY Kudzupalooza!! A music party!

Our Kudzupalooza theme this summer is **Camp kudzu is my Happy Place!** Your camper can choose to dress up, if they would like, in 70s, disco!



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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KAT SHREVE

Associate Executive Director
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404-495-4861

During the camp session, to leave a voicemail for the Program Manager, please call 404-495-4862. 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.