

School Camps

Information for Parents & Carers

Camps are a great opportunity for your teenager to be with their friends and to have some fun.

To attend a school camp your teenager will need to be able to draw-up, dial up or deliver an accurate dose of insulin. If your teenager is on injections then he/she will need to be able to self-inject. If your teenager is on an insulin pump then he/she will need to know how the pump works and be able to re-site an infusion set and deliver a bolus dose of insulin. He/she will also need to be able to accurately perform blood glucose tests.

Planning is the key to a successful camping experience. You will need to make an appointment with your teenager's diabetes doctor or educator before camp. You will need to take a copy of the activity plan and the menu for the camp.

Tips for Camp

- Even if your teenager is able to look after their diabetes, it is a good idea for someone else to know something about diabetes, in case there is a problem at camp. Usually this is the teacher or a teacher's aide.
- Some school camps allow telephone calls to home when needed to discuss BGL's and insulin doses. It is a good idea to organise this with the school before camp. Some schools allow a mobile phone to be taken so your teenager can stay in touch with you during camp. You need to make sure the phone will work at the camp site. Check with the school to make sure they are happy for a mobile phone to be used for this purpose.
- Some camps plan exercise and sport at unusual times e.g. a run or hike before breakfast. So that your teenager can plan for these situations and know what to do, it is a good idea to take a copy of the activity program and the food menu to the visit with the diabetes doctor or educator.
- It is a good idea for teachers or other carers who are attending camp to have written instructions on how the diabetes should be managed while at camp. This will avoid any confusion.
- The written guidelines must include information on what to do on 'sick days' or if an emergency arises.
- It is important to send enough supplies (insulin, syringes, pen needles, 'hypo' food, infusion sets, ketone strips etc.) to last until the end of the camp.

Exercise and Hypoglycaemia Prevention for Camp

To ensure that your teenager can join in all the activities without having too many 'hypo's', the following is recommended:

Visit the Sweet Transition website at www.sweet.org.au

- Insulin doses should be reduced before camp. It is important that less insulin is taken when there is a lot of exercise and activity, this will reduce the risk of hypoglycaemia. The diabetes doctor or educator will be able to advise on insulin doses for camp.
- In the written plan for the teacher or carer, there must be information on how to manage 'hypo's', including if a severe 'hypo' occurs.

General Safety Issues

- If there are bunk beds, it is better if your teenager to sleep on the lower bunk (it makes it easier if he/she needs to get up to treat a 'hypo' during the night)
- It is really important that a BGL is performed before bed **every** night. Your teenager needs to know what action needs to be taken if the BGL is low.
- Your teenager will need an emergency supply of 'hypo' food (e.g lucozade®, glucose tablets, jelly beans) in case of a 'hypo' during the night.
- It is a good idea to keep the BG monitor, a torch and 'hypo' food under the bed or bunk so it is easy to locate it if a 'hypo' occurs in the middle of the night.
- You will need to provide a safe way of disposing of any sharps (syringes and needles)

Diabetes Camps

Diabetes camps are one of the best experiences that a young person with diabetes can have. They are also a great place to learn more about diabetes, improve self-confidence and independence. For more information on diabetes camps in Queensland go to www.campdiabetes.com.au .