

## School Camps

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School camps are a great opportunity for your child or teenager to be with their friends and to have some fun.

To attend a school camp your child or teenager will need to be able to draw-up, dial-up or deliver an accurate dose of insulin. If your child or teenager is on injections then they will need to be able to self-inject. If your child or teenager is on an insulin pump then they will need to know how the pump works, and be able to insert an infusion set and deliver a bolus dose of insulin. They will also need to be able to accurately do a blood glucose test and count carbohydrates.

Planning is the key to a successful camping experience. You will need to make an appointment with your child or teenager's diabetes doctor or educator before camp. If possible, you should take a copy of the activity plan and the menu for the camp, to help assess insulin requirements.

### Tips for Camp

- Even if your child or 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 a teacher or a teacher's aide
- Some school camps allow telephone calls to home to discuss blood glucose levels (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 child or 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, for example, a run or hike before breakfast. So that your child or 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 your child's 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. Include a contact for your diabetes team on the emergency contact numbers you give to the school prior to camp
- 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 'hypos', the following is recommended:**

- Insulin doses should be reduced before camp. It is important to take less insulin when your child or teenager is doing a lot of exercise and activity to reduce the risk of hypoglycaemia. Your diabetes doctor or educator will give advice on insulin doses for camp.
- In the written plan for the teacher or carer, there must be information on how to manage 'hypos', including what to do if a severe 'hypo' occurs (refer to the fact sheet on 'Hypoglycaemia and Exercise').

## General Safety Issues

- If there are bunk beds, it is better if your child or teenager to sleeps on the lower bunk (it makes it easier if they need to get up to treat a 'hypo' during the night)
- It is really important to measure BGL before bed **every** night. Your child or teenager needs to know what action needs to be taken if the BGL is low (3.5 to 4 mmol/L)
- Your child or teenager will need an emergency supply of 'hypo' food (eg Lucozade®, glucose tablets, jelly beans) in case of a 'hypo' during the night
- It is a good idea to keep the blood glucose 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 ensure there is a safe way of disposing of any sharps (syringes, needles, pump cannulas) while on camp
- Ensure the school has all necessary contact numbers, including phone numbers for the diabetes team.

## 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 New South Wales go to

[http://www.diabeteskidsandteens.com.au/parents\\_and\\_carers\\_9.html](http://www.diabeteskidsandteens.com.au/parents_and_carers_9.html)