



# SUPPORTING DIABETIC STUDENTS

Dear Teachers and Parents:

If you have a diabetic student attending camp, the following procedures have been put in place to assure the student has a safe and successful week of adventure at camp. This outline will inform you of what our program requirements are in order to ensure the student's safety while away from their normal routine. Below you will find a list of responsibilities for both teachers and parents that will need to be completed at least two weeks prior to their arrival. We have found great success with this system. Please remember we are here to assist you in any way we can. Please contact us if you have any questions.

## Parents can help by:

- The student must be able to self-medicate: this includes proficiency in checking their own blood sugar during the day and at night, changing their own insulin pump if necessary, and measuring and administering their own insulin.
- Counting carbohydrates for each meal in the menu. Our medic staff and Directors will assist, but the child should have some knowledge and ability to count carbs.
- Have the doctors' orders in to the school three weeks early. The doctors' orders would include an explanation of insulin, type of insulin, amount to be given, corrections etc.
- Providing enough appropriate (e.g. protein-type) snacks to be given between meals and/or at bedtime for one week. Please make sure snacks are nut-free because we host many students with nut allergies. Snacks will be held on to by our staff and given anytime the student requires. This assures we are aware anytime there is a need.
- If your child can monitor their blood sugar and insulin levels but cannot change their own insulin pump, we request that you would schedule a time with us to arrive on site and change the pump.
- Provide a list of "tricks" or "techniques" followed at home that may be helpful at camp.

Please understand that there will be a fluctuation in blood sugar levels in the first 24 hours due to a change in altitude, diet and exercise. This is normal at camp, but once the student's body acclimates, the blood sugar levels usually adjust and fall back into the normal criteria. While at camp, the student will report to our medical staff and check their blood sugar at each meal, before bedtime and anytime the student feels a change in their body. Arrowhead Ranch will keep a log of every reading and every treatment, of which we will send two copies back with teachers; one for the school medical records and another for the parent/guardian. ***Diabetes is not a reason to prevent any student from attending camp!***

**\*\*If at anytime we are having issues with consistency in maintaining numbers or reaching numbers that make our medical staff uncomfortable, we will call the parent/ guardian directly. Please make sure all parent/guardian information is completely filled out and current on consent forms.**