

Schedule for DASH Camp Bushrod Park July 10th-12th and 17th -19th

Hyperglycemia 07/10 DAY 1 – Main Topics and Activities – Brown Squirrel, Yoga warm up, Basketball, What is high blood glucose (causes), lunch, Dodge ball, What are symptoms of high blood glucose, push up challenge, action plans for high blood glucose, Rap Up.

Hypoglycemia 07/11 Day 2- Main Topics and Activities – Yoga warm up with Camper leads, Soccer, what is low blood glucose (causes), obstacle course with Community health activity brainstorm, lunch, wiffle ball/kickball, action steps for low blood sugar adjustment (check, carb, recheck, symptom overcoming strategies), rap up with the “DASH” pose.

Diabetes and the Pro’s 07/12 Day 3: Main Topics and Activities: - Yoga warm up with Parents, Parent Panel, Relay race and obstacle course, questions for a professional athlete with diabetes (video) role play of kids acting as pro athletes write up bios for pros, lunch, dodge ball, answering the questions “oh you have diabetes” (communication strategies, the person who has diabetes has power), Whole Foods whole foods activity, Brown squirrel or camper created rap up

Carbs 07/17 Day 4: Main Topics and Activities: Brown squirrel and yoga warm up, flag football or basketball, what do you like to eat for breakfast and lunch (hit on meal counts and carbs, dawn phenomenon, quick acting carbs), lunch, capture the flag, what do you like to eat for dinner and bedtime (importance of checking before bed, keeping BG’s in range during the night to stabilize HbA1c’s), wrap up

Checking 07/18 Day 5: Main Topics and Activities: Yoga Warm up Disco Check Song, DASH Obstacle course with (Football, soccer, and agility), the negative side about checking with role playing, lunch, dodge ball or soccer, the positive side of checking role play (preventing lows and DKA through the power of knowledge), Health Booth group game plan, wrap up

07/19: Main Topics and Activities: Community Health Fair- 3 DASH Camper Booths, Whole Foods Booth, 1 Booth for Beets, 1 Booth for Pharma 1 Booth for Pharma, 1 booth for Just Diabetes Organizations and Clinics. 10am -12 (Audience will be broken up into 6 groups, Each group will participate in the booth game or education topic or activity for 15 minutes and then rotate. At noon will have lunch, and then a big game of capture the flag or dodge ball with everyone included (for folks whom get out they have the option of answering a specific question related to diabetes asked by a DASH team member. At 2pm will gather everyone in a circle to do awards for campers, adult diabetes education program awards and thank you’s. Each award member gets to run around the circle and high 5 everybody. We will end with mediation for 5 minutes and a big DASH cheer.

Time Frame: All Days:

10am -10:30 Registration, T-shirt, Med bag label and check, Warm Up game for kids

10:30- 10:45 DASH Warm Up and Yoga

10:45-11: Water and BG check if needed, we will take this time to double check that everybody has a check done at least once since Breakfast.

11am-11: 45 Sports Activity 1

11:45-12:05 Water, BG Check and Diabetes Education Activity

12:05 – 12-40 Lunch, Carb and Insulin Line

12:45-1:30 Sports Activity 2

1:30-1:45 Water, BG Check and Afternoon 15 gram snack

1:45-2:15 Active Diabetes Education and Physical Challenge

2:15-2:25 Water, Low Check

2:25 2:50 Free Play

2:50 -3pm Wrap up, Camper Story, Cheer

Sports Activities

Day 1: Basketball, Dodge ball, Pushup Challenge, Free Play

Day 2: Soccer, Obstacle Course, Wiffleball or Kickball, Free play

Day 3: Relay Race/Obstacle Course w/Recycling, Dodge ball, free play

Day 4: Football or Basketball, Capture the Flag, Free Play

Day 5: Baseball, Obstacle Course (Football, Soccer and Agility), Dodge ball, Free Play

Day 6: Capture the flag or dodge ball, free play

Diabetes Activities:

Day 1: High blood sugar (causes), Symptoms on and off the field of play, action plan

Day 2: Low blood sugar (causes), Symptoms on and off the field of play, action plan

Day 3: Role-play pro athlete with diabetes panel (kids act as if they are the pro and the counselors ask questions like they are kids, 20 camper questions will be filmed and sent to Jay Cutler, Sam Fuld, Michael Young, Chris Dudley), Whole foods.

Day 4: Breakfast and lunch carbs, Dinner and snack carbs, carb free substitutions

Day 5: BG Test, BG Check, DASH Sports Diabetes Management Philosophy

Specific Roles:

Registration and Sign Out- Every Camper will need to be signed in by a parent and signed out. In addition to receiving a T-Shirt, BG Check and handing over supplies to Med Tent.

Med Tent and BG Checks: All med supplies both DASH and Campers will be located in the med tent area. Med staff will organize meters for BG checks pre sports activity and lunch. We will have insulin and low stations in the med tent area in addition to specific volunteers with low backpacks

Counselor and Time Keeper: We will have a couple experience DASH members be in charge of the kids groups based on age and will help to keep the campers on schedule, and engaged.

Sports Activities: We will have specific counselors to run the sports specific activities for Kids. Depending on the number of kids and each sport this could entail team wide games, individual drills with rotation or a combination. Each activity will be gone over in detail prior to the day.

Parent Panel – Will be run by Fabiana on Day 3 of camp. It will be an hour-long session where parents can get their emotions out in a safe and judgment free space.

Diabetes Education: Specific loose discussion based programs based on the kids previous knowledge and the DASH specific curriculum of the Bushrod camp.

Lunch preparation and Carb Counting: We will have specific volunteers to set up the food and stand at the end of the table and help ALL the campers with counting their carbohydrates who will then send the campers who need insulin to the Med Tent.

Diabetes Specific Volunteers: will have 1-2 campers whom they will watch over to ensure that BG checks and insulin dosing is taking place in addition to being aware of lows.

All Star Moment Collector: A couple of specific volunteers will be charged of photo, video and testimonials.