



School camp planning - a guide for parents or carers

Camp is an exciting time for students and is an important part of the school curriculum.

Students with type 1 diabetes can fully participate in the experience with extra planning and support. This should commence as soon as possible with an initial meeting to get information about the camp. Then together with your diabetes treating team, a camp diabetes management plan can be developed.

This checklist may help you as a parent/carer to work with the school and your diabetes treating team in planning for a safe, inclusive environment at camp and a full camp experience for your child.

Step 1: Meet with the school principal and school camp staff. Discussion could include:

- Camp location
- Menu
- Activities
- Travel
- School Expectations
- Phone network availability

Step 2: Meet with diabetes treating team to develop camp diabetes management plan. Discussion could include:

- Information from the school meeting
- Additional training for staff e.g. for glucagon
- Back up plans in case of equipment failure
- Expectations of responsibility of student at camp

Step 3: Meet with your Principal and school camp staff once the plan has been developed. Discussion could include:

- Implementation of the camp diabetes management plan
- Roles and responsibilities of staff at camp
- Managing supplies and equipment at camp
- Access to supplies during camp e.g. hypo kits, glucose monitors, insulin
- Communication during camp
- Management of equipment failure
- Managing emergencies at camp
- Additional staff training for camp e.g. glucagon administration

