



**CAMP SEALE HARRIS**

SOUTHEASTERN DIABETES EDUCATION SERVICES

## Camp Seale Harris Birmingham Day Camp Additional Information

**The Blood Sugar and Insulin Record should be brought to camp with your child.** Use this form to keep a record of your child's blood sugars and insulin dosages for the week prior to coming to camp. This is very important information about how blood glucose levels have been running and current treatment and will help us understand more about your child's diabetes.

**Also included in the packet is a "What to Bring to Camp" list and driving directions to camp.**

**Check-in dates and times - Please note that some days have different times and locations!:**

**Monday, July 12** - Please arrive at the Samford University Soccer/Track Stadium (across the road from the main Samford University between 8:00am-8:45am for check-in. Please be on time! Our bus to the Girl Scouts Kanawahala Program Center (where our activities will take place) leaves shortly afterward. -- Please note that camp personnel will not be onsite until 8:00am for check-in! *You can pick up your camper(s) at 5:15pm at the Samford University Soccer/Track Stadium on Monday.*

**Tuesday, July 13-Thursday, July 15** - Please arrive at the Samford University Soccer/Track Stadium (across the road from the main Samford University between 7:30am-8:00am for check-in. Please be on time! Our bus to the Girl Scouts Kanawahala Program Center (where our activities will take place) leaves shortly afterward. -- Please note that camp personnel will not be onsite until 7:30am for check-in! *You can pick up your camper(s) at 5:15pm at the Samford University Soccer/Track Stadium on each of these days.*

**Friday, July 16** - Please bring your camper(s) directly to the McWane Science Center between 8:30am-9:00am. You will enter the McWane Science Center's parking garage and park on the 3rd floor where you will use the Event Center entrance to bring your camper(s) directly to our area. -- Please note that camp personnel will not be onsite until 8:30am for check-in! We will remain at the McWane Science Center all day. *All parents are invited to*

*come and join us for a parent program at 3:00pm (you may begin to arrive at 2:30pm) - you will again use the 3rd Floor Parking Garage entrance to park and enter the building.*

- **Lunch and snacks will be provided each day.**

## **What to Wear and What to Bring to CSH Birmingham Day Camp**

**What to Wear Each Day:** Masks will be required during most times at camp – please make sure that your camper has at least one mask with them each day. Please wear comfortable clothing such as shorts, jeans, T- shirts, etc. Activities will be conducted inside and outside throughout the day. Please wear clothes that will not be hurt if soiled. **Tennis shoes with socks are required.**

**Bring a Swimsuit, Towel, and Flip Flops/Watershoes:** We ask that 1-piece suits be worn that provide a reasonable amount of coverage (this can include tankinis that have the coverage of a one-piece). Put your child's name on the towel.

**Prescription Medications:** Turn in to the nurse each day at check in. Bring in original container labeled with child's name, drug name, dosage, physician's name, and pharmacy name and phone number.

**Insulin Pump, CGMs, Equipment and Supplies:** If your child uses an insulin pump or continuous glucose monitor, you will need to bring all sets (including extra sets just in case), syringes, IV prep, tape for sets, set injector if used, spare batteries, and anesthetic crème, if used (camp will provide insulin, if needed). These supplies should be in a bag marked with the **child's name in bright bold letters.**

### **What Not to Bring**

Blood Glucose Monitors or Strips (provided by camp) Insulin

Pens, syringes, insulin vials (provided by camp)

Electronic Toys

Cell Phones, pagers, or other communication devices

Any form of tobacco/nicotine (chewing, smoking, or vaping)

Alcohol or non-prescribed drugs/medications (without a physician's note).

A physician's note must accompany any over-the-counter medication including pain relievers, allergy medication, vitamins, supplements, etc.

NOTE: As we all know, working with numerous children, we as staff and counselors cannot always keep up with each child's personal belongings. It is better to leave these items at home.

## **Directions to CSH Birmingham Day Camp**

On **Monday through Thursday**, Bus transportation will be provided at:

### **Samford University Soccer/Track Stadium**

(across the street from main university)

600 University Park Place

Birmingham, AL 35209

Directions from Interstate 65 North:

Take exit 255 (Lakeshore Drive). Turn right onto W Lakeshore Drive for approximately 1.5 miles. Turn right onto University Park Place. Keep right and the stadium and parking lot will be on the left side of the road.

Directions from Interstate 65 South:

Take exit 255 (Lakeshore Drive). Turn left onto W Lakeshore Drive for approximately 1.7 miles. Turn right onto University Park Place. Keep right and the stadium and parking lot will be on the left side of the road.

On **Friday**, you will drop-off and pick-up your child at the McWane Science Center:

### **McWane Science Center**

200 19th Street N Birmingham, AL 35203

Directions from Interstate 65 North:

Take exit 260B. Follow 3rd Avenue North to 19th Street North. Turn right onto 19th Street North and then right again onto 2nd Avenue North and go into the Parking Garage for the McWane Center. The entrance to the camp area is on the 3rd floor of the parking garage.

Directions from Interstate 65 South:

Take exit 260. Turn left at 4th Traffic Signal. Follow 3rd Avenue North. Turn right onto 19th Street North and then right again onto 2nd Avenue North and go into the Parking Garage for the McWane Center. The entrance to the camp area is on the 3rd floor of the parking garage.