



# CAMP SEALE HARRIS

SOUTHEASTERN DIABETES EDUCATION SERVICES

## Camp Seale Harris Junior Camp Important 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.

- **Check in dates and times:**

Junior Camp - Sunday, June 13      12:00 PM – 3:30 PM

To reduce the wait and follow our safety plan, a specific check in time will be sent by email closer to check in day.

If you do not receive a specific time by May 26, please call the office at 205-402-0415. Please note that camp personnel will not be onsite until 12:30 PM.

**To assist with our social distancing and safety plan, we ask that only ONE parent/guardian bring a camper to check them in. If you have questions please contact [sarah@campsealeharris.org](mailto:sarah@campsealeharris.org).**

- **Check out dates and times:**

Junior Camp - Friday, June 18      10:00 AM – 11:00 AM.

Check out WILL NOT begin before the scheduled check out time.

**To assist with our social distancing and safety plan, we ask that only ONE parent/guardian bring a camper to check them out. If you have questions please contact [sarah@campsealeharris.org](mailto:sarah@campsealeharris.org).**

Lunch WILL NOT be served on the day of camper check out.

Staff will vacate camp immediately following check out.

**Camp Theme!!! – There's No Place Like Home!!** After a year of missing camp, we've all become a bit homesick for Camp. So we are clicking our heels together like Dorothy in the Wizard of Oz and proclaiming "There's no place like home!." Dress up as your favorite character from the movie or favorite camp staff member (or even favorite camp activity)!

# Camp Seale Harris

## Junior Camp 2021

### What to Bring to Check-in

Blood Sugar and Insulin Record

Prescription medications, excluding insulin. Medications will be kept in the Infirmary. Please bring medications in their original container labeled with child's name, drug name, dosage, physician's name, pharmacy name, and phone number. If prescriptions are left at home, a Wal-Mart & Walgreens pharmacy are located in Alexander City. Parent/Guardian is responsible for the purchase of prescription medications.

For over the counter (OTC) medications that your camper must take every day, a doctor's note approving the medication's use will be required to be supplied for check in. All OTC medications taken only if needed (pain relievers, allergy meds, antacids, etc.), will be provided by camp. Camp has a supply of all common OTC medications and physicians available to give orders for appropriate use. If you have any questions or concerns prior to check in, please call the camp office.

If your camper uses a CGM, bring the receiver as cell phones are not permitted at camp. If you do not have a receiver, CSH may be able to provide a loaner receiver for the time at camp. If you have questions, contact the camp office.

Insulin pump and continuous glucose monitoring system equipment and supplies. If camper uses a pump and/or CGM, bring sets, syringes, IV prep, tape for sets, set injector if used, spare batteries, and anesthetic cream, if used. A protective case for the pump may be brought to prevent damage. Bring twice what you expect your camper to use. Unused supplies will be returned.

### What to Pack for Cabin (please label all items with name)

**Masks:** Masks will be required during most times at camp. We ask/recommend that you provide one mask per day, if possible.

Shorts, capris, jeans, shirts, underwear, socks, and pajamas. We recommend a change of clothes for each day, plus one or two extra changes.

Two swim suits. For girls, we ask that one-piece suits be worn that provide a reasonable amount of coverage. In addition to swimming, campers sometimes prefer showering in their swim suit. (this can include tankinis that have the coverage of a one-piece)

We recommend two pair of comfortable closed toed shoes (socks and closed toed shoes required)

Water shoes for the pool, water slide, and water games (optional)

Laundry bag (or plastic bag) labeled with child's name

Toiletries, including toothbrush, toothpaste, soap, shampoo, deodorant, sunscreen, and bug spray.

Shower shoes or flip flops

Raincoat or poncho (optional)

Flashlight and extra batteries (optional)

Stationery/stamped envelopes for letters home (optional)

**We recommend that your child's name be written inside his/her clothing and on other possessions.**

**NOTE: For the Summer 2021 camp season, NO LINENS, INCLUDING TOWELS, SHEETS, AND PILLOWS WILL BE FURNISHED. YOU MUST BRING YOUR PERSONAL BEDDING (twin sized sheets or sleeping bags), LINENS, TOWELS, WASHCLOTHS, AND PILLOWS.**

### Do NOT Bring

- Insulins, syringes, and testing supplies. These will be supplied by CSH.
- Food or candy. All meals and snacks will be provided.
- Cell phones (CGM users bring receiver), any form of tobacco, vaping, alcohol, or unprescribed drugs/medications. ALL camper and staff medications, both prescription or over-the-counter, must be kept with medical staff at camp (they may not be kept in the cabins).

**Mail**— You may leave mail at check-in at the designated mail table (to ensure mail is received in a timely manner) or mail may be sent to your child at: **Camp Seale Harris, c/o Camp ASCCA, PO Box 21, Jackson's Gap, AL 36861. DO NOT send to the Birmingham address.** We discourage sending packages that include valuables. Do not send candy or food. Please allow two-three days for mail to arrive a camp if sent through the U.S. Postal Service.

**Calls to Camp**—If needed, you may call the camp office to ask about your child. If it is not an emergency, we ask that you call between 9:00 AM and 4:30 PM. The office telephone number is 205-402-0415.

## **Camp Seale Harris at Camp ASCCA, Lake Martin**

### **GPS Address:**

**5278 Camp ASCCA Drive**

**Jackson's Gap, AL 36861**

### **Directions from:**

#### **Birmingham**

Follow US 280 East from Birmingham through Alexander City. After passing over the Tallapoosa River Bridge, continue approximately 3 miles and turn left on Jackson's Gap Way. After 1 mile, turn left on Main Street; after 0.6 miles, turn left on Rock Springs Road; after 2.1 miles, turn left on Camp ASCCA Drive. Continue on Camp ASCCA Drive for 4.7 miles. (1.5 – 2 hour trip).

#### **Montgomery, AL**

Take I-85 North 32 miles to the Franklin Exit #32 (AL Hwy 49). Travel 31 miles to Dadeville, and turn left onto US Hwy 280 West. Travel approximately 3 miles, and turn right onto Main Street (County Road 57). After 1.5 miles, turn right onto Abbott Drive; after 0.2 miles turn right onto Rock Springs Road; after 2.1 miles, turn left onto Camp ASCCA Drive. Continue on Camp ASCCA Drive for 4.7 miles. (1.5 hour trip).

#### **Columbus, GA**

Take US Hwy 280 West through Phenix City, Opelika, and Dadeville. Travel approximately 60 miles. Turn right onto Main Street (County Road 57). After 1.5 miles, turn right onto Abbott Drive; after 0.2 miles turn right onto Rock Springs Road; after 2.1 miles, turn left onto Camp ASCCA Drive. Continue on Camp ASCCA Drive for 4.7 miles. (1.5 hour trip).

#### **Atlanta, GA**

Take I-85 Southwest to the Opelika Exit # 58 in Alabama (US Hwy 280). Follow Hwy 280 for 30.2 miles through Opelika and Dadeville. Turn right onto Main Street (County Road 57). After 1.5 miles, turn right onto Abbott Drive; after 0.2 miles turn right onto Rock Springs Road; after 2.1 miles, turn left onto Camp ASCCA Drive. Continue on Camp ASCCA Drive for 4.7 miles. (2.5 hour trip).