



Parent Handbook

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The American Diabetes Association

Since 1939, millions of people have relied on the American Diabetes Association to help them fight discrimination, prevent diabetes and better manage their diabetes while we help fuel the vital research that produces breakthrough treatments and one day, a cure.

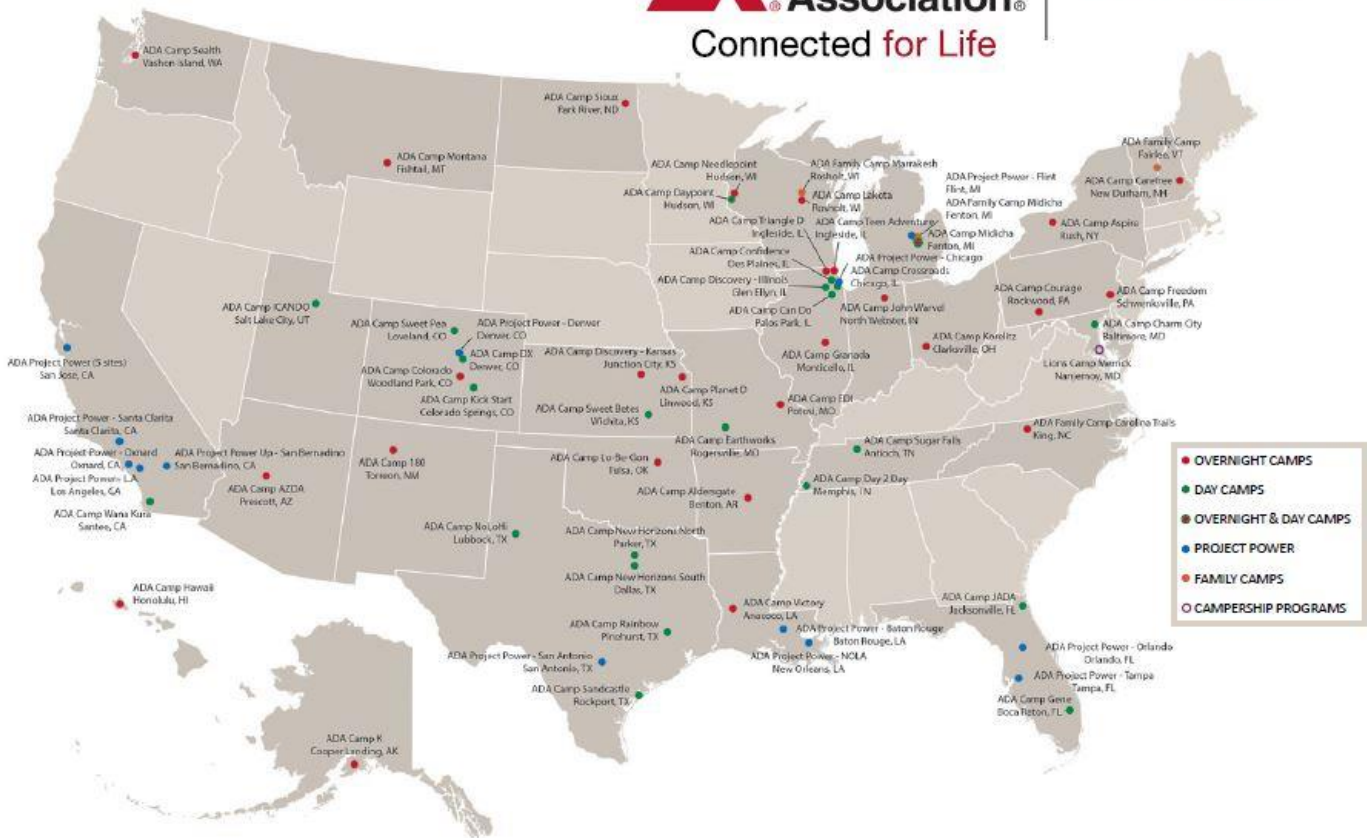
The American Diabetes Association (ADA) is the only organization dedicated to the mission *to prevent and cure diabetes and improve the lives of all people affected by diabetes*. From research labs, to the halls of the Capitol, to the offices of health care practitioners, to communities nationwide, the ADA is here for you. We are leading the nation in creating a powerful community of care that is grounded in strong science and innovative thinking. Our vision is a “life free of diabetes and all its burdens.”

Our Camp Program

As you know, for children living with diabetes, the everyday challenges of being a kid must be balanced with the management of a disease that is constant, demanding and scary. Since 1949, the ADA has been the largest provider of camps for children with diabetes in the world. The ADA has provided life-changing experiences for nearly 500,000 children and families across the country. At ADA Camps, we adhere to the highest standards of care, our staff is highly trained in diabetes management, and our Camp Directors are accredited by the American Camp Association. We are grateful to our volunteers and staff, and to our partners, donors and sponsors for the opportunity to serve you and your camper. Although this summer is drastically different for all of us, we look forward to another safe, healthy, and fun summer!



Camps



For more information, visit diabetes.org



Manato
Type 1 Diabetes

Because diabetes should
never come between a boy
and his bike.

For nearly a century, Novo Nordisk has been revolutionizing diabetes treatment so that kids can be kids. From developing innovative medicines and delivery systems to leading-edge partnerships, we drive change that helps make a difference in the lives of people living with diabetes.

For more information on all that we're doing, visit novonordisk.us

Welcome to ADA Imagine Camp

ADA Imagine Camp is a virtual, in-home camp experience for children ages 5-17 that are living with diabetes. We are bringing the magic of camp to you with a summer-long, jam-packed schedule of activities for your camper; including cabin chat times, social media challenges, Imagine Spotlight speaker series with Beyond Type 1 and host Rob Howe, a camp t-shirt, and so much more!

Camp Mission

The mission of the American Diabetes Association Camp program is to provide fun-filled, educational experiences for children with diabetes that will help them to develop and maintain active, healthy lifestyles.

Camp Objectives

- Educate children living with diabetes, their caregivers, and healthcare professionals about diabetes management, new tools, and living well with diabetes through traditional camp activities replicated at home.
- Engage campers and their families in activities and sessions throughout the summer from the safety of home.
- Connect children across the country and increase social skills, confidence and independence, while creating lifelong friendships.

Camp Dates

ADA Imagine Camp is a 4-week program offered twice during the summer. Campers can attend either Session 1, Session 2, or both sessions...at no cost!

Please note: If you register your camper for both sessions, you will receive only one mailing kit. For any campers registered for both sessions, an additional journal will be sent via email.

ADA Imagine Camp dates, sessions, and times:

Session 1: June 8 – July 3

- Session 1 Cabin Time Options:
Monday & Thursday: 12pm EST/9am PST or 3pm EST/12pm PST
Tuesday & Friday: 12pm EST/9am PST or 3pm EST/12pm PST

Session 2: July 13 – August 7

- Session 2 Cabin Time Options:
Monday & Thursday: 12pm EST/9am PST or 3pm EST/12pm PST
Tuesday & Friday: 12pm EST/9am PST or 3pm EST/12pm PST

Contact Information

For general questions and/or emergencies regarding ADA Imagine Camp, please contact ADA Camp Support at campsupport@diabetes.org

For the pen pal program, please contact penpalcamp@diabetes.org.

Important Links, Names and Connections (for the latest news and hot topics):

www.diabetes.org/imaginecamp

Facebook Page: [Because of Camp for Kids with Type 1 Diabetes \(T1D\)](#)

Instagram: [@BecauseofADACamps](#)

YouTube: [American Diabetes Association Channel](#)

TikTok

ADA Imagine Camp Staff

At ADA Imagine Camp, our priority is to ensure that every child is healthy and safe. All camp staff are required to complete a comprehensive orientation and training. Staff must pass a background check which includes a criminal history check and child abuse clearance.

ADA Youth and Family Staff

The American Diabetes Association staff serve as your point of contact for all ADA Imagine Camp personnel. ADA staff ensure the safety of all campers and handle all disciplinary actions for campers and camp personnel. ADA staff may also provide backup in instances where a counselor is unable to attend a scheduled cabin chat.

Volunteer Counselors

Volunteer counselors will co-manage 1-4 camper groups through the summer using various media platforms. Counselors are responsible for:

- Facilitating and monitoring online camper chats in weekly, theme-based activities
- Engaging campers in age-appropriate conversation
- Preparing and implementing virtual activities

Counselors are working within the policies of the American Diabetes Association to ensure that an enjoyable experience is provided for campers.

ADA Imagine Camp Policies

Our Commitment

The American Diabetes Association Camp leadership and volunteers are committed to providing ADA Imagine Camp in an engaging and positive virtual environment for all our campers and families participating this summer. The ADA is committed to honoring our camp families by providing them an interactive virtual camp experience with ADA Imagine Camp that continues our vision of a life free of diabetes and all its burdens.

Our Code of Ethics

Campers are to remain under the supervision of parents or guardians during all ADA Imagine Camp activities.

Campers will not abuse other campers including:

- Verbal abuse (e.g., humiliate, degrade, threaten, use profanity)
- Sexual abuse (e.g., inappropriate conversations, or display)
- Emotional abuse (e.g., hazing, negative manipulation, teasing, or bullying/cyberbullying)

ADA, in compliance with state reporting regulations, is a mandatory reporter of suspicions of abuse or neglect. Camp personnel will report any suspicions of abuse or neglect to the appropriate ADA Camp leadership immediately.

Camp personnel will use positive guidance techniques, including redirection, anticipation, elimination of potential problems, positive reinforcement, support and encouragement, rather than competition, comparison, criticism, or humiliating discipline techniques.

Any type of incident or accident will be reported immediately to ADA Camp leadership and may be escalated to ADA executive leadership and/or relevant authorities.

Camp personnel and parents/guardians will promote involvement of campers through enthusiasm and active participation in camp program.

Camper Conduct

The American Diabetes Association and its partners expect the following behaviors:

- Campers will conduct themselves in a positive manner, including but not limited to, by maintaining attitudes of respect, loyalty, patience, honesty, courtesy, tact, and maturity.
- Campers will not use profanity or discuss adult subject matter in the presence of other campers and ADA volunteers.
- Campers will treat other campers and ADA volunteers of all ethnicities, religions, and genders with respect and consideration.
- Campers will not initiate social contact with campers or ADA volunteers outside of the Camp session. This includes but is not limited to sharing of e-mail or telephone contact information with campers by staff. If contacted by a camper, the staff person will inform the ADA staff person responsible for Camp immediately

Campers and families will treat all campers, families, and staff before, during, and after Camp with respect. This means that families and campers will not participate in any interaction or communication, including phone, online, email, instant messaging or text messaging of a threatening, bullying or inappropriate nature prior to, during, or after camp.

Unless approved, campers and families will not share any confidential information that includes phone numbers, address, email address, social media information, or any other means of contacting. If the campers and families do not follow these rules and expectations, consequences may include but are not limited to:

- Conversations with parents/guardians
- Dismissal from Camp
- Loss of the privilege of returning to Camp in the future (online or onsite)

You have already agreed to these rules and expectations in the online application. Please be sure to review them with your child and help enforce them.

Camper Photos

ADA Imagine Camp welcomes and appreciates photo contributions during Camp to help illustrate and confirm the wonder and benefits of the camp experience in print and Web-based publications and in media promotions. Please review the Camper Personnel Elements form on your registration for further information on how the Association uses camper's likeness, name, picture, image and voice ("Personal Elements") in video and photographs.

Bullying

Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt another. Bullying happens when a person or group of people want to have power over another and use their power to get their way, at the expense of someone else. Bullying can also happen through cyberspace using emails, text messaging, instant messaging, weblogs, personal websites and other less direct methods. This type of bullying can lead to persons being hurt during or between the camp seasons and can be especially hurtful when persons are targeted with meanness and exclusion. Bullying is inexcusable during ADA Imagine Camp. Each camper is expected to treat all other campers with respect, and to help each other achieve the best possible experience.

Online Safety

ADA Imagine Camp is committed to implementing policies and procedures in keeping our campers safe during our online programming. Our policies provide guidance on how our organization uses the internet and social media, and the procedures for doing so. It also outlines how we expect our ADA staff and volunteers who work for us and the campers we serve to behave online. Please make sure to review our code of ethics and camper conduct.

Parent Commitment

ADA Imagine Camp has real-time, interactive, “live” sessions through virtual cabin meetings twice a week. In total the live sessions will take about 1-2 hours per week. The time it takes to support your camper for getting on these interactive calls will largely depend on age and familiarity with setup. Outside of the live sessions all other participation is at your own pace with activities from the Activity Journal, social media challenges and our YouTube Series.

ADA Imagine Camp Experience

Since ADA Imagine Camp will have some online components, a good internet connection and digital device will be vital. After registering, your camper will be placed into their virtual cabin, which will remain the same for the full session.

Procedure for all families and campers:

1. All campers must be registered at www.diabetes.org/imaginecamp
2. Families should have access to the following online platforms:
 - Email access for weekly communication
 - Zoom
 - YouTube
 - Facebook/Instagram/TikTok (if applicable)

ZOOM

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video. Zoom will be the primary platform where we will be hosting our online cabin meetings and other activities. You do not need a Zoom account to join a meeting. Below is information on how to get started with downloading Zoom.

Before you ZOOM

1. You will need your computer, Chromebook, tablet or smartphone
2. Download the ZOOM app
3. You will receive a notification with a 9-digit meeting ID that you can use to join along with a password

To Join a ZOOM

1. Open the ZOOM app
2. Enter your meeting ID when you are prompted to do so
3. Enter your meeting passcode

ZOOM Controls

Using the icons along the bottom of the screen you can:

1. Mute/Unmute your microphone: your counselor may ask you to mute your microphone during the cabin meetings to limit background noises.
2. Turn on/off your camera: turning your camera on allows your counselors and cabin mates to see you and get to know you better
3. View participant list: this opens a list of all your cabin friends
4. Chat: this opens a chat window where your counselor can see any questions you may have and respond to you.



Our team has taken added steps to make sure the ZOOM meetings as secure as possible. As a parent/guardian, you can expect:

- All ZOOM meetings are password protected. This will enable our staff to use the waiting room feature and only permit entry to campers with the appropriate passwords.

- All campers are muted at the start of meeting. Camp staff will un-mute participants during the session to encourage participation.
- Only Camp Staff will be able to screen share.
- Each meeting will have a minimum of 2 Camp Staff in attendance

If your camper does not follow the posted rules, they will be removed from the chat room (please see our code of conduct). In addition, we will not be posting meeting links on social media or public facing websites.

Weekly Emails

Every Sunday during ADA Imagine Camp, you will receive an email including all the information you will need for that week of camp. This email will be your one-stop shop for links to our YouTube series, TikTok Challenges, supply lists, and most importantly, the schedule for the week. While the email is intended to contain all the information you will need for the week, please check our Facebook/Instagram pages for updates as well.

Supplies

Supplies for activities are basic items that you can find in almost any household. You will receive a list of supplies needed in the activity journal and via our weekly parent communication emails.

Challenges and Activities

Every week, campers will complete challenges and activities. The challenges and activities will be listed in your activity journal and will also be highlighted in weekly emails sent to families. Some activities will be led during cabin time or demonstrated on YouTube by counselors. With parent/guardian permission, campers are encouraged to share their final picture or video on your personal social media pages **AND** "[Because of Camps for Kids with Type I Diabetes \(T1D\)](#)" Facebook page. Make sure to use the following hashtags: #BecauseofADACamps #ConnectedForLife and #ADAImagineCamp when posting to social media.

Social Media

During ADA Imagine Camp, we will be using various social media platforms to encourage engagement. The main platforms will be Facebook, Instagram, YouTube and TikTok.

- Make sure to join our National Youth and Family Facebook Page: "[Because of Camps for Kids with Type 1 Diabetes \(T1D\)](#)."
- Subscribe to our YouTube Channel – [American Diabetes Association](#)
- Follow us on Instagram: [@BecauseofADACamps](#)

Virtual Cabin Groups

Campers will join their cabins and counselors twice a week for cabin time. During cabin time, campers will interact with one another and participate in weekly challenges. All cabin sessions will be on Zoom.

YouTube Series

Each week, we will be posting our YouTube series videos! We have 2 YouTube series: a counselor series and a medical staff series. These videos can be seen throughout the week using the link in the schedule in the weekly email. If you can't watch the video on the scheduled day, no worries! The videos will be on our YouTube channel ([American Diabetes Association](#)) and can be watched at any time.

Pen Pal Program

The Pen Pal Program gives campers the opportunity to connect non-virtually with each other during ADA Imagine Camp. All campers registered for ADA Imagine Camp are eligible to join the Pen Pal Program. This is an opt-in program that runs concurrently with the regular summer schedule. Interested in joining? Contact penpalcamp@diabetes.org.

Imagine Spotlight

Broadcast on Facebook on Wednesdays, this series will be presented in partnership with Beyond Type 1 and hosted by Rob Howe of *Diabetics Doing Things*. Rob Howe founded Diabetics Doing Things, to raise awareness around the amazing things that T1Ds are doing around the world. This series will be posted on Wednesdays, and each week we will host a live watch party in the [Because of Camps for Kids with Type 1 Diabetes \(T1D\)](#) Facebook group.

Leadership in Training Program (L.I.T.)

The Leadership in Training Program (L.I.T.) provides training for youth interested in working with kids, specifically as camp counselors. The L.I.T. program serves youth ages 15-17 years old. Learning sessions for the L.I.T program will take place on Mondays and Thursdays at 1:30pm EST for 45 minutes. This is an opt-in program that runs concurrently with the regular summer schedule.

Weekly Schedule-Sample

Below is a sample schedule for a week at ADA Imagine Camp. The schedule highlights ONLINE activity times for camper participation. All other activities/challenges can be done on your time.

*All times reflected below are EST

(Sample Schedule: Monday/Thursday 12 p.m. Cabin Times)

Monday	12:00pm	Cabin Time (ZOOM)
Monday	1:30pm	L.I.T program (15-17 yrs old-if applicable)
Wednesday	12:00pm	Imagine Spotlight Series (YouTube)
Thursday	12:00pm	Cabin Time (ZOOM)
Thursday	1:30pm	L.I.T program (15-17 yrs old-if applicable)



EVERYDAY **MAGIC** EVERY DAY

No matter the age, those with type 1 diabetes and their families can find allies within a cast of characters including Coco, Mickey Mouse's friend who is a monkey with type 1 diabetes; teens from novels and videos; as well as real-life families who are dealing with their own days—just like you. Whether you're reading a blog, watching a video, browsing recipes, or creating a craft, you can find fun on T1everydaymagic.com.

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Never miss out on information about new Lilly Diabetes products and resources by joining Lilly Diabetes and Me. www.lillydiabetes.com/type-1-diabetes

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Connected for Life.

There's nothing we can't accomplish
when we're Connected for Life.

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Diabetes
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