

## Camp Adam Fisher 2010 is underway!

Dear Potential Counselor-in-Training (CIT) Applicant:

Thank you for your interest in working with us to provide camp this summer for children with diabetes. This year CIT's will pay only half the price of a regular camper tuition. The dates for this year's camp are June 6-June 12, 2010, and again it will be held at the great facilities of Camp Bob Cooper, in Summerton, SC. There will be a special training session for Counselors and CITs. You will receive more information about these sessions later.

Enclosed is a CIT packet for this year's camp. Please complete and return your camper application, along with the other enclosed forms (front & back), by **April 23rd, 2010** to:

Camp Adam Fisher  
Attn: CIT  
PO Box 5226  
Columbia, S.C. 29250

Please note that we must have all of the enclosed forms by **April 23rd** or we will not be able to process your application. While at camp, you will be provided with lodging and meals.

### The requirements for this year's CITs are as follows:

1. You must be at least 15 years old by the opening day of camp-June 6, 2010. If you are 15 we prefer you have attended at least 1 year of Camp Adam Fisher, but each application will be reviewed on an individual basis.
2. You must never have been convicted of a felony, child abuse or molestation, or criminal sexual assault.
3. If you have diabetes yourself, you must have your diabetes under control with an (A1c of 9 or less) at the time of your physical. **Remember you are a role model. (Note: You do not have to have diabetes to be considered for a CIT position.)**
4. You must have an interest in and desire to work patiently with young people who have diabetes and are between the ages of 6 & 17.

If you have any questions, or need assistance in completing any of the enclosed forms, please call Elizabeth Todd Heckel at 803-434-2442. I urge you to complete and return your application and all forms as soon as possible. **If you are selected to be a CIT, enrollment will be on a first-come basis.**

Counselors/CITs will arrive by 10:00 am on June 5, 2010. Camp will end for volunteers by 12:00 pm on June 12, 2010. The campers will arrive on June 6th and leave on June 12th.

You will be notified regarding training sessions prior to camp.

Please read the following information carefully. If you want to join our team as a CIT, you must complete and return all forms **no later than April 23rd, 2010**. Please be advised that references and employment verification (if applicable), will be done on all CIT's. Our selection process and the number of CIT's selected are contingent upon timely receipt of all paperwork, satisfactory application and the number, age, and gender of children attending camp.

**Complete, Sign, Date, and Return These Forms:**

\_\_\_\_ Entire CIT application

\_\_\_\_ CIT Behavioral Agreement and Contract (*inside the CIT application*)

We look forward to seeing you at camp!

## CAMP ADAM FISHER

### Counselor-In-Training

Counselors-In-Training work directly with adult counselors in carrying out the daily activities of their assigned group of campers and assist in the management of each campers diabetes in an outdoor environment. They are also considered campers and will be responsible to their counselors, as well as the CIT Coordinators.

#### **Qualifications:**

- CIT's must be 16 years of age and have demonstrated mature and responsible character. *(15 with a minimum of one year at Camp Adam Fisher.)*
- Applicants may or may not have diabetes.
- Have the ability to relate and work well with children of all ages.
- Have an interest in and experience with camping and outdoor activities.
- Have their diabetes management in good control (if applicable).

#### **Responsibilities will include:**

- Attending training sessions as required prior to opening of camp.
- Assisting in cabin set-up and camper registration.
- Assisting counselors in supervising their assigned group of campers.
- Assisting in leading specific program activities such as crafts, hikes, sports, etc.
- Help interpret camp rules and encourage their enforcement.
- Assisting campers in adjusting to each other and to the camp experience.
- Reporting camper accidents, illnesses and other relevant conditions to the management staff.
- Reporting camper behavior problems to their counselor.
- Assisting the counselors with activities and blood glucose testing for their assigned campers.

- Assisting in infirmity duties at discretion of Nursing Coordinator.
- Assisting campers with snacks and the selection of foods at mealtime with discretion of the medical staff.
- Reporting personal blood glucose levels to counselor on a daily basis.
- Assisting with other responsibilities as assigned.

**Responsibilities will not include:**

- Care, responsibility and/or treatment of campers without the supervision of their counselor or the management staff.

***BE A GOOD ROLE MODEL FOR CAMPERS IN BOTH  
DIABETES MANAGEMENT AND APPROPRIATE BEHAVIOR!***

## **CAMP ADAM FISHER CIT'S LEARNING OBJECTIVES 2010:**

**At the conclusion of Camp Adam Fisher,  
the participant will be able to:**

1. Describe the pathophysiology of diabetes.
2. Describe the types and durations of insulins used primarily by children/adolescents.
3. Develop meal and snack plans for children/adolescents with diabetes.
4. Describe the effects of diabetes and exercise.
5. Explain hypoglycemia/hyperglycemia.
6. Explain interventions for "sick days".
7. Describe age appropriate behavior for child/adolescent with diabetes.
8. Describe behaviors indicating a child/adolescent has/has not accepted living with diabetes.
9. Describe the insulin pump and understand the basic principles of pump management.
10. Describe the symptoms of hypoglycemia and hyperglycemia in children.

**CAMP ADAM FISHER**  
**Counselor-in-Training**  
**Behavioral Agreement and Contract 2010**

The CIT Program is designed to train younger staff members to become counselors and to give counselors assistance with their campers. As a CIT, you will be responsible to the CIT Coordinators. You will also be responsible to the Camp Director for individual cabin responsibilities.

**As a CIT, I agree:**

1. To assist the campers with the activities of daily living.
2. To help with supervising campers during daily schedules.
3. To participate in pre-camp training and help with setting-up and closing of camp.
4. To assist with unpacking and packing of camper clothing and keeping up with camper clothing.
5. To assist with cabin clean up and committee work.
6. To set an excellent example for campers.
7. To cooperate with other staff.
8. To assist counselors with cabin duty when given clearance by the CIT Coordinator.
9. To plan and participate in evening programs when assigned with supervision by the CIT Coordinator.
10. To be in my cabin by 11:00 p.m., unless otherwise stated by the CIT Coordinator.
11. To abide by all camp rules established by the Camp Committee.
12. To perform other duties as assigned.

Any CIT whose conduct violates the purpose of the camp and the behavioral guidelines set forth here will have their service terminated and will be sent home with no refund of camp fees. Any CIT who feels that they are abused by others in camp, can seek relief through the CIT Coordinator or Camp Director.

I have read the rules and regulations and will conduct my behavior as stated.

*CIT Signature:* \_\_\_\_\_ *Date:* \_\_\_\_\_

*Parent's Signature:* \_\_\_\_\_ *Date:* \_\_\_\_\_