

# CAMP FLOYD ROGERS

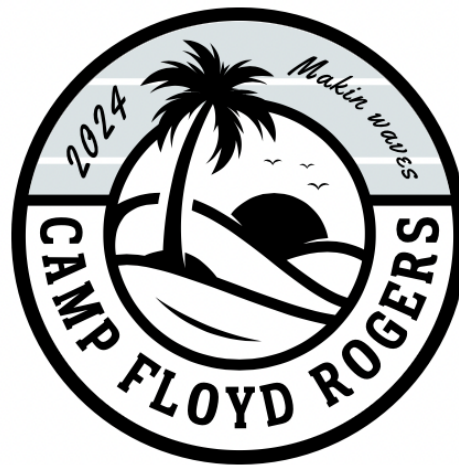
CAMP BEGINS JUNE 23rd and ENDS June 29th

**CHECK IN June 23rd:** **Team 4-** 1:30p.m. **Team 3-** 2:00p.m. **Team 2-** 2:30p.m. **Team 1-** 3:00p.m.

**CHECK OUT June 29th:** **Team 1-** 9:00a.m. **Team 2:** 9:15a.m. **Team 3:** 9:30a.m. **Team 4:** 9:45a.m.

## CAMP DIRECTOR

Campers & parents,  
We are thrilled to be back for CFR 2024! We have been planning and preparing for an epic summer camp experience and we can't wait to see you! Please look over this guide carefully and note the beautiful location, check-in and check-out times as well as useful information for brand new campers and veterans alike! Get ready to Make Waves at CFR 2024!



Making Waves 2024

## In this guide

Page 2: Important Information

Page 3: A letter from our Medical Director, Dr. Greg Penny

Page 4: Camper Adjustment & Foundation Walk

Page 5: Are you Ready for Camp? Check-list

Page 6-7: Behavior & Waiver agreements

### *Additional Forms*

Do you need additional copies of our medical forms? If you have not had these completed and sent in yet, please be sure to visit [www.campfloydrogers.com](http://www.campfloydrogers.com) to obtain the medical and nutrition forms necessary for camp participation.



## Camp Preparation

Planning and preparing for camp is a year round process. There is continuity of quality counseling and staff that helps to increase camper self awareness and promotes building new relationships, developing self confidence, learning new skills, forming lifetime friendships, and having lots of fun.

Counseling staff is retained upon their ability to work with campers in positive ways. Considerable time and effort is spent in staff recruitment and training to ensure a quality staff.

## Important Information

1. If you have any questions please contact:  
Camp Director, Carrie Busing (402)-855-9022 or Email  
director@campfloydrogers.com
  2. Fill out and send in the requested forms: **PO BOX 541058, Omaha, NE 68154**
    - a. Health form including physician's signature. (NO CAMPER WILL BE ACCEPTED WITHOUT THIS FORM)
    - c. Foundation walk form and donations (Complete online or turn in at registration.)
    - d. Camper behavior agreement
  3. It is important to discuss the camp expectations with your camper. A copy of the camp handbook can be found here: [http://www.campfloydrogers.com/forms/CFR\\_CamperHandbook.pdf](http://www.campfloydrogers.com/forms/CFR_CamperHandbook.pdf)
  4. It is also important to reassure your camper of the good times they will have while staying at camp.
  5. Write and email your camper often. If you would like your camper to write back, please remember to send stationary and postage. Campers do not have access to email and will not be able to reply to your emails electronically.
- Comeca Camp C/O CFR, Camper Name & Cabin #  
75670 Rd 417, Cozad, NE 69130
6. Send camper e-mails to  
campers@campfloydrogers.com Please include your campers name and cabin number in the subject line.
  7. You can see pictures and updates for camp on our Facebook, Instagram, or Twitter:  
[@campfloydrogers](https://www.facebook.com/campfloydrogersinfo)
  8. Trust that your child is safe and under the care of experienced staff.

## A Letter from our Medical Director

Dear Parents,

We are looking forward to another great year at Camp Floyd Rogers. Camp will be starting soon and preparations are well underway.

Here are a few thoughts on what to bring (and what not to bring) in the way of medical supplies for your camper.

Please make sure to bring a copy of your child's camp physical form and medical forms with you.

We will have insulin, glucometers, test strips, syringes, alcohol wipes, lancets, ketone test strips and glucagon at camp. It is not necessary to bring these items.

Because of the volume of medications we administer at camp, we request that you do not send vitamins or supplements unless they are prescribed by your child's physician to treat a specific medical problem. Our dietary staff provides well balanced meals and vitamins can be resumed once the child returns home.

We receive a few requests each year to use insulin pens at camp. Unfortunately, due to issues of storage and the logistics of insulin dosing, we are not able to accommodate the use of insulin pens at camp.

If the camper is on an insulin pump, please send adequate supplies for 5 site changes (we will probably only do 3 changes at camp, but this provides extra just in case). If your child has multiple basal patterns, we recommend that you set the pump basal to the most active pattern before coming to camp. If your camper is using an Omnipod 5 device, make sure to bring the controller device with them as cell phone use is not allowed at camp.

If your child uses a CGM monitor (subcutaneous glucose sensor) we recommend that they continue to use it at camp. Since the campers are active, they may dislodge the site more frequently than at home. We recommend sending 3 sensors just in case. We will continue to monitor all campers closely regardless of whether they are using a sensor. This year, we will be using CampViews, a program that allows us to remotely monitor and follow the CGM readings and trends of all campers using a Dexcom G6 or G7 system. Unfortunately, it is not compatible with other CGM systems (Medtronic or Freestyle Libre) at this time. Campers using those systems, will have CGM readings followed individually in the traditional fashion. Campers on a Dexcom System should bring their mobile phone to camp. While we will lock out other functions and still prohibit other use of the phone, we will need to have it near the camper in order to transmit BG readings to the CampViews program.

You do not need to bring over-the-counter "as needed" medications to camp. We have Tylenol, ibuprofen, Mylanta, tums, benedryl, hydrocortisone cream, neosporin and other basic medicine cabinet remedies available.

We look forward to seeing you at camp check-in on June 23rd!

**Gregory T. Penny, MD Medical Director**

### ASSISTING IN CAMPER ADJUSTMENT

Your proper preparation of your child for this June's camp assures proper adjustment to living at camp and away from home. Children may have fear about living away from home - at least initially. We appreciate any help or reassurance that you are able to give your camper prior to arrival at camp. Please explain to your camper that they will be missed, but you want them to gain the benefit of the camp experience.

Our staff is properly trained to work with all children and facilitate and ease their transition in active camp living. Trust that our directors and counseling staff know their job and can work well with your child.

### IF YOUR CHILD CANNOT ATTEND CAMP:

We have a capacity enrollment plus a large number on a camp waiting list. If for any reason your child cannot attend the camp please let us know IMMEDIATELY. By doing this, we can make adjustments in our planning and possibly take another child in his or her place from our waiting list. Your help in this matter is appreciated.

We expect all campers to attend the full camp session. This means not arriving a day late or leaving early. Campers are not allowed to leave for any reason during the camp week unless deemed necessary by medical staff. Campers of driving age are not to drive to camp. A legal guardian must be present at check-in and check-out. Campers will not be allowed to check-in or depart from camp if they have driven themselves. Please note the May 25th date as the cut-off.

### The Floyd Rogers Diabetic Foundation Walk

The Floyd Rogers Diabetic Foundation Walk raises money to benefit Camp Floyd Rogers and its campers. Help us keep the Camp Floyd Rogers traditions alive! Please talk with friends, family and use social media to help us raise money for the Floyd Rogers Diabetic Foundation Walk. All funds raised directly benefit Camp Floyd Rogers and its campers. The walk is part of the reason the fee to attend Camp Floyd Rogers is \$550 when the actual cost is in excess of \$1100 per camper. The Floyd Rogers Diabetic Foundation is a 501(c)3 nonprofit organization. All contributions are tax-deductible to the extent allowed by the law.

Have all online donations specify the camper's name as the reason for the donation. Donations for all cabins are totaled with the top cabins receiving special prizes and event while at camp. Use the link below to send online contacts to the donations page:

<https://cfr.formstack.com/forms/donation>

Use the link below to obtain a paper copy of the Floyd Rogers Diabetic Foundation Walk form. The filled out form with all money must be turned in at check in. Both online and paper form donations will go towards the camper's totals.

<https://www.campfloydrogers.com/foundation>

## Camp Check-lists

### Forms

- ( ) Camper Health Form & Dietary forms (including physician signature, no camper will be accepted without it!)
- ( ) Copy of Insurance cards
- ( ) Floyd Rogers Foundation Walk form and donations (you may bring this with you also)
- ( ) Camper and Parent Agreement form (Please look over the handbook before signing.)

### Things to bring with you at check-in:

- ( ) Floyd Rogers Foundation Walk Form (if you have not sent it in)
- ( ) CFR Insulin Pump Information
- ( ) Meal Plan Information form
- ( ) Blood monitoring information from the week before camp
- ( ) Recent diet record information
- ( ) Medications (in original containers in Ziploc with name on it)
- ( ) Any medical supplies you are unsure if you should bring
- ( ) Pump Supplies

### WHAT TO BRING:

**Clothing:** 3-5 Pair pajamas, 9 Pair Socks, 9 Changes Underwear, Jeans, Shorts, Shirts, 1 Warm Jacket/sweatshirt, 1 Swimming Suit, 1 Making waves (ocean/beach) themed costume for the dance (SWIM SUITS ARE NOT CONSIDERED A COSTUME), 1 Nice Dress Outfit for Final Banquet, 1 Pair Dress Shoes, 2 Pair Tennis Shoes, 1 Pair Shower Sandals, 1 Hat

**Gear:** 1 Pillow, 2 Pillow Cases, 2 Blankets (or sleeping bag), 2 Bed Sheets, 3 Wash Cloths , 3 Bath towels, 1 Laundry Bag, 1 Backpack/Small Bag, 1 Flashlight With Extra Batteries, 1 Water Bottle, Insect Repellant/Sunscreen, Camera (inexpensive)

**Toiletries:** Toothbrush/Toothpaste, Comb, Shampoo, Soap, Deodorant, Kleenex

**Other:** Pre-Addressed Postcards, Stationary and Stamps, Fishing pole & tackle box (no knives)

### **Do NOT Bring:**

**CELL PHONES:** Please see policy in camper handbook as well as the letter from our medical director as bringing a cell phone for any other use besides dexcom readings is grounds for dismissal from camp!!!

Electronic Devices (MP3 players, PSP, DS, etc.)

Expensive things, including name brand clothing Food items, drinks, or candy

Insulin, blood monitors, lancets – the camp will provide these

Weapons, knives, sports equipment, fireworks Unauthorized drugs, alcohol, or tobacco.

## Camper Behavior Agreement Rules & Regulations

I \_\_\_\_\_ (camper) agree to follow the rules and regulations outlined in the Camp Floyd Rogers Code of Conduct handbook located on the camp website. I understand that if I do not agree or do not follow the code of conduct, I will be denied entrance to camp or sent home before the camp week has ended without a refund.

I understand that these rules and regulations listed in the handbook include but are not limited to the following items/policies:

- I. Campership & Scholarship Policy
- II. Cancellation Policy
- III. Check-In Policy
- IV. Electronic Devices Policy
- V. Dress Code Policy
- VI. Personal Hygiene Policy
- VII. Activity Participation Policy
- VIII. Violence or Physical Contact Policy
- IX. Foul Language Policy
- X. Bullying/Harassment Policy
- XI. Buddy System Policy
- XII. Meal & Snack Procedures Policy
- XIII. Blood Glucose Testing Policy
- XIV. Insulin Administration Policy
- XV. Safety Procedures Policy
- XVI. Drug, Tobacco, & Alcohol Policy
- XVII. Public Display of Affection Policy

I \_\_\_\_\_ (parent/guardian) agree that my child attending Camp Floyd Rogers is responsible for the above information. I understand that if my child does not agree to follow the code of conduct, they will be denied acceptance to camp. I understand that if the code of conduct is broken while attending camp, they could be sent home before the camp week has ended without a refund. I understand if I require a printed copy of the Code of Conduct Handbook I can request one by emailing [director@campfloydrogers.com](mailto:director@campfloydrogers.com).

Parent Signature \_\_\_\_\_ Camper Signature \_\_\_\_\_

**PARENT OR GUARDIAN ADDITIONAL AGREEMENT**  
**(Must be completed for Camp Participants under the age of 18)**

In consideration of \_\_\_\_\_ (***PRINT Camp Participant's name***) ("Camper") being permitted to participate in Camp Floyd Rogers, I, the Parent or Legal Guardian of Camper, hereby agree to release, covenant not to sue, discharge, and hold harmless Camp Floyd Rogers (which shall include but not be limited to its officers, directors, members, employees, agents, contractors, volunteers, representatives, attorneys, insurers, successors, and assigns (collectively, "Camp Floyd Rogers")) of and from any and all claims, including all liabilities, actions, damages, costs, fees, or expenses of any kind arising out of or relating to Camper's participation in Camp Floyd Rogers and which are brought by or on behalf of Camper.

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Parent or Guardian's Printed Name

Parent or Guardian's Signature

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Parent or Guardian's Address (Street, City, State, and Zip)

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Parent or Guardian's Phone Number

Date