



FAMILY CAMP FAQ

To help you prepare for the weekend, we've compiled some **Frequently Asked Questions** about Family Camp. Have a question that's not listed below? Please email info@berkst1dconnection.org.

Where are we staying?

South Mountain YMCA provides cabin-style housing with a clean and modern bathhouse for each village of cabins. Please be sure to bring a sleeping bag and pillow as well as your favorite personal toiletries. Please also see [PACKING LIST](#).

Where is South Mountain YMCA?

The South Mountain YMCA camps are 600 acres that reside outside of Reading, PA on the borders of Berks and Lancaster Counties. The camp address is 201 Cushion Peak Rd, Wernersville, PA 19565

GPS address is 201 Cushion Peak Road, Reinholds, PA 17569

From points South or East via PA Turnpike:

- Take the PA Turnpike to Exit 286 (Reading/Ephrata).
- Follow exit road and turn RIGHT on Hwy-272N.
- Proceed about 2 miles to the first stop light. Turn LEFT onto Hwy-897N at Weavers Market.
- Proceed 3 miles to the first stop sign and turn RIGHT onto Ridge Road (there is a convenience store on the opposite corner).
- Proceed 3 miles (Ridge Road becomes Fritztown Road) to E. Galen Hall Road and turn on LEFT (look for Galen Hall Golf Course & Hillside Church signs).
- Proceed just over 1 mile to Cushion Peak Road and turn RIGHT.
- Proceed up Cushion Peak Road to the top of hill. The main entrance to camp is on the LEFT.

From Points North or East via I-78:

- Take I-78W to PA-100S (Trexlerstown).
- Continue on PA-100S for 0.5 mile to the turnoff for Reading and Hwy-222 (Schantz Road). Continue on Rte-222 for 15 miles.
- Follow Rte-222 towards Reading/Lancaster exiting to the RIGHT and proceed along a divided highway for 4 miles.
- Take the Spring Ridge Drive exit and turn RIGHT onto Spring Ridge Dr.
- Proceed to 5th stop light and turn RIGHT onto Hwy-422W (Penn Ave).
- Go to 1st stop light and take a LEFT onto Columbia Avenue.
- Proceed 3.4 miles and turn RIGHT onto E. Galen Hall Road (look for Galen Hall Golf Course & Hillside Church signs).
- Proceed just over 1 mile to Cushion Peak Road and turn RIGHT.
- Proceed up Cushion Peak Road to the top of hill. The main entrance to camp is on the LEFT.

From points West – Route 422 from Harrisburg:

- Take Hwy-422E to Wernersville.
- Turn RIGHT onto Werner Street at the stop light by Hoover Motors.
- Proceed two blocks to stop sign and turn RIGHT onto Lincoln Drive.
- Proceed one block to stop sign and turn LEFT onto Hill Road.
- Proceed 0.7 mile to fork in road and bear RIGHT onto Galen Hall Road.
- Proceed to the top of the hill and turn LEFT onto Grandview Drive.
- Proceed about 1 mile and turn RIGHT onto Cushion Peak Rd. The main entrance to camp is on the RIGHT at the top of the hill.

What are the registration fees to attend Family Camp?

Adults – \$50 per person

Kids (grades K-12) – \$40 per child

Kids under 5 – \$25 per child

When do we need to arrive?

Registration is open Saturday, September 9, 2017 between 8:00-9:00am. Please arrive early and leave time for networking and a light continental breakfast!

What is the schedule for the weekend?

The full agenda will be posted shortly, but here's a sneak peek.

Saturday will be a full day of activities for adults and kids. We kick off at 9:00 with a light breakfast, we have several speakers and breakout sessions for the adults, who will cover topics including managing the emotional impact of diabetes on your family, emerging technology, and many more.

We'll cap things off with a campfire Saturday night.

Sunday will include many more great T1D topics TBD.

How much time will the kids spend with us vs. with the camp counselors?

Counselors will ensure your kids are safe and have a great time while you are attending the various speakers and breakout sessions throughout the weekend.

Children are with their families for all meals, snacks, family free time on Saturday afternoon, campfire and overnight.

A formal camper hand off process is utilized to ensure camper safety.

Who will be watching my child?

South Mountain YMCA Outdoor Center Staff will facilitate programs with the children.

We will be supplementing SMYMCA staff with our volunteers.

Our volunteers either have Type 1 Diabetes or a close connection to it.

Our child to volunteer ratio for the weekend is 4:1, depending on the age group.

All volunteers pass a background check prior to camp.

What if my child needs help testing during a play session?

Volunteers will escort kids to the parents program lodge to assist with testing.

Volunteers are not authorized to assist with testing or injections.

We train our counselors to err on the side of caution and they will provide glucose tabs or juice "in the field" or in transit to the lodge on a case by case basis.

What if my child is low while they are in a play session?

If your child does not test their own blood sugar, counselors will escort your child to the parents program lodge to have you assist with testing.

If your child does test their own blood sugar, they will complete the test on their own and counselors will provide juice or glucose tabs, if necessary, and update you during the next camper hand off.

What medical supplies do I need to pack?

You should bring all testing, low blood sugar treatment supplies, insulin, needles and pumping supplies necessary for your child's care for the weekend. Back up low blood sugar supplies will be available.

What does our registration fee include?

Lodging, four meals, three snacks, diabetes management seminars and child care.

Someone in my party has Celiac Disease (or some other special dietary requirement) Will there be food available that (s)he can eat?

Celiac-friendly meals are available. To ensure adequate supplies, please be sure to indicate any special dietary needs on your registration forms as requested.

Can grandparents, spouses, caregivers, other family members and friends attend camp?

Absolutely! The whole family is welcome to join in a weekend of learning and camaraderie with other families impacted by Type 1 Diabetes.

Can we bring our dog?

Unfortunately our camp facilities cannot accommodate pets.

Is there Wi-Fi at camp?

Wi-Fi is NOT available; in fact, cell reception is spotty in certain areas on the mountain. Please plan to come ready to "disconnect" and enjoy your family time! We will have two-way radios for communication among the camp staff for safety reasons.

For more information, please contact info@berkst1dconnection.org