

Healthy Living Contract

Remember, "Attitudes are caught, not taught"

One of the responsibilities of counselors, Leaders-In-Training and all staff member at summer camp is to serve as a good role model for the campers. At Camp Nejedda many of the staff also act as role models for diabetes self-management. The Directors of Camp Nejedda consider it especially important for each person to demonstrate healthy self-care habits while at camp. To further that end, each staff member is asked to agree to the following.

All staff: I agree to take care of my health while at Camp Nejedda and to practice and model healthy living to the best of my ability. I will report promptly to the medical staff if I am ill.

1. I understand that failing to abide by these guidelines will adversely affect my evaluation and substantially reduce my chances of having a position at Camp Nejedda.
2. I understand that I may be asked to leave camp if I fail to abide by this contract.

Cabin Staff: I understand that part of my responsibility is to be out of bed each morning when the campers get up so that I can participate in the taking and recording of blood glucoses along with other morning activities.

Cabin Staff with diabetes: I agree to take care of my diabetes while at Camp Nejedda and to practice good diabetes self-management to the best of my ability, including at least the following basic practices:

1. I will test my blood glucose at least four times daily as is required of the campers.
2. I will record the results of those tests on the "spec sheet" or directly in the cabin's record book (Kardex) daily.
3. While I understand that the medical staff is not responsible for the diabetes management of the staff and that staff are free to make their own decisions, I will be open to their suggestions, particularly if my diabetes control is not going well.
4. I will report to the medical staff when my diabetes is out of control (any BG over 400, 2 or more BG's over 300 or under 50 in two consecutive days, moderate or large ketones for more than four hours).

Printed Name

Signature

Date