



FAQs - Camp Hamwi

Day Camp

What is the staff structure at Camp Hamwi?

Our staff consists of Endocrinology Attending's and Fellows from Nationwide Children's Hospital, Residents from Nationwide Children's, RNs and LPNs from a variety of medical institutions, dietetic students from a variety of universities and 1-2 counselors per group of campers. Approximately 62% of our staff in 2024 was living with Diabetes themselves.

Will my camper be attending activities with other their own age?

Our day camp allows for campers ages 3-12, and we do our best to place campers with other campers their own age and these groups participate in some activities as a group. This group will also be who your camper will sit with at meal/ snack times, down times and other time we are all as a camp sitting in the shelter area. There is a number of activities we do as a whole camp where they will have the chance to play and interact with other campers older and younger.

Does Camp provide food for my camper?

Campers are responsible for bringing their own packed lunch each day of camp with a slip of paper inside with the total carb count of the food inside.

Camp Hamwi provides a 10a snack for all campers, and a 3:15p snack for all campers who are staying for aftercare. All food selection and prep is done by our full time dietitian.

How does camp staff handle insulin administration while at camp?

Camp staff will use the provided carb count inside the camper's lunch box and review each food item with the camper, discussing whether the camper will eat their entire lunch. Due to the practice of pre bolus, campers must decide how much they will eat and work with the camp staff member to calculate the proper amount of insulin they need to take for their selection. We encourage the camper to have an active role in their diabetes management to help them understand and learn more about their diabetes.

Where is Camp Hamwi Day Camp located?

Camp Hamwi day camp is located at Blendon Woods Metro Park Dogwood Shelter (4265 E Dublin Granville Rd, Columbus, OH 43230)

Does my camper need to bring all their own medical supplies?

Yes, your camper needs to bring insulin, syringes and other medication taken during a typical day. Camp supplies blood glucose testing supplies as well as basic first aid. If your camper is on a pump or CGM, they do need to bring any supplies that they need to get through the week (i.e. – infusion sets, reservoirs, etc.).

What is the cell phone policy at Camp Hamwi?

Cell phones are encouraged to be used as receivers for CGMs at camp to promote gaining independence using the same care of their diabetes at camp that they do at home.

However, If cell phones become an issue, campers will receive a warning, then, if it happens again, cell phones will be confiscated for the duration of that camp day.

My camper uses a CGM, what is Camp Hamwi's policy on sharing mode and using CGMs?

Campers are encouraged to use their CGMs while at camp, and we highly encourage that you bring the receiver that came with the CGM for use while at camp.

Although CGMs are an integral part of Diabetes Management, there will still be times in which campers are asked by med staff to prick their finger, although not as frequently. This is for a few reasons:

- Technology can fail. It is imperative for campers to know, understand, and be comfortable with using alternative ways to check their blood sugars in case they are in a situation in which their sensor does fail.
- At camp, we are typically a lot more active than many of our campers are in a non-camp setting and CGMs can tend to run 10-15 minutes behind. When we are being extra active or it is extra hot outside, we may ask campers to verify blood glucose via a finger prick.

Starting in 2023 the camp medical team will be using a new program called CampViews This is a Dexcom monitoring software to add in the monitoring of each camper blood sugar who is currently using a Dexcom. This software links to each campers Dexcoms and displays the campers blood sugar reading on one screen for the medical personnel to see and monitor more efficiently.

Is financial aid available for my campers?

Yes. If your camper is in need of financial aid, you must fill out the “Scholarship” section of your questionnaire on CampDoc.

About a month before camp begins, a staff member will reach out to you individually to discuss financial aid options, but only if you filled out the “Scholarship” section.

Is there a theme for the 2025 Camp Hamwi season?

Yes! Our theme for 2025 will be “Survivor!” We will always encourage campers to bring themed outfits with them to camp!

What does the daily structure of day camp consist of?

After campers arrive between 8-9am, Day camp is structured around snack times and check and inject times. As a camp, we begin lunch check and inject at 11:45am every day, with snacks at 10am and 3pm for campers staying for aftercare. In between these times, we have planned activities that vary from day to day in between free play in the field and structured activities as a full camp. Campers are asked to be picked up between 3-5:30pm.

What is before care and after care? How does it work?

Before care and after care are additional services that are offered **at no additional cost** to day campers to be dropped off or picked up earlier or later than the usual day camp schedule. Before care starts at 8am going into standard check in at 9am, and after care starts at 3pm and ends at 5:30pm. Staff members will take care of campers during this time through unstructured play time outside of the usual day camp programming.