

# Virtual Diabetes Camp Planning Kit



**Diabetes**  
Education & Camping  
Association

In Partnership with



# A Guide on How to Start a Virtual Diabetes Camp

## Ok, you have made the decision to cancel in person camp, now what?

What is the goal for your virtual diabetes camp? For most of us, it is to keep your community engaged and provide diabetes specific education and support to our community. When polled, the number one response of what families want out of virtual camp? Connection! They want to connect with old friends, make new friends, and connect with the staff who have become family. This tool sheet is designed to help you start and provide a successful virtual program.

Still debating? Here is an excellent link outlining risk management and various scenarios from Camp Skyline shared on the Virtual Camp Ideas Group on Facebook: <https://static1.squarespace.com/static/5bd9f65c4eddec8bfb85ffeb/t/5eab119c8aa0b52dec7750bd/1588269468873/Decisions.pdf>

### KEEP IN MIND THE FOLLOWING:

Stay organized

Stay on task

Keep it simple

Set up who is running  
the show

Do what you do best —  
provide a way to connect  
kids with diabetes

### ASK YOURSELF:

*Click on a question below to jump to the topic.*

Who is the camp for?

What type of a virtual camp should work best for me?

Will my campers have accessibility?

What digital platforms will suit my virtual camp the best?

Can I communicate the services that I will provide?

Can I keep this virtual camp staffed and secure?

What legal concerns may arise?

What program is needed and best for your camp?

What is the best content?

How much is enough and how much is too much?

Do I have a budget for this?

“I see a lot of other diabetes camps doing some fun stuff.”  
Consider partnering with them.

Other things to consider — dotting i's and crossing t's.



## Who Is the Camp For?

Teens? Adults? Families? Kids? All of the Above? Do you have counselors and medical staff? Are you replacing a day program, a resident week program or a summer long program? Will this be an open platform for anyone on social media or will this be a private camp with private groups or through online conferencing systems with materials mailed for each day?

## What Type of a Virtual Camp Should Work Best for Me?

A camp can decide if they want to run weekly virtual activities through social media for everyone, or if they want to run a full virtual closed camp with a structure of multi day activities specific for those signed up or registered. That can narrow down overall pricing and possible grant opportunities. Have your grantors provided any guidelines or changes on how to use funding?

## Will My Campers Have Accessibility?

Although many internet providers are offering special incentives such as free service for a limited time frame, it is possible not all families have access to smart phones, computers, and/or internet service. For some games and activities, it may be possible to send print-outs with instructions and any materials needed to complete the game or activity, or you can consider creating, saving, and sending a fully loaded memory stick.

## What Digital Platforms Will Suit My Virtual Camp the Best?

The most popular diabetes virtual camp options are:

**ZOOM** is a relatively inexpensive platform (free option available with limitations) that allows campers to socially interact with one another.

**Pros:** Zoom is widely used and many are familiar with it; many security features help to protect participants if used correctly; “breakout rooms/ this could be used for smaller cabin groups” allow you to divide campers into sub-groups either manually or at random; host can easily mute/unmute participants as needed and has a large degree of control over who is there; social interaction more closely mirrors a camp experience; fun backgrounds can hide socioeconomic inequalities; ability to charge for participation if consistent with your virtual camp model (click [HERE](#) for more information about charging for virtual camp).

**Cons:** Takes more planning due to waivers, ensuring appropriate number of participants, appropriate staffing & staff training, etc.; prompts participants to download an app; has drawn some negative media attention for “zoom-bombing”, but has added extra security as a result. Some of the security features do need to be manually turned on, so it is important to make sure you are aware of what is available and utilize security features appropriately.

[Guide to Zoom Safety Precautions](#) to use in concert with appropriate waivers and conduct guidelines. This waiver and its contents are also applicable to many of the online options for meetings and for this purpose.



## Facebook Live and Instagram Live

are free platforms that can provide fun content in either a live or pre-recorded format.

**Pros:** Less planning than something more socially interactive like zoom; recordings can be available for campers/families to watch at their leisure

**Cons:** Limited (if any) social interaction; viewable by the public; no ability to charge participants

## Other Options to Look Into Are:

**Google Hangout:** <https://hangouts.google.com>

**Go to Meeting:** <https://www.gotomeeting.com>

**YouTube:** <https://www.youtube.com>

**Ring Central:** <https://www.ringcentral.com>

**Full list of ACA platforms:** <https://www.acacamps.org/news-publications/blogs/camp-connection/virtual-program-platform-pros-cons>

## Can I Communicate the Services That I Will Provide?

Can I email? Do I have emails of campers? Can I text campers? Can I use social media to let them know? Will I have to mail correspondence? Consider using several different ways to communicate your message. It is best to be able to use at minimum 3 different lines of advertisement to let your community know about your events. Email, Texting System and Social Meeting, Calendar Invites and Calling are usually the best ways to start. Consider sending a google form to sign up virtual camp participants and get this information.

## Can I Keep This Virtual Camp Staffed AND Secure?

How will the camp be monitored from my organization? Who is qualified to monitor the activity? How should staff members respond to or act with online social situations that may come up? Look at your camp organization flow chart to make sure these items are addressed. See *protocol example to the right*.

### Online & Virtual Camp Staff Protocols

At the Nevada Diabetes Association (NDA) the most important thing is the safety of our Campers & Staff. We hold the same policies and procedures as we would in an in person camp setting. All of our staff, regardless of situation, are always held to our highest standards while representing the NDA. With that, the requirements for a staff member to partake in any online camp are listed below:

- Completed NDA Staff application & waivers. (Same as attending resident camp)
- Background check.
- Age 18 or older.
- Online or in person orientation with camp policies & procedures. (Signed off by director)
- Approval by NDA director before entering any online or virtual camps.

With the times changing to more events being hosted on online platforms, the Nevada Diabetes Association requires all staff to adhere to the following rules when representing the organization. Including but not limited to:

- Never being alone in an online chat room or camp with any camper. (Rule of 3, while making sure another adult is on chat).
- No use of profanity or use of foul or vulgar language.
- No use of any alcohol or drugs while on camp calls.
- Not being under the influence of alcohol or drugs while on camp calls.
- Must have director approval before entering a Chat or Call
- As an NDA representative you are a "Mandated Reporter" (Even on virtual events)

With any questions or concerns on any of these rules and regulations please contact the appropriate director listed below.

Sarah Gleich (Executive Director) Sarah@Diabetesnv.org 775-513-8111

These above protocols for staff let them know their expectations, requirements, and how to get questions and concerns addressed with contact information.



## What Legal Concerns May Arise?

Are you just speaking to kids? Are parents involved? Make sure you have a signed consent form by child's guardian to engage in virtual programming with kids under the age of 18. The American Camp Association reminds you to also use safety and COPPA regulations when using online digital platforms. Remember you must ask a parent or guardian for permission to engage their child in this type of correspondence. He or she must be made aware what platforms will be used, how to report if help is needed, how your virtual camp will be monitored, and who is in charge.

**Safety for this camp should use all COPPA standards.** There are federal guidelines in place for how programs should support kids under the age of 13 online. One important guideline is the Children's Online Privacy Protection Act (COPPA) Safe Harbor program. According to iKeepSafe.org, a Federal Trades Commission-approved COPPA Safe Harbor organization, the iKeepSafe COPPA Safe Harbor Certification program "ensures that practices surrounding collection, use, maintenance, and disclosure of personal information from children under the age of 13 are consistent with principles and requirements of COPPA" (iKeepSafe, 2020). These regulations usually involve keeping children safe by requiring programs have firewalls in place to make sure personal information is not requested or accidentally shared by a child's device. An important note: These regulations only apply to organizations that fall under federal regulation. We understand that most camps will not be *required* to meet these regulations — but should aim to do so as a best practice.

**Kendra Perkins, Assistant Camp Director at Roundup River Ranch, shared a list of additional safety precautions** based on research Roundup River Ranch has done into virtual programming. Some of the considerations include:

**Creating a space** where campers can connect and participate safely

**Having control of the space** and how campers use it in order to prevent a negative or harmful experience such as:

- cyber bullying
- inappropriate content or information shared between campers/staff/volunteers
- campers connecting directly with no supervision
- personal camper information able to be accessed or shared by outside individuals not connected to camp
- personal camper information able to be accessed or shared between campers without the camp's knowledge
- Safety of staff/volunteers participating in virtual camp
- Proper supervision and adult: camper ratios
- Supporting individual needs and limitations of campers as they participate in a virtual camp program ((ADA, 2020)).



# What Program Is Needed and Best for Your Camp? What Is the Best Content?

Many diabetes camps want to focus on education, support, relationship building, assistance, creativity, growth, involvement, structure and positive behaviors. The following will help you create the content for your virtual diabetes camp.

## What Topics

Do you need to talk about diabetes social issues?  
Do you need to educate on the building block of diabetes?  
Do you need an arts and crafts project? Do you need a professional speaker? Skits are the way to go for us...  
how do I give them a theme?

## Set a Schedule and Stick to It

Make sure your community can trust that this programming will happen. For a week-long resident camp, you may want to have a few programming items per day and broken into different groups. For example, you can start your day with a morning announcement. This can include a camp song, updates, or a fun trivia game. It is most important to include what to expect for the day and week ahead. A good way to do this is with consistency. Make an announcement at the same time each day and on the same social platform. Examples: Instagram: @bishopgormanasg or Facebook: @NevadaDiabetes.

## Camp in a Box

You can send this out before hand in the mail or ask families to gather items they may have around the house. Things to consider including:

### Camp Shirt/Camp Swag

### Company Promotions

(Lilly Bag, water bottles, fun camp giveaways)

### Craft Supplies

### Weekly Schedule

Instructions for Crafts/ Preloaded thumb drive  
for wifi deserts

### S'mores Kit

Fun extras to use during a Zoom event  
(dress up, mask, etc.)

## Program Inspiration

Here are some ideas to get your camp going [CLICK HERE](#).

## Activity Ideas

You can send this out before hand in the mail or ask families to gather items they may have around the house. Things to consider including:

### Window Clings

<https://teachingmama.org/diy-window-clings/>

Supplies: Elmer's glue, dish soap, food coloring, plastic page cover

### Friendship Bracelets

Supplies: Thread/ String/ Yarn, any additional additions

### Styrofoam Block Printing

<https://gomakesomething.com/ht/stamping/styroprinting/>

Supplies: Foam plate/ take out container, cardstock, water based Printing Ink or Acrylic Paint

### Tissue Paper Mosaic

<https://fun-a-day.com/tissue-paper-stained-glass-spring/>

Supplies: Contact Paper, Tissue Paper, (Other alternative uses liquid starch also in instructions)

### Seed Art

Supplies: Small Pot, Acrylic Paint, Seed packet

### Nature Art

Supplies: Piece of paper, glue, items found in nature (leaves, rocks, flowers, pinecones)

### Acrylic Tie Dye

<https://campfireseattle.org/blog/diy-acrylic-tie-dye/>

Supplies: White shirt (could be camp shirt), Acrylic paint, Bottles (could use old water bottles), Rubber bands

## Live Activity Ideas

Campfire/ camp songs

Cooking demos

Creek walk/nature walk

Craft demos

Speakers/diabetes info

Unique activities specific to your camp

Scavenger hunts (indoor or outdoor)

Zumba/ yoga/ exercise

Bingo, Guess Who, Charades, Scattergories, Pictionary

Talent Show



## Diabetes Activity Ideas

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### Cabin Break Outs

Allow campers to interact with other 'cabin mates' along with prepared diabetes comments

### Cooking Demos

- Can be live or pre-recorded
- Provide list of ingredients a week in advance, have a zoom cooking show similar to chopped
- Possible goals: create low snacks under 10 grams of carbohydrates, create a complete balanced meal using 7 ingredients or less, cook a meal under 45 grams of carbohydrates for your parents

### Carb Kahoot

Create a trivia game based on carbohydrate counts

### Diabetes Bingo

Include giving insulin, changing a site, long acting shot, multiple blood sugar checks

### Exercise Blood Sugars

- Live or recorded, spend 10 minutes resting and check blood sugars
- Spend 15-25 minutes exercising while checking blood sugars during
- Discuss findings of blood glucose changes

### Diabetes Art

- Make art using diabetes supplies
- Can set goal: any picture, making 'T1D', pancreas

### Diabetes Scavenger Hunt

Find following items: meter, snack around 15 grams, low treatment, water, something to use while exercising, 1 cup measuring cup, alcohol swab, etc.

### Stump the Experts

Invite medical to a Zoom call, allow campers to submit questions, see if they can outsmart the 'experts' (Questions can be anything diabetes related)

### Guest Speakers

DECA provided, medical staff, possible celebrities

### Daily Challenge

Try something new (new site location, check own sugars), word of the day (diabetes word that campers try to guess meaning), exercise challenges

### Diabetes Across the US

Partner with other camps to connect campers by age, allow to discuss what life with diabetes is like there

## Sample Diabetes Education Topics

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It is important to remember that diabetes education can be used in its own sessions or incorporated in other activities during a traditional diabetes camp or virtual diabetes camp.

Your Emotions & Your Diabetes

Diabetes and the Medications You're On

What to Do When Being Over Active

Depression with Diabetes

Diabetes Trivia Games (insert mostly any game show or board game)

Jeopardy

Guess Who

BINGO

Nutrition Topics

Difference Between Counting Carbs and Sugar

Importance of Fiber

Calories In Calories Out

Plate Portioning

Diabetes Scavenger Hunt

Going to College or After High School

Relationships and Diabetes

Kinetics and Diabetes

How to Tell Friends You Have Diabetes

How to Talk to Your Parents and Provider About Your Diabetes Concerns

Pregnancy and Diabetes

Sex and Diabetes

ED and Diabetes

Misconceptions With Diabetes

Traveling and Diabetes

Taking Control With Diabetes

Drinking and Drugs With Diabetes

Setting Goals

The History of Diabetes

Stress and Diabetes

Coping Tools for Diabetes

Diabetes T1D Diagnosis Theories

Cooking Better With Your Friends and Family

Art and Diabetes

One Word to Describe Diabetes

How Diabetes Stresses You Out

The Sugar Count Game

Create This Meal Activity

How to Navigate Insurance

Diabetes Technology and the Future of Diabetes Care

Is It True Session, Ask the Experts



## “TALKABETICS” Diabetes Conversation Starters

What has it been like for you, living with diabetes?

What is most difficult about living with diabetes for you?

How have your friends helped you?

How have your friends not helped you?

What is it like in school for you?

What do your parents do that help you feel good about yourself with diabetes?

What do your parents do that cause you to feel badly?

What is it like going to the doctor?

What about your diabetes gets you angry?

What about diabetes gets you scared?

What are social situations like with diabetes?

What type of meal plan do you follow?

How are the holidays different because of diabetes?

Do you know anyone else with diabetes your age?  
(At home? Before camp?)

Has having diabetes changed how you look at yourself?

Have you ever used diabetes to get back at someone, or get away with something?

Have either hyper or hypoglycemia given you embarrassing moments?

Have you ever purposefully skipped an insulin injection/bolus?

Who do you tell or not tell about your diabetes?

Who has helped you the most with your diabetes?

What positive thing has diabetes given you?

What are the accomplishments relating to diabetes for which you are most proud?

## How Much Is Enough and How Much Is Too Much?

Do my campers want to be contacted 10 times a day? Are my campers overwhelmed from virtual school? Do something that people know will happen and not have to guess if it is going to happen. Set the schedule and give consistent reminders. For example, morning announcement and reminder 10-15 minutes before event takes place.

## Do I Have a Budget for This?

Will I have any additional funds to possibly send out a camp box or pay for a membership for digital games? Will I need additional equipment, software or hardware? Will I have enough bandwidth to stream online activities? (If you can stream Netflix you probably will be just fine.) Remember to troubleshoot beforehand because you may need to take local digital items offline while you are hosting. It is important to see if your funding for camp can be repurposed for this type of programming. Will you be wanting to charge for these virtual camp? Keep in mind all the free options available when setting a price, if you decide to charge.



## “I See A Lot Of Other Diabetes Camps Doing Some Fun Stuff.” Consider Partnering With Them.

There are many fun challenges that you can partner in the DECA community. We are all in this together. Be creative. There is no rule book for success for this situation. Take this opportunity to use those outside of the box ideas and have some fun. As an example, the Nevada Diabetes Association is happy to have you join their weekly programming (Wednesdays) with Barton Diabetes Center, Camp Seale Harris and Diabetes Youth Foundation of Indiana. If interested, please email Dakota Ostrenger at: [dakota@diabetesnv.org](mailto:dakota@diabetesnv.org).

### Other Opportunities to Partner:

**Challenges:** Kahoot, Drawing, etc.

**Recorded shared videos**

**Speakers**

**Pen Pals**

## Other Things to Consider — Dotting I’s and Crossing T’s

Think about safeguards you would have in place for an in-person program and ensure that the same expectations are upheld for virtual programs.

**Staff contracts** *(see next page for example)*

**Camper contracts signed by campers**

**Parent guide**, sent to parents the week prior to conducting programming—what to expect from virtual programming, supplies needed, times it will run, platforms used, etc.

**Leadership in observance of all sessions** *(at least one office staff/unit head and a counselor)*

### Staff training

- Child sex abuse prevention training
- Mandated reporter
- Keeping conversations appropriate for unstructured conversation/“hang out” time OR guidance on how to redirect





## 2020 CAMP KUDZU STAFF CONTRACT

### VIRTUAL PROGRAMS

At Camp Kudzu, the most important thing is the safety of our Campers & Staff. We hold the same policies and procedures as we would in an in-person camp setting. All our staff, when in any situation representing Camp Kudzu, are held to our highest standards. With that, the requirements for a staff member to partake in any virtual camp are as follows:

- Completed Camp Kudzu Staff application & waivers (Same as attending resident camp)
- Background check
- At least 19 years of age and at least 1 year post-high school experience
- Online or in person orientation with camp policies & procedures (Signed off by director)
- Approval by Camp Kudzu director before entering any online or virtual camps

I \_\_\_\_\_ (print name) agree to abide by the following standards of conduct:

- I will never be alone in an online chat room or camp with any camper. (Rule of 3, while making sure another adult is on chat).
- I will not use profanity or use foul, vulgar, or derogatory language.
- I will not tease, make fun or scare a camper to the point they are over stimulated, uncomfortable or out of control.
- I will not use any alcohol or drugs while on camp calls.
- I will not be under the influence of alcohol or drugs while on camp calls.
- I will not share my romantic/personal life with campers.
- I will have director approval before entering a Chat/Call
- I understand that as a Camp Kudzu representative I am a "Mandated Reporter" (Even on virtual events)
- I will report inappropriate or suspicious behavior by another staff member to the Camp Director.
- I will not share campers' images on social media and I will keep all camper information confidential.
- I will follow all rules, guidelines and procedures set forth by Camp Kudzu.

I have read, understand and agree to abide by the standards set forth above.

Signature \_\_\_\_\_

Date \_\_\_\_\_



## Example: Virtual Camp Schedule

### Camp Vegas (April 6-10, 2020) NDA/ CDA

Location: UMC Potosi Pines, Las Vegas now Virtual Camp on several digital platforms.

**Camper age:** 7-17 with teen leadership program and full medical, intern, program, counselor and administration staff. Resident Camp. Approximately 100 campers and staff.



**Prior to Camp:** Assign and Organize a Camp Schedule. Send out all mailing items if needed. Send out reminder for meeting times on all communications platforms. We used flat rate boxes from the United States Postal Service. You can preorder boxes to your address at: <https://www.usps.com>. Also, make sure your grantors and supporters know about the new structure of your camp. If you have questions please contact Tasha Thatcher at [tasha@diabetesnv.org](mailto:tasha@diabetesnv.org).

#### Monday, April 6, 2020

9:30 am Hello Welcome to camp \_\_\_\_\_. This is \_\_\_\_\_. We have a lot of fun activities planned for you. This week we are including: campfires, diabetes education, scavenger hunts, CIT meetings (teen leadership), arts and crafts, meal time, special speakers, games and more. Sing a few camp songs with programing staff. Remember camper families can be listening in, and you can let them know about future events you may be hosting at this time. This can also be an opportunity to have your CIT leadership campers check in with the younger campers. Please make sure your teens (and adult staff) know the proper ways to engage and how to ask for help if they need assistance. This is a great mentoring opportunity for them.

10:00 am Craft Activity

1:00 pm CIT Leadership Meeting (invite only)

7:30 pm Evening snack scavenger hunt. Sing a few songs, the kids get a pre-established list of items to find around the house and show us.

#### Tuesday, April 7, 2020

9:30 am Daily welcome message.

1:00 pm Daily activity today was BINGO made from the: <https://bingobaker.com> Followed by CIT Leadership Meeting. Followed by CIT Leadership Meeting/ Invite only

7:30 pm Special Guest Speaker from Companion Medical.

#### Wednesday, April 8, 2020

9:30 am Daily welcome message.

1:00 pm Trivia all camp coemption made with Kahoot: <https://kahoot.com> this is a fun way to make a diabetes education or play with other diabetes camps

7:30 pm Dietary Facebook integrated Zoom meeting about special meal prep with dietary interns.

#### Thursday, April 9, 2020

9:30 am Daily welcome message.

1:00 pm Skit activity. Ask them to perform or go one step more and give the opportunity for them to use an item you have sent them.

7:30 pm Drawful 2 Activity [www.drawful2.com](http://www.drawful2.com)

#### Friday, April 10, 2020

9:30 am Daily welcome message.

1:00 pm Closing campfire

7:30 pm Staff Closing Ceremony Game Night (adults only and you may have to set some limitations) \*\*\* important to not forget your staff. This is the perfect opportunity to tell you community what events you have planned out in the future too.

The NDA/ CDA organize a virtual program that was the right fit for Camp Vegas. Our goal was to have the campers and staff engage in programs and activities. We hope that all our "camp people" felt supported, excited and want to see what else our organization is going to host in the future. Our hope is to host all our resident programs and support program in person within the year. We have shown all our families the protocols that we have in place for Covid-19 and emergency situations when we return to traditional diabetes camp programing. For examples of virus protocols please email: Nate Gibson [nate@diabetesnv.org](mailto:nate@diabetesnv.org) or click [HERE](#).

For now, we will provide the services to our community that will inspire and provide life skills so they can successfully manage their diabetes.

Remember it does not matter what you do. Just do something. Make sure your diabetes camp community (campers and staff) know you are out there. This will help for building the future of your camps and make it that much more special when we all get to see each other in person. Until there is a cure, there is camp!



## Example: Virtual Camp Schedule

Camp Kudzu Virtual Schedule Template				
TIME	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-10:30AM	<b>Good Morning Kudzu!</b> Broadcast from the CK Staff & some Head Staff Volunteers. Entertainment, uplifting, "morning announcements", Reminder of the day's activities (Youtube/Youtube	<b>Good Morning Kudzu!</b> Broadcast from the CK Staff & some Head Staff Volunteers. Entertainment, uplifting, "morning announcements", Reminder of the day's activities (Youtube/Youtube	<b>Good Morning Kudzu!</b> Broadcast from the CK Staff & some Head Staff Volunteers. Entertainment, uplifting, "morning announcements", Reminder of the day's activities (Youtube/Youtube Live)	<b>Good Morning Kudzu!</b> Broadcast from the CK Staff & some Head Staff Volunteers. Entertainment, uplifting, "morning announcements", Reminder of the day's activities (Youtube/Youtube
Daily Activities	<b>Recorded A&amp;C Activity</b>	<b>Recorded A&amp;C Activity</b>	<b>Recorded A&amp;C Activity</b>	<b>Recorded A&amp;C Activity</b>
	<b>Get Active!</b> (Recorded Physical Activity)	<b>Get Active!</b> (Recorded Physical Activity)	<b>Get Active!</b> (Recorded Physical Activity)	<b>Get Active!</b> (Recorded Physical Activity)
	<b>Snack</b> Carrie/Anna do an easy snack cooking demo or suggestion (Recorded)	<b>Seeds &amp; Skills</b> Interactive "Education" time (Recorded)	<b>Snack</b> Carrie/Anna do an easy snack cooking demo or suggestion (Recorded)	<b>Seeds &amp; Skills</b> Interactive "Education" time (Recorded)
2:00-2:30PM	<b>Shoes Off!</b> Music w/ Shawn (LIVE)	<b>Shoes Off!</b> Social Media Prompts: Relaxing, Thought provoking	<b>Shoes Off!</b> Music w/ Shawn (LIVE)	<b>Shoes Off!</b> Social Media Prompts: Relaxing, Thought provoking
7:00-7:45PM	<b>BINGO! (Live)</b>	<b>Teen Hangout! (Live- Small Groups)</b>	<b>Trivia Night! (Live- Kahoot)</b>	<b>Music Party! (Live- with Shawn)</b>
<b>DAILY THEMES</b>				
TUESDAY	Tie Dye Tuesday			
WEDNESDAY	Wear your camp shirt Wednesday			
THURSDAY	Thinking Hat Thursday			
FRIDAY	Music Party Theme Costume			

## Helpful Links

### Facebook Groups

#### Virtual Camp Ideas

<https://www.facebook.com/groups/virtualcampideas/>

#### Summer Camps & Covid 19

<https://www.facebook.com/groups/520965441901502/>

### ACA

#### Planning & Running Virtual Camp

<https://www.acacamps.org/sponsored/creating-plan-start-operate-virtual-summer-camp-step-step-guide>

#### ACA/ CDC Camp Operations Guide (Updated as it is built)

<https://www.acacamps.org/resource-library/coronavirus/camp-business/camp-operations-guide-summer-2020>

### Redwoods Group

#### Downloadable Waivers/ Free Resources

<http://redwoodsgroup.com/resources/covid-19-resource-packet/>

#### Evaluating Your Virtual Camp

[https://www.acacamps.org/news-publications/blogs/research-360/feed-your-trees-how-evaluate-virtual-camp-programs?utm\\_source=Informz&utm\\_medium=email&utm\\_campaign=ACANow&utm\\_term=apr-28&\\_zs=c3APX&\\_zl=13v42](https://www.acacamps.org/news-publications/blogs/research-360/feed-your-trees-how-evaluate-virtual-camp-programs?utm_source=Informz&utm_medium=email&utm_campaign=ACANow&utm_term=apr-28&_zs=c3APX&_zl=13v42)

### DECA

#### Pen Pal Program Register Your Camp

<https://forms.gle/Qa3uQr2zh6AZFM7j6>

