



Bearskin Meadow Camp Cell Phone Policy

At Bearskin Meadow Camp, we have a strict **no cell phone policy** for our campers at Kids Camp, Teen Camp, and Buddy Camp. We know that this can be a big adjustment, so please read on for more information.

*This rule does not apply to campers on a DIY Loop system and those who use a Freestyle Libre CGM without access to a reader.

1. Camp is a time to be outdoors! Check out this [video](#) by the CEO of the American Camp Association, who emphasizes that camp is an opportunity for youth to put down their screens and enjoy nature. We agree!
2. Studies show that screens [reduce a child's ability to learn social skills](#). One of our main goals at camp is to create positive, healthy friendships between peers and staff; we can't do this with the distraction of screens.
3. While we know that many people with type 1 diabetes use cell phones for CGM devices, the lack of wifi at camp will inhibit the use of the "share" function. Therefore, if your child is wearing a Dexcom CGM while at camp, they need to switch over to their receiver while they are at camp. Having apps, music, and pictures available at the touch of a button is much too tempting for our campers. As a reminder, you got a receiver with your original Dexcom prescription. You can reach out to your healthcare provider if you need help getting a new one.
4. Cell phones are expensive and fragile. At camp we lead an active lifestyle through hikes, swims, and games. Phones are likely to get damaged and will be much safer left at home.
5. We know that phones aren't just for calls and texts. Please prepare your child now with a different type of camera (a disposable camera labeled with their name works great!) and other forms of entertainment during quiet times. Movies will be shown on the bus rides to and from camp.

Our cell phone policy will be strictly enforced by our staff, and we need your help by keeping those phones at home! If a camper is found with a phone at camp it will be taken away and returned on the last day of the session.