

Setebaid Services[®] On-line Training Follow-Up

Please download and print the following sheets. Answer the questions to the best of your ability and **MAIL THE COMPLETED FOLLOW-UP TO THE SETEBAID SERVICES[®] OFFICE.**

WITHOUT THIS SHEET IN YOUR PERSONELL FILE YOU WILL BE REQUIRED TO ATTEND EXTRA TRAINING AT CAMP. You must have 95% of the information correct for this training to count. If you receive less than 95% you will be required to answer the questions that were incorrect.

This training and follow-up is part of ACA required training for all camp staff.

Chapter 1:

1. Please list 3 goals of Setebaid Services[®] Programs:
 - a.
 - b.
 - c.
2. Our programs are Co-Educational, and therefore males and females must remain in appropriate areas at all times and may only cross into each others living areas with permission from a supervisor.
 - a. True
 - b. False
3. Setebaid Services[®] is not responsible for any lost, stolen, damaged, or broken personal possessions of any staff person.
 - a. True
 - b. False
4. Each staff member will have a minimum time off per day of:
 - a. 6 hours
 - b. 3 hours
 - c. 2 hours
 - d. all day
5. All Setebaid Services[®] programs are tobacco, drug, and alcohol free. Any use of the above at a program will be considered grounds for dismissal. The only appropriate times for any tobacco use are:
 - a. By someone over the age of 18 at a designated area, during time off
 - b. Anytime away from the campers
 - c. Never
 - d. After dinner on the main field

6. Camper Supervision: There are to be two counselors with each camper or camper group at all times other than evening time when all campers are in their bunks. During this time, there shall be a minimum of two staff on duty in the area at all times.
 - a. True
 - b. False

7. It is illegal to release any camper information to anyone at all times.
 - a. True
 - b. False

8. Who are the only two people who may release any information about campers?
 - a.

 - b.

9. As a staff member, list 3 ways which you are required to conduct yourself:
 - a.

 - b.

 - c.

10. Sexual harassment is prohibited at all Setebaid Services'® programs?
 - a. True
 - b. False

11. Sexual harassment can be defined as any of the following (not all-inclusive):
 - a. Sexual advances
 - b. Sexual explicit pictures, posters
 - c. Requests for sexual favors
 - d. Sexual Jokes
 - e. Verbal harassment or abuse
 - f. Leering
 - g. Whistling
 - h. Brushing against the body
 - i. Sexual gestures

Any harassment should be reported immediately to your supervisor?

- a. True
- b. False

12. It is against Setebaid Services'® policy and the law to falsify any information on camper, medical, or personnel forms?

- a. True
- b. False

13. Please give 3 reasons why the Camp Director may dismiss a staff member from a program:

- a.
- b.
- c.

Chapter 2:

1. What are 2 of the 3 purposes of diabetes camps?

- a.
- b.

2. List 3 goals of diabetes camping.

- a.
- b.
- c.

3. List 3 objectives of diabetes camping.

- a.
- b.
- c.

Chapter 3

1. Staff members need to be positive, enthusiastic, and helpful. Camping programs should be a positive and uplifting experience for all.

- a. True
- b. False

2. Campers favor counselors who are:
 - a. Agreeable and friendly
 - b. Participate in activities
 - c. Sympathetic and understanding
 - d. Not over-bearing or bossy
 - e. All of the above

3. List 2 counselor responsibilities towards other counselors:
 - a.

 - b.

4. List 3 counselor responsibilities towards the campers:
 - a.

 - b.

 - c.

5. Resident camp is 24 hours a day of community living.
 - a. True
 - b. False

Chapter 4

1. A camper may be homesick because:
 - a. Their first time away from home.
 - b. May have a real fear of the surroundings.
 - c. Rainy, dreary, cold weather.
 - d. Boredom
 - e. All of the above

2. What are 3 ways to help a homesick camper recover?
 - a.

 - b.

 - c.

3. Psychologically, how would a camper react to fear of a new, or challenging environment?
 - a. Giving up
 - b. Bedwetting
 - c. Feeling Ill
 - d. Become Shy
 - e. All of the above

4. List 2 ways you, as a staff member, can help a camper through their first day / night:
 - a.

 - b.

Chapter 5

1. Hypoglycemia, also known as an insulin reaction or low blood sugar, could be a result of numerous factors, including too much insulin, more activity than anticipated, less carbohydrate consumption than anticipated, or a combination of any of these.
 - a. True
 - b. False

2. Some of the signs of a hypoglycemic reaction are:
 - a. Personality changes
 - b. Shaking
 - c. Mood changes
 - d. Sleepiness
 - e. All of the above

3. Hypoglycemia is most prevalent:
 - a. Prior to meals
 - b. Mid-morning
 - c. Mid-afternoon
 - d. All of the above

4. Hypoglycemia may occur at any time?
 - a. True
 - b. False

5. Proper treatment of a hypoglycemic reaction is:
 - a. Blood glucose check
 - b. Blood glucose below 80 give 15g of carbs
 - c. Re-check in 15 minutes
 - d. Repeat if necessary

True or False?

6. Hyperglycemia, also known as a high blood sugar, could be a result of numerous factors, including not enough insulin, less activity than anticipated, too much carbohydrate consumption, a kink in the insulin pump tube, bad insulin, or a combination of any of these.
 - a. True
 - b. False

7. If a blood sugar is over 250, the camper must take a ketone urine test.
 - a. True
 - b. False

8. Required blood glucose monitoring of campers occurs when?
 - a.

 - b.

 - c.

 - d.

9. Any time a camper is tested, treated, or consumes carbohydrates; the information must be recorded in their camper medical folder.
 - a. True
 - b. False

10. Counselors, or any staff member around / with campers, should always carry low supplies.
 - a. True
 - b. False

***Please mail your completed follow-up to the Setebaid Services® office at
P.O. Box 196
Winfield, PA 17889-0196**