

# Camp Wesley Woods

## Overnight Camp Parent

### Survival Guide



**Thank you for registering your child for camp! Congratulations!**

**We know you have questions, possibly lots of them!**

**We want you to know that your child is safe, well-looked after, and will be surrounded by a supportive community of faith here at Camp Wesley Woods. Read on to find information like what to bring (or not), when to arrive, what to expect, and lots of other things you need to know.**

**If you don't find the answers to all your questions here, please call us @ (865) 448-2246!**

# CAMP WESLEY WOODS

## 2020 Parent Survival Guide

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# Part One: Logistics

## Registration / Cancellations / Changes of Plans

**Please make sure your Registration Confirmation receipt is correct.** If you find an error or have any questions about your registration, please call the registrar's office at (423) 929-9037.

**Switching Weeks:** If you wish to cancel a registration and register into a different session, please call the Camp Registration Office at (423) 929-9037. Your \$50.00 non-refundable fee is transferable to a different session if you phone in. This is the only way to ensure the transfer of the \$50.00 non-refundable fee.

**Refund Policy:** \$50.00 of the camp fee is non-refundable. To receive a full refund (less the \$50.00 non-refundable fee), CANCELLATIONS must be completed by 5:00 pm (Eastern) on the Friday that is at least one week prior to the opening day of your camp session. Cancellations can be made through your online account or by calling the Camp Registration Office at (423) 929-9037.

No refunds will be made to campers who fail to show up on opening day.

Should a particular session not receive an adequate number of registrations, the possibility does exist that the session may have to be cancelled. If this should occur, every effort will be made to notify the camper as soon as possible and placement into another session will be attempted. A full refund will be made if placement into another session is not possible. All appeals regarding the handling of our Refund Policy must be made in writing to: CRM Registrar, 262 Bart Green Drive, Gray, TN 37615.

## Important Forms for Camp

Your **Camper Health Form**, **Camper Profile Form**, and the **Authorization/Consent Information Form** are digital. Parents should complete these camper forms by using our secure online registration system. This information can be recorded at the time of registration, or any time prior to the beginning of your camper's session. In future years, you will simply need to update any health changes from the previous year. Parents without online access will continue to be able to complete camp registration, health, and profile information on the paper forms provided. A physical exam by an appropriately licensed healthcare provider is not required to attend Camp Wesley Woods as determined by the Holston Conference CRM.

## Coming and Going from Camp

Our sessions do not all begin and end on the same days. Your Check-In & Check-Out days and times depend on what program you chose at registration. Please note carefully the different days/times sessions start on the website. Please wear clothes appropriate to help your camper carry their luggage to and from their cabins.

### Checking In Your Camper (Drop-off at camp)

**Discovery A ½ Week Sessions** - are Monday through Wednesday. **Check-In is at 4:00 pm on Monday**

**Discovery B ½ Week Sessions** - are Wednesday through Friday **Check-In is at 4:00 pm on Wednesday**

**Basecamp, Adventure Junior & Senior, Adventure: 10 Day Venture (South & North) LIT, CIT, & SIT,** programs begin on **Sunday** afternoons at **4:00 pm**.

**Adventure: North Woods / BWCAW program** begins on **Sunday** morning at **10:00 am**.

If you are running late or have some other delay, please call the Camp Wesley Woods office at (865) 448-2246.



### Checking Out your Campers (Picking up at the end of Camp)

**Discovery Campers** will be picked up in the same building as Check-In. There will be a short closing ceremony for Discovery Campers promptly at **2:00 pm**.

All other overnight camp sessions end with a short **Closing Ceremony at 2:10 pm**. We call this the “Nothing” ceremony, to avoid this answer when you ask what happened at camp. We’ll give you some ideas of things to ask your campers on the way home. Parents will be directed to this ceremony where campers will be waiting. Parking and Check-Out will begin as early as 1:30 pm. Please do not come earlier than 1:30 pm as our campers will still be in programming.

**Please don’t forget your photo I.D.**

For your camper’s safety, campers will only be released to those persons listed on their authorization form. Please make sure to include yourself on this form if you are a parent or guardian.

Please notify the camp office (865) 448-2246 in advance should it become necessary to pick-up your child from camp at some time other than 2:00 pm.

## What to Bring to Camp

Please bring clothes that you don't mind getting a little dirty while having a great time. It is recommended that you label all items to insure they return home with your camper. Camp is pretty casual. Mostly t-shirts and shorts. Sometimes in the morning it's chilly and you might want a hoodie.

List for ALL overnight campers coming to Camp Wesley Woods (Discovery A & B, Basecamp, & all Adventure programs)

- o Shorts (1 per day)
- o T-Shirts (1 per day)
- o Long Pants (at least 1)
- o Underwear / Socks
- o Sleepwear (PJ's)
- o Sweatshirt/Fleece/Jacket
- o Rain Jacket
- o Hat for sun
- o Swimsuit (one piece or tankini for girls)
- o Towels (at least 2)
- o Sturdy closed-toed Shoes (Athletic)
- o Water Shoes that capture the heel (like chacos)
- o Extra pair of Shoes
- o Day Pack/Book Bag
- o Sleeping Bag/Pillow
- o Fitted sheet
- o Wash Cloth
- o Soap and Shampoo
- o Toothbrush/Paste
- o Other Toiletries
- o Bag for dirty clothes
- o Bible
- o Journal/Pen
- o Spray Sunscreen
- o "Face Stick" Sunscreen
- o Insect Repellent
- o Flashlight
- o Water Bottle
- o Flip Flops for Showering
- o Postcards/Stamp

Additional items for Campers attending **Adventure Programs - Jr, Sr, 10 Day**. BWCA has special emailed list.

- Caving clothes (pants, shirt, shoes to get muddy & a bag to transport them home)
- Extra long sleeve shirts to wear in caves
- Extra batteries for flashlights
- Lightweight, bug protection long pants
- Two extra swimsuits and towels
- Sleeping Pad (not needed for Adv Jr.)
- Sunglasses
- Extra Water Bottle
- If you have one: a hammock & bug net
- Polyester fleece shirt for paddling
- Longer shorts for climbing

## Things You Won't Need

Here it comes....**No Cell Phones**. I know, I know; it's hard, but it's worth it. It will be like living in olden times – like way back in 1998. Here are a few other things to leave at home to keep your cell phone company:

- o Money – there's nothing to buy except at Check In and Check Out. Keep your money in the car.
- o Pets – We have plenty of wildlife. Leave your pets at home. No taking home new pets either.
- o MP3 players or any other type of ipod things.
- o Electronic games.
- o Food – We have a special security system to insure you don't bring food into the cabins – it's called ants. Really, don't bring food.
- o Electronic books. You'll have to bring the real deal. The library is a good place for books.
- o Cell Phones. Just in case you were confused the first time.
- o Personal Equipment - including personal sports equipment- we have all you need
- o Vehicles - leave these at home please - if you want to drive yourself to camp, please call for information.

Tobacco, alcohol, illegal drugs, fireworks, firearms, and weapons of any kind are prohibited at camp.

Camp has a modest approach to our expectation of camp attire. We ask campers not to wear this type of clothing:

- Exposed underwear
- Sheer clothing
- Mini-shorts
- Skirts
- Exposed midriffs
- Alcohol, drug, tobacco, or suggestive slogans/logos



Every camper receives a t-shirt while at camp. Traditionally we all wear our camp t-shirts on Fridays. Some campers like to wear them everyday. The store will be open during Check-In and Check-Out if you'd like more shirts or souvenirs, and campers can visit the camp store daily.

Campers who wish to bring personal sports equipment, or equipment of any kind must have prior approval from the Director. It may only be used by the owner, must be stored separately from camp owned equipment and must be clearly identified for owner use only. Campers are discouraged from bringing their own equipment, as everything needed for our programs will be provided by Camp Wesley Woods.

Campers and CIT's who wish to drive their own vehicles to camp must have prior approval, and a written notice from parents / guardians. Vehicles will be parked in designated locations, locked securely, and keys will be turned into the camp office for the duration of the camp session. Camp is not responsible for these vehicles or the contents of the vehicles.

### Pre-Camp Health Concerns

When campers are not feeling well, camp isn't fun. In order to protect your camper and the greater camp community, it is important that each camper is healthy when they arrive at camp. Use the following guidelines as you assess your camper's health prior to camp. If your child's health keeps them from attending their session, every attempt will be made to reschedule them into another session once their health returns.

Does your child have:?

- Fever (100°F or greater)? .....  Yes       No
- Sore Throat?.....  Yes       No
- Cough? .....  Yes       No

If you checked "yes" for fever and one or two of the other symptoms, keep your child at home because of an influenza-like illness. Current recommendation is that children remain home for seven days after symptoms start, even if the child is no longer ill. If your child is still sick after seven days, keep your child at home until well for 24 hours.

If you have questions about your child's health or symptoms, call your child's healthcare provider. If your child has been diagnosed by a healthcare provider with a different disease or condition – such as strep or lice – follow your healthcare provider's recommendation.

Should any such health concerns arise prior to camp, call the Camp Wesley Woods office (865) 448-2246 to discuss program participation options.

## Medications

As stated in the Health Form, please make sure all prescription and non-prescription medications are in their original containers and clearly labeled with the camper's name and dosages. Dosage instructions are strictly adhered to unless alternate written/signed physician's orders are provided. Medications that are turned in will be maintained in locked cabinets and will only be returned to a parent or guardian. Certain medications; epi-pens & rescue inhalers must be kept in the possession of the prescribed camper at all times. These medications must be declared and documented by the camps healthcare team for your campers safety.



## Directions to Camp Wesley Woods (329 Wesley Woods Rd. Townsend, TN 37882)

(If you have any problems finding us, please call (865) 448-2246. GPS Services are accurate in helping navigate to camp.)

### From Knoxville:

- Interstate 40 to U.S. 129 (Alcoa/Airport exit)
- At Townsend/Maryville split keep left towards Townsend and the Smoky Mountains
- Continue through Alcoa and Maryville for approximately 12 miles
- At Walland (Marathon Gas Station) turn left on East Millers Cove Road
- Go across the bridge go straight up the hill
- Wesley Woods is approximately 4.5 miles on the left

### From West Knoxville:

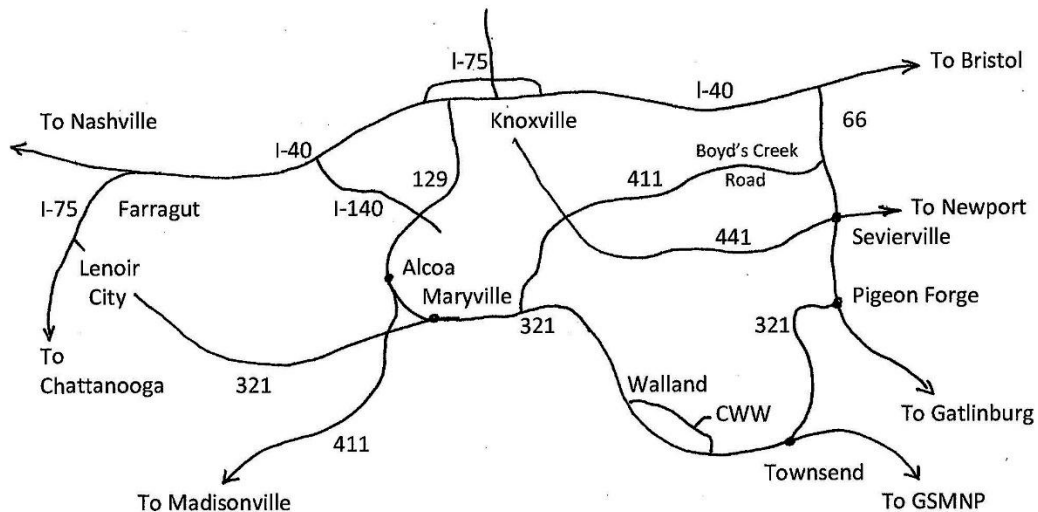
- Interstate 40 to Interstate 140 South, Pellissippi Parkway (Exit 376)
- Interstate 140 South to U.S. 129 (Exit 11)
- At Townsend/Maryville split keep left towards Townsend and the Smoky Mountains
- Continue through Alcoa and Maryville for approximately 12 miles
- At Walland (Marathon Gas Station) turn left on East Millers Cove Road
- Go across the bridge go straight up the hill
- Wesley Woods is approximately 4.5 miles on the left

### From Johnson City, Greenville & Morristown:

- Interstate 40 to U.S. 66 (Exit 407)
- U.S. 66 to Boyd's Creek Road
- Right on Boyd's Creek Road
- Stay on Boyd's Creek Road, which turns into U.S. 411, to Maryville
- Left onto S. Washington Street staying to the left to become U.S. 321
- Stay on U.S. 321 through Maryville toward Townsend (The Smokies)
- At Walland (Marathon Gas Station) turn left on East Millers Cove Road
- Go across the bridge go straight up the hill
- Wesley Woods is approximately 4.5 miles on the left

### From Chattanooga:

- Interstate 75 to U.S. 321 (Exit 81)
- Stay on U. S. 321 through Maryville toward Townsend (The Smokies)
  - At Walland (Marathon Gas Station) turn left on East Millers Cove Road
  - Go across the bridge go straight up the hill
- Wesley Woods is approximately 4.5 miles on the left





## Part Two: Philosophy

We're going to camp! Welcome to camp! Sending your child to camp is a big deal for your child and for you too. We've tried to answer most of the typical questions parents ask in this handy-dandy Survival Guide. Our goal is for your child will have an amazing experience away from home, and grow closer to God in a safe, nurturing, and loving community of faith. Thanks for allowing us to be a part of your child's spiritual and personal growth and development.

### What We Offer:

Some camps offer sports expertise, advanced college placement, or STEM programs. These are all nice things, but this is not Camp Wesley Woods. We believe that a traditional resident program is the best way to accomplish our goals. We believe that when campers enter into our unique, rustic, electronic-free environment, they are open to experience amazing things that God has in store for them. God has used our classic camping experience to draw campers to him for almost 60 years. We have campers whose parents came to this camp. Here's what we offer:

- **A Safe Environment:** Your child's spiritual, emotional and physical safety is considered in everything we do. (We think about them when we plan our menu, when we organize the cabins, in the schedule, when we hire the staff, and when we plan every single detail of summer camp.) We set aside the dining hall, cabins and bathrooms as "safe zones" at camp, where campers should always feel that they belong and are accepted. Our staff are thoroughly screened and trained to provide the best possible experience.



- **Focus on Faith:** Romans 1:20 says, "For since the creation of the world God's invisible qualities – his eternal power and divine nature – have been clearly seen, being understood from what has been made, so that people are without excuse." Just being out in God's creation allows our campers to experience God's Love at a new level, opening them to grow in their relationship with Him. We strive to meet kids wherever they are in their faith journey, whether they are a seeker, a new believer or well-grounded in their faith. Our campers participate in meaningful worship, devotional times, and Bible Studies each day while at camp. They are also encouraged to ask questions. At camp we have a Minister-In-Residence (MIR) that is here to teach and spend time meeting with campers.

- **Well Trained Staff:** Our staff are carefully screened and extensively trained for two weeks prior to our camp season. Many of our staff are former campers and empathize with how campers think and feel about things. Our goal is to provide our campers with counselors and staff that are exemplary role models, strong Christian leaders, nurturing and fun. We look for those who will

delight in the responsibilities of camp. We are also blessed to have Ministers-In-Residence (MIRs) on camp each week to help meet the spiritual needs of our campers and staff.

- **Make Friends:** Part of the fun of camp is meeting new people, finding those who have similar interests, and having fun with friends. Our cabins are organized by age and facilitated to promote friendships. Campers choose activities and take classes with those of similar interests, setting the groundwork for friendships. We have created a balanced day with structured, scheduled time mixed with recreational, "free time" to offer opportunities for new friendships to grow as well as time to catch-up with old friends.

- **Learn New Skills:** Taking a chance to try something new is one way that campers gain confidence. They also have “something to show” for the time they spent at camp in a real, tangible way. Our daily classes allow campers to discover gifts and talents that God has given them, and ways they can use these talents. Often, campers discover that they are good at something that allows them to “shine” by just being themselves.
- **Everything we do is fun!** Not to brag, but many campers report that camp is the most fun week they have all year. We go out of our way here to make each and every moment of camp enjoyable and meaningful. Even walking from place to place on camp is fun! Your camper will be counting the days till they can come back.

## How to Prepare Your Child for a Successful Camping Experience

If you're reading this, I'm guessing it's your first year sending your child to camp. We spend a lot of time here at camp preparing our staff and program to help children for whom this might be their first significant experience away from home. We hope this helps you prepare.

### The H-Word (S.A.D. Campers)

Probably the most discussed and feared word heading into the first year at summer camp is the big “H”. Yes, Homesickness. This is on every parent’s mind when they drop their child off at camp. What if they get homesick? What if they don’t miss home at all? What is homesickness? Here at camp, we call this S.A.D. campers. We try not to say “homesick” because this sounds like an illness, so they think they should head on down to the Health Lodge for a cure. S.A.D stands for *Separation Anxiety Disorder*, and the first symptom is sadness. We train our staff in how to help S.A.D campers, and the goal is always the same; get them engaged with camp. Getting involved in camp, making new friends, learning to trust God when things are hard, and making it through the week at camp are an accomplishment and a milestone. If your camper seems unable to enjoy their week due to being S.A.D, you will be a part of the discussion.



Parents play a role in their child’s success away from home. Please do not tell you child that you will come and pick them up if they are not having a great time. This can make your child feel guilty when they are having fun, as if they chose camp over spending time with you. It’s our goal and prayer that every camper will be a part of our camp community, but the reality is that sometimes a camper will find out that this just isn’t the kind of camp they enjoy, and this is OK. We still think it’s to this child’s benefit to complete the week. It’s better to leave successfully completing a week at camp, discovering it’s not your “thing” than to go home and feel like a failure.

This past year, we had over 900 campers come to camp. Some first time campers were indeed S.A.D, but only one camper went home due to being S.A.D. This is what we are praying for this year as well. Here’s some things that you can do to help:

- Don’t tell your child that if they are homesick, they can come home. As soon as the normal anxiety of being away from home triggers, we are going to have a S.A.D camper. The reality is that if your child comes from a loving, supportive family, and this is their first time away from home, they will have some separation anxiety the first 24 hrs at camp. Your child has the opportunity to grow in independence and grow in their trust of the Lord.
- Don’t tell your child that they can call home. This is not beneficial. If your child is struggling, you will receive a call from a Camp Director.

- Don't tell your child that you will miss them. (Even though you will) This can cause anxiety that they are needed at home. Instead, please tell them that you are excited for them, that you know they will have a good time.
- Don't tell them that the dog is crying all day and the cat won't eat and everything is a mess because they are gone. Don't tell them that their little brother ate all their Easter candy. This can cause undue stress and trigger S.A.D feelings.
- Do encourage your child to keep a journal, remind them that they can send home letters or postcards, and that they should keep track of everything they do because you can't wait to hear about it!
- Do send them mail. The easiest way to make sure your child receives mail is to pre-write letters and drop them off with your child's counselor or another camp staff member. Just label the envelopes with your child's name and the days in which they should be delivered. If you choose to mail letters, see page 14, "Keeping In Touch."
- Do tell them how proud you are that they are at camp. Do tell them that you're thinking of them and that you are interested in hearing about their week.
- Do pray for your camper, their cabin mates and their Counselors. Feel free to pray for the weather, for fun, and that God will work mightily in the campers lives here at camp.
- Do follow along with the Parent Companion Bible Study that will compliment what your child is learning here at camp. This will be available on the Camp Wesley Woods website during the summer months.

## Reverse Homesickness: S.A.D. Parents

The reality of camp is that your child will be busy and engaged while at camp while you, most likely, are home wondering how they are doing.

We know that with cell phones, video monitors, GPS, friend finders, and so forth, parents are more comfortable than ever with the quick "check-in". A quick text to let you know that everything is OK, that they arrived at a destination safely, and so forth. With camp being "screen-free", campers are truly out of contact. We do our best to alleviate S.A.D Parents through several strategies. We will be posting daily on Facebook. Check in to look for pictures of your child having a great time. If you are still concerned, feel free to call camp. We will personally check on your child and get back to you within a few hours. Parents often learn as much from being independent from their children as our campers learn at camp. I know it's hard. Tony and I have four children who go to camp and we go through the same struggles.

## Rule of Three

Here at camp we take every precaution possible to minimize risks to our campers. The "rule of three" is a camp-wide policy to protect both our campers and staff members. Staff members are committed to avoid any situation that would place them alone with a camper. As a minimum, we have two staff with one camper, or one staff with two campers in every situation. If staff need to have a private conversation with a camper, they stay within visual sight of other staff and/or campers. There are exceptions to this rule such as in a medical situation.



## Tech Free Camp

When's the last time you spent five full days without interacting with a screen? Hard to remember? Technology has become a mainstay of everyday life for most people and camp has become one of the last islands of "old fashioned fun". One of the most unique and awesome things about camp is that kids get a chance to unplug. By disconnecting themselves from everything else, they are able to focus on the camp community and their relationship with God. Our campers can have fun and be themselves without worrying that someone is recording and posting their every move.

## Appropriate Camper Behavior

We ask each camper at camp to follow three simple guidelines: Do No Harm, Do Good, and stay in Love with God. We want every camper that comes to camp to experience the Love of God. We also expect each camper to agree to follow our guidelines for their interactions with other campers and the staff. We take any instance of bullying, teasing, or harassment very seriously. If a camper cannot comply with our guidelines, we will ask their parents to pick them up and no refund will be issued. Thankfully, this is a very rare occurrence as campers are highly motivated to stay at camp. Please make sure your child knows what our expectations are of their time at camp.

## A Day At Camp: Parent Highlights

We have more fun things to do in a day at camp than there are hours available. So we start early and, sometimes, can end somewhat late at night. We like to keep things moving by having a rigorous daily schedule that people who like routine can follow. There is also exciting changes in the schedule so we can keep activities fresh for everyone. Basic Camp Schedules can be found on the website.

**Wake Up:** We wake each morning to the iconic sound of the camp bell ringing from our central Dining Hall. Counselors will go over the day's schedule and help campers prepare for a busy day.

**Meals:** Our campers eat family style in our dining hall each day. Our youngest campers (Day Camp & Discovery) have a separate area that allows them a quieter venue. Our well-balanced, kid friendly meals are complemented by our salad bar. If your camper has allergies or a special diet, we will work with you before camp to insure that campers are healthy while at camp.



**Morning Duties:** Campers who participate in helping keep-up camp feel more connected and learn responsibility. Each morning campers will take part in "Camp Clean-Up". Your camper may even forget themselves when they get home and set the table for dinner and sweep the kitchen afterwards, (for a few days at least).

**Programming: Discovery ½ Week** For our youngest overnight campers, we want them to experience a wide range of activities, to try new things and to discover new talents. We have prepared a well-balanced schedule full of high and low intensity activities. In the evenings we will have worship, evening activities, and snack time. The evening campfires are a highlight for many Discovery ½ Week campers.

**Programming: Basecamp** We want campers to come to camp and enjoy the things they love, learn something new, and develop skills in areas of interest. Campers can choose up to 3 Skill Activities to enjoy while at Basecamp. At these activities, they will have opportunities to form friendships with like-minded campers and staff as well as learn a new skill. During Recreational Time campers can go swimming, play Gaga, enjoy 9-square, do a craft, play field games, have a snack, rest in hammocks and/or just sit and talk with friends. For more detailed information on the individual Skill Activity Classes, please refer to our Skill Activities section of the website (downloadable) or call us for more information (865) 448-2246. Campers can choose these activities during registration or any time afterward. Activity spaces are first-come, first-serve.

**Programming: Adventure** Reserved for those with a taste for adventure, these programs focus on trying new things, excelling at specific skills, having fun with friends, and traveling off-camp into exciting adventures. All Adventure campers are based out of our rustic Outpost Huts and they eat most of their meals out in the woods (food they brought with them from the camp kitchen). These campers have limited access to modern facilities - they are truly “roughing it”, and loving every minute of it. Our Adventure counselors make sure they are back on camp to make it to our traditional Thursday Vespers.

**Programming: Leadership:** LIT, SIT, CIT campers probably have the most varied schedule of all campers at CWW. They spend a week in training and enjoying camp activities. The second week is spent practicing skills they have learned. In previous years, select SITs & CITs have been invited to volunteer at camp (16 yrs and up) and have even been hired at camp that very summer (age 17 yrs and up)! These invitations are not guaranteed. LIT 1s may register directly, but SITs & CITs must apply, interview, and then upon acceptance, will be given a registration code.

**Themes:** Each week at camp has a theme. The Special Events on Wednesday evening and Friday morning are based on the themes. There also may be meals, group challenges and short challenges based on the theme of the week. This accounts for about 10% of the camp week. Please don't purchase anything special, but if your child has appropriate, fun items at home that match the theme, please feel free to bring these.

The 2020 Themes are:

- Week 1 Chaos Week
- Week 2 Super Week
- Week 3 More Chaos
- Week 4 Travel Through Time
- Week 5 Night Owl
- Week 6 Christmas in July
- Week 7 Out of this World
- Week 8 All Around the World



**Camp Store:** Each day, campers have the opportunity to visit the camp store. This store is located at the Recreation Field and is one of the most popular places at camp. During registration, or anytime afterward, money may be added to a campers store account, campers do not use physical money, but digital accounts. Through your Ultracamp account, you can see daily purchases. We recommend \$8 to cover a snack and drink each day. If your child would like to purchase additional items such as a hat, t-shirt, sweatshirt or other swag, we recommend \$20 for the week. There are no refunds for money not spent. Any remaining money reverts to help sponsor campers who cannot afford store accounts. If a camper cannot afford a store account, they will still get to choose a snack from the store and this will be automatically sponsored. The CWW Camp Store was a tremendous success in 2019. Thank you to parents who added additional money to help support campers who were not able to afford store accounts, but were able to feel like millionaires choosing an ice-cream cone or soda at the store.

**Vespers:** Each Thursday evening we have a special worship and candle lighting service that is very meaningful for our campers and staff. We thank God for our week at camp and have an opportunity to consider our next steps in our relationship with God. Many campers and staff report that this evening is their most significant experience at camp.

## **Weather**

We are outside at camp, a lot. Maybe more than your child would typically be outside. We are outside when it's hot, when it's sunny, and when it's raining. Basically, we are outside all of the time unless it is extreme weather. Please make sure your child comes with appropriate clothing to be outside, all of the time, while at camp. One of the things that we remind campers of, all day long, is to stay hydrated. **Please make sure that your camper comes with a labeled water bottle that is at least 24 oz and that they are comfortable carrying around all day in their hand or a bag.** In extreme weather such as thunder or lightning, we will seek shelter and move to indoor programming. We have special programs lined up that we save for just such instances! In fact, sometimes we are sorry when the sun comes back out.

## **Minimizing Risk at Camp**

We have rules in place at camp to protect both your child and our staff. It's unfortunate that we even need to mention these things, but necessary. We recommend sending a sunscreen "face-stick" that campers can apply themselves, and if your camper needs assistance, please send spray-on sunblock. Staff are only allowed to "side-hug" campers (no frontal hugs), and campers may not sit on staff's laps. Staff are only permitted to touch campers if needed, in areas that would not be covered by a normal bathing suit. Hands, arms and upper back are taught as "safe touch" areas for things like high-fives and handshakes. Staff are not permitted to have pillow-fights, tickling or any other over-stimulating activities with campers. Campers are encouraged to change clothes in their sleeping bags or in changing stalls. Counselors are not permitted to be alone with campers for any reason.

## **Bunk Mates**

Camp is always more fun with friends. We have found that having at least one friend the camper knows in the cabin can make a big difference in how much anxiety first time campers feel before they come to camp. However, we also want to make sure campers who come to camp "alone" feel comfortable as well. The best way to make everyone feel safe is to have reciprocal buddy requests. Each camper is invited to include the name of one person of the same biological gender they would like to bunk with. This named person must also put your camper's name down as their buddy request. Buddies don't have to be the same exact age, but the closer in age, the easier it is to facilitate. For maturity reasons, we move the older buddy down into the younger buddy's cabin.

## Healthcare at Camp

A Camper Health Assessment is part of the Check-In procedure. All medications will be received and logged by camp personnel during Check-In. All medications will be stored under lock except when in the controlled possession of a trained healthcare provider.

A trained health care provider is onsite daily. Dispensing of prescribed medications, basic first aid, and health monitoring are provided while at camp. Families will be notified if your camper vomits, has a persistent condition (i.e. headache, nosebleed, fever, homesickness), or needs to be taken to the doctor or emergency room (Blount Memorial Hospital, Maryville, TN).

## Keeping In Touch

Receiving mail from home can be a highlight of a camper's day. Remember to send mail early; mail can take up to 5 days to arrive. Mail can be sent to:

Camper's Name  
Cabin Name, Session Name & Week #  
Camp Wesley Woods  
329 Wesley Woods Road  
Townsend, TN 37882

\*Director's Tip: Prepare mail in advance to give to your child's counselor at check-in to hand out each day. This is much more reliable than using the postal service in making sure your camper gets specific letters on certain days.

Prepare some self-addressed, stamped postcards for your camper to send home. Writing home can be fun and help campers stay connected with home while at camp.

If you wish to email your camper you can send an email to [camp@campwesleywoods.com](mailto:camp@campwesleywoods.com). Campers will **not** have the opportunity to send reply emails.

## Visiting Your Child During the Camp Week

Due to the length of our camp, we ask that parents do not visit campers unless there is an extenuating circumstance. We don't like to pull campers out of programs for visits, it's disruptive and tends to trigger campers that are prone to homesickness (S.A.D). If your child is struggling at camp, you will be notified by a Camp Director. Please feel free to call the camp and we will give you an update on their experience.

## Camp Internet Policy

For your camper's security, our summer staff are not permitted to "friend" any camper on social media outlets. Our policies state that the relationship between the staff and campers is a mentoring and leadership relationship between a caregiver and a child. It is our intent to minimize risk to our campers. If you become aware of unwholesome internet posting from anyone in the Camp Wesley Woods community, please contact the Camp Director immediately.



## The Last Word

We are looking forward to having your child at camp. We expect great blessings all around. Should you have questions that remain, please give us a call at (865) 448-2246. Please save this guide for your reference. Camp Wesley Woods is a Holston Conference United Methodist Camp accredited by the American Camp Association.