

CAMP BAYS MOUNTAIN

2023 Guide for Day Campers

Welcome to Camp Bays Mountain! We are excited that your child will be joining us this summer! **Please make sure your registration confirmation receipt is correct.** If you find an error or have any questions about our registration, please call the registrar's office at (423)-929-9037.

Session beginning and ending times

- **Day camp** check-in is Monday-Friday at 8:30am at the dining hall. It is the first building on the left (red with white trim) when you come into camp. Park in the circle in front of the building.
- **Day camp** check out is each day at 5:00pm at the dining hall except on Friday when we have an all-camp check out at 2:00pm.

What to bring to camp

It will be important to label all items to ensure they return home with your camper

- An extra change of clothes
- Sweatshirt/fleece
- Rain jacket or poncho
- Towel
- Day pack/book bag
- Swimsuit (one piece or tankini for girls)
- Closed-toed shoes
- Bible
- Sunscreen
- Water shoes (**NOT** flip-flops)
- Bag for wet clothes
- Insect repellent
- Water Bottle

Things you will NOT need at camp

Camp is a special time away. Some of the things needed at home are not necessary at camp. Here are a few items to leave at home.

- Money
- Cell phones
- Radios or other music players
- Electronic games
- Pets
- Food (camp provides all meals/snacks)

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

We ask campers not to wear these types of clothing:

- With alcohol, drug, tobacco, or sexually suggestive slogans or logos
- Halter tops
- Tube tops
- Backless shirts
- Sheer clothing
- Mini-shorts or skirts
- Exposed midriffs
- Exposed underwear

Healthcare and your camper

In order to protect your camper and the camp community, it is important that each camper is healthy when they arrive. Use the following guidelines as you assess your camper's health prior to arrival. 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. Ask these questions prior to arrival:

Does your child have:

- A fever (100 degrees or higher)?
- A sore throat?
- A cough?
- A headache?
- Been exposed to COVID-19 in the last 14 days?
- Had COVID-19 symptoms in the last 10 days?
- Tested positive for COVID-19 in the last 14 days?

If you checked "yes" for fever AND "yes" for any other symptoms, it is best to keep your child at home.

If your child has been diagnosed with an illness or condition - such as COVID-19, strep, bed bugs, or lice - follow your healthcare provider's recommendation. We need to know the camper's health status in order to protect all campers.

Should any such health concerns arise prior to camp, call the Camp Bays Mountain office (423)-349-8401 to discuss program participation options.

Medications

As stated in the health form, all prescription and non-prescription medications **MUST BE** 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.

Health care at camp

A Camper Health Assessment is part of the check-in procedure which includes checking camper health status, discussing recent sickness or exposures, and going over the camper Health Form. All medications will be received and logged by camp personnel during check-in.

**** You will receive a health check in email 24-48 hours before check in. ****

Daily dispensing of prescribed medications, basic first aid, and health monitoring are provided while at camp. Families will be notified if your camper has persistent vomiting, has a persistent condition (i.e. headache, nosebleed, fever, homesickness), or needs to be taken to the doctor or emergency room.

YOU HAVE THREE FORMS TO COMPLETE:

- 1. HEALTH FORM**
- 2. CAMPER PROFILE FORM**
- 3. AUTHORIZATION/CONSENT FORM**

Your camper's **Health Form, Camper Profile, and Authorization/Consent Form** are to be completed online by accessing your camper's registration online account. The online forms may be completed any time before check-in but it is helpful to the staff to have the information prior to arrival. If you have completed these forms online, you may want to print a copy. Those unable to complete the forms online **MUST** bring the paper version to check-in.

Dietary needs

These are noted on the health form, however, as a double check, please call the camp office at least a week prior and let us know of dietary restrictions. The number is (423)-349-8401.

The overall camp experience

Camp Bays Mountain's summer program is designed to be an exciting and valuable experience for campers. Worship, singing, small group activities, and Bible study are combined with outdoor fun designed to be grade-level appropriate, making camp an unparalleled opportunity for personal growth.

Campers are in small groups normally with a maximum of twelve campers and two counselors. Once your camper arrives, they will be supervised by our trained and caring staff for the entire experience. There is no free-time at camp (your camper will always be with a group of leaders) since our time is packed with activities. The typical daily schedule is as follows unless we need to make a change due to weather/special event:

8:30am	Check-in
9:00am	Morning Watch
9:30am	Morning activities
12:00pm	Lunch
1:00pm	Bible study
2:00pm	Afternoon activities
4:30pm	Worship
5:00pm	Check-out

Camp Activities

Your camper is registered for **Day Camp**. *Please note that there are more activities than can possibly be experienced in a session of camp.* Time, availability, weather, and necessary leadership are all factors affecting the actual experience. Please help us educate your camper that they may not get to do everything on this list. These are approved activities for day campers:

- Crafts
- Group games
- Ga-Ga ball/Octaball
- Picnic
- Swim at the pool
- Creek walk
- Four square
- Nature scavenger hunt
- Group Bible study
- Hiking on the lower tails
- Slip-n-slide
- Morning watch/worship
- S'mores
- Hayride

While your camper is at camp

While camp is an uplifting experience in many ways, time away from home can be a challenging time for campers and parents. The following points may help both camper and parent.

- In your conversations with your child prior to camp, be positive, displaying confidence and enthusiasm about the trip.
- Please help your child know that camp is not a phone friendly environment and that calls are generally made only when there are problems and made by the camp staff.
- Please be in prayer every day for your camper and the camp staff during the camp session.
- It is quite normal to miss your child.
- The camp activities are FUN and active. Your camper's day is filled with activity.
- Don't worry...you will be called if there is a problem at camp.
- Camp staff take homesickness seriously and are trained in helping children deal with their uneasy feelings. Calls from home are often counterproductive, but staff will have a conversation with parents if these feelings persist.

Cell Phone Policy

The most stressful situations with homesickness that we have dealt with have involved cell phone use. We encourage all campers to leave their cell phones at home during camp.

Directions to Camp Bays Mountain

If using a GPS, make sure you enter “*Camp Bays Mountain*” in your GPS and not “*Bays Mountain*” or “*Bays Mountain Park*”. If you arrive at an entrance station and are asked to pay an admission fee, you arrived at Bays Mountain Park and not at Camp Bays Mountain.

**Our physical address is:
CAMP BAYS MOUNTAIN
500 Hood Road
Kingsport, TN. 37660**

We are off I-26 (Exit 3) at Meadowview Parkway. Turn west at the end of the exit ramp away from downtown Kingsport. Go 1.2 miles and turn right onto Hood Road at Depews Chapel United Methodist Church. After turning onto Hood Road, go .8 mile and turn right at the camp sign (500 Hood Road) into the camp (1435 S'mores Trail). Also please be considerate of our neighbors and drive SLOWLY in the neighborhood leading to camp. We want to be good neighbors.

A final word

The Board of Directors and I are excited to offer summer camp to your family. Countless volunteers, staff members, donors and contractors have been working tirelessly to build the facilities, create the program and finish details to have camp ready for you. We desire to offer an excellent program. If at any time you have a suggestion, critique or evaluation, please direct that to me quickly so that I can lead the staff, volunteers, Board members and other workers toward a solution. Again, we are here to serve your family and are excited to offer you our best.

For each child, a sense of wonder-

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