

Overnight PACKING LIST

- ☐ Bible
- ☐ Pencil and Paper
- ☐ Swimsuit
- ☐ Tennis shoes (close toe)
- ☐ Toothbrush/toothpaste
- ☐ Comb/brush
- ☐ Soap/Shampoo
- ☐ Towels (2)
- ☐ Twin bedding or sleeping bag
- ☐ Pillow
- ☐ Clothes
- ☐ Trash bag for laundry
- ☐ Flashlight
- ☐ Flip flops (for showers)
- ☐ Water bottle
- ☐ Insect repellent (Opt.)

2025 CAMPER GUIDELINES



1. Campers are not allowed on the lake or any other "off limits" area of the camp without adult supervision.
2. No camper active in camp activities will be allowed to leave the grounds with permission from the parent of the camper and the dean's knowledge
3. The use of tobacco, alcohol, vape projects, marijuana, or any controlled substance is forbidden on the camp grounds.
4. Campers are not allowed to have weapons, electronic devices, internet enabled devices or cell phones
5. Sickness or injury must be reported to first aid, not matter how minor
6. No snacks shall be taken into the dorms (Water is ok)
7. Campers and faculty shall not ride on any camp equipment, vehicles, mowers, etc.
8. Shirts and shoes are to be worn at all times while on the camp grounds, except at the pool
9. No one shall leave the dorms at night except for emergencies.
10. Writing on or defacing camp property will not be allowed. Campers or parents will be held financially responsible for any vandalism.

CELL PHONE POLICY

Campers are not allowed to have cell phones, IPADs, tablets, smart watches, or any other internet enabled device. This is for the protection of every child here. Please understand it is not our intent to prevent parents from communicating with their camper. If parents need to reach campers quickly, please call the office at 217.529.2625. The office phone is forwarded to camp management at night for emergency purposes.

LSCA DRESS CODE



Dress Casual— Jeans and t shirts are great! Even for the evening sessions



Shorts are great too! Shorts should not be too tight or too short. This is for girls and boys!

In general, we want the campers to wear modest clothes that are comfortable for them to be active in. This includes swimwear. Logos or writing on clothing should be consistent with LSCA's Christian values. Any fashion (clothing or accessory) that distracts from the spiritual atmosphere will not be permitted. Here are a few things to avoid:

Do not wear (boys and girls):

- Spaghetti strap or arms cut out really low tanktops or tummy showing shirts.
- Tight shirts, sweaters, pants or shorts
- Girls— short skirts or low cut tops
- Boys—speedo style/bikini swimsuits
- Girls—bikini / revealing 2 piece swimsuits. Tummy should be covered
- Swimwear that is revealing or see through

OTHER INFORMATION

VISITORS

In general, personal visits are discouraged during a the week of camp unless there is a special program or emergency. The guidelines are as follows:

- All visitors must check in at the office and with the dean, be approved by the dean, and wear a “visitor” badge
- All visitors are required to leave the grounds before campfire or 1 hour before “lights out” (whichever comes first)
- Parents are welcome to the closing program if there is one

BAPTISMS

If the camper expresses interest in being baptized, the Dean or a dean’s representative will contact the parents/guardian of the camper for permission. Family and friends are welcome and encouraged to come and witness the baptism.

MAIL

If you send mail to your camper, please send it at least 2-3 days before the session ends. Here are the guidelines for mail:

- Cards are great!
- Do not send mail to day time only campers
- **Do NOT send any money, electronics, phones, or food items with nuts. IF FOOD ITEMS CONTAINING NUTS ARE SENT, THEY WILL BE CONFISCATED AND DISCARDED. WE ARE A NUT FREE FACILITY.**
- Not all sessions of camp distribute mail the same way. Once distributed, it is the responsibility of camper.
- Send your mail to: Camper Name, session of camp, 1674 Lick Creek Lane, Chatham, IL 62629

Please know the LSCA will not forward mail or keep mail that is not claimed at the end of a session.

SWIM TESTS

Swim tests will usually be immediately following check in. Some deans will request that the campers arrive in their swimsuits to help make this easier. Campers will be informed about the requirements for the test and that this will be the only time. (They do not have to do it, but there will only be one opportunity unless certain conditions apply).

Swim test must be passed to access the deep end. To pass, campers must be able to complete the following:

- Jump feet first into water over the head in depth, level-off and tread water for 60 seconds
- Jump feet first into water, level-off and swim 2 widths of the pool in a strong manner using the following strokes: free style or front crawl
- Reasons for not passing are: 1. Underwater swimming, 2. dog paddling, 3. resting in the middle of the test, 4. treading water and not maintaining forward motion (in second part), 5. Swimming too fast and appearing to be too tired at the end of the test

PICK UP DAY

Pick up times and days vary by camp session. You will be given the specific time for your session of camp. Every session will require a photo ID from the adult person picking up your camper. Please make sure that person is listed in your APPROVED PICK UP list on your camper’s account. If they are not listed, they will not be permitted to leave with your camper.

LEAVING EARLY

If your camper must leave early, even if they are coming back, this must be arranged with the office and the dean ahead of time. The camper will be sitting at the appropriate time near the office. The parent must come in to sign them out. A valid ID will required. If you are picking up early on the final day of the session, please do this 2 or more hours before the final pick up time, otherwise please wait for the designated time.



BOUNDARIES EXPLAINED

In an effort to empower the campers to feel safe and be safe, at the beginning of the session, we will cover the boundaries. They will be encouraged to RECOGNIZE the boundaries, RESIST the breaking of boundaries, and REPORT the breaking of boundaries. The boundaries, as follows will be explained to the campers in an age appropriate and gender appropriate manner:

1. No one on one conversations where other people cannot see or hear you. Campers should never be alone with one other person. No exceptions.
2. Personal boundaries are to be respected. This includes the camper's stuff and the camper's bed. NO ONE should ever be on a bed with a camper, even their best friend.
3. Modesty. This is not just about female campers dressing appropriately. Modesty includes behavior. Immodesty is trying to provoke negative attention either by dress or behavior. We want our campers to know how valuable they are. Modesty is part of this.
4. Good talk vs. Bad Talk—we will encourage the campers to be life givers with their words.
5. Good touch vs. bad touch—we will teach the campers what is appropriate. This includes hitting and pushing that are not appropriate, versus high fives, which are great. The campers are always encouraged to tell someone if they are ever touched in a way that makes them feel uncomfortable, or that they know is wrong.
6. Bullying—Defined as: Bullying is unwanted, aggressive behavior among school age children that involves a real or perceived power imbalance. Bullying will not be tolerated at LSCA.

Please cover these with your camper prior to arrival as well. Encourage them to always tell an adult if they see or experience a boundary that is being broken.

