

Camp Wesley Woods

Day 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

2017 Day Camp 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. Phoning in is the only way to insure the transfer of the \$50 non-refundable fee.

Refund Policy: \$50 of the camp fee is non-refundable. To receive a full refund (less the \$50 non-refundable fee), CANCELLATIONS must be completed by 5 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

The **Camper Health Form**, **Camper Profile Form**, and the **Authorization/Consent Information Form** are now digital. For the summer of 2018, parents will be able to 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, parents will simply need to update any health changes from the previous year.

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.

Checking In and Checking Out your Camper from Camp

Day Camp sessions are Monday through Friday.

Day Camp Check-In is at 8:30 am each day

Monday - Thursday Check-Out is at 4:30 pm.

Friday Check-Out is at 3:00pm.

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 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 the designated time.

Transportation To and From Camp for Day Camp

Transportation to and from camp is available for Day Camp sessions from the following locations.

- Knoxville Area Stop: \$55 per camper for all or part of the week. Located in the Northshore Town Center Target Parking Lot located at 1900 Town Center Blvd. Pick-up at 7:40 am and return drop-off at 5:20 pm. Return transportation is NOT offered on **Friday afternoons, pick-up is at 3:00 pm at camp.**
- Maryville Area Stop: \$45 per camper for all or part of the week. Located at the Holston Conference Office parking lot. The physical address is: 217 S Rankin Rd, Alcoa, TN 37701. Pick-up at 8:10 am and return drop-off at 5:00 pm. Return transportation is NOT offered on **Friday afternoons, pick-up is at 3:00 pm at camp.**

Please have all medications ready to give to the camp representative prior to getting on the bus. If you did not complete your Health Form online, please have your paper copy ready to give the camp representative prior to getting on the bus.

What to Bring to Camp in a Backpack

Please bring clothes that you don't mind your camper 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. Please bring everything in a sturdy backpack.

- | | | |
|--|--|--|
| <input type="checkbox"/> Light Compact Bible | <input type="checkbox"/> Backpack to hold everything | <input type="checkbox"/> Insect Repellent |
| <input type="checkbox"/> Rain Jacket (Poncho) | <input type="checkbox"/> Sunscreen Spray | <input type="checkbox"/> Water Bottle |
| <input type="checkbox"/> Swimsuit (one piece or tankini for girls) | <input type="checkbox"/> Water Shoes that capture the heel | <input type="checkbox"/> Bag to take wet bathing suit home |
| <input type="checkbox"/> Towel | <input type="checkbox"/> Hat for sun | <input type="checkbox"/> Face-stick Sunscreen |

Camp is pretty casual. Mostly t-shirts and shorts. Sometimes in the morning it's chilly and you might want a hoodie. 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 at the closing of the sessions on Friday if you'd like additional souvenirs.

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-Out. Keep your money in the car.
- o Pets – We have plenty of wildlife. Leave yours 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 – it's called ants. Really, don't bring food.
- o Cell Phones. Just in case you were confused the first time

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:

- o Alcohol, drug, tobacco, or sexually suggestive slogans or logos
- o White shirts
- o Halter tops
- o Tube tops
- o Backless shirts
- o Sheer clothing
- o Mini-shorts or skirts
- o Exposed midriffs
- o Shorts shorter than fingertips when arms loose at side.
- o Exposed underwear

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.

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 (BP Gas Station) turn left on East Millers Cove Road
- Go across bridge and stay right
- Wesley Woods is approximately 4.5 miles on the left

From West Knoxville:

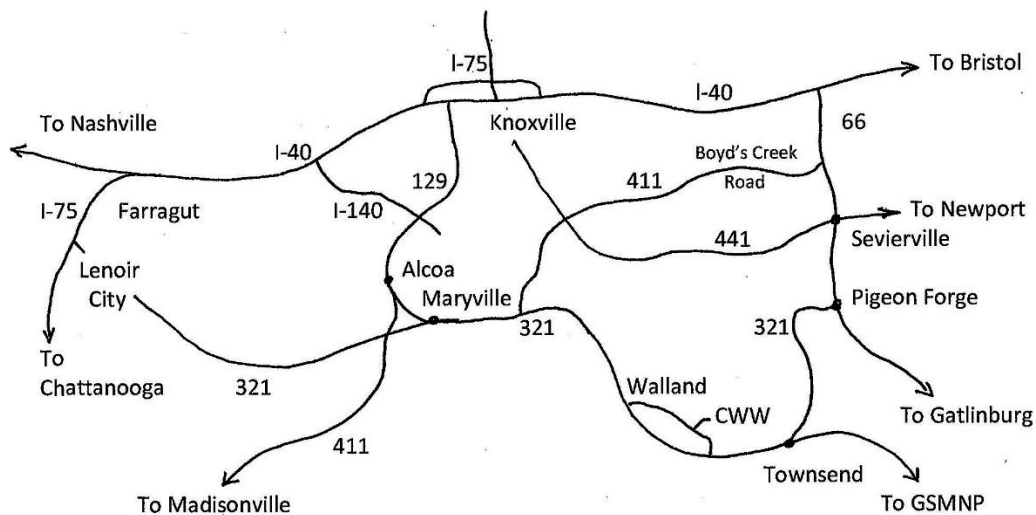
- Interstate 40 to Interstate 140 South, Pellissippi Parkway (Exit 376)
- Interstate 140 South to U.S. 129 (Exit 11)
- At Townsend/Maryville split keep left towards Townsend and the Smoky Mountains
- Continue through Alcoa and Maryville for approximately 12 miles
- At Walland (BP Gas Station) turn left on East Millers Cove Road
- Go across bridge and stay right
- 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 (BP Gas Station) turn left on East Millers Cove Road
- Go across bridge and stay right
- 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 (BP Gas Station) turn left on East Millers Cove Road
- Go across bridge and stay right
- 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 that 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 camp 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 faith for over 50 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 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 are accepted and belong. Our staff are thoroughly screened and trained to provide the best possible experience.



- **Focus on Faith:** Romans 1:20a says, "For ever since the world was created, people have seen the earth and sky. Through everything God made, they can clearly see his invisible qualities..." Just being out in God's creation allows our campers to experience God's Love at a new level, opening them to grow in this amazing relationship. 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 can 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. 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 activities 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 had 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 have the best time possible. Our entire Discovery ½ Week Program, that many campers do after Day Camp, is focused on the novice camper experience. Every program we offer aligns with this philosophy as discussed in the section "what we offer".

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. SAD stands for *Separation Anxiety Disorder*, and the first symptom is sadness. We train our staff in how to help SAD 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 is an accomplishment and a milestone. If your camper seems unable to enjoy their week due to being SAD, you will be a part of the discussion.



Parents play a role in their child's success away from home. Please do not tell your 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 feel 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 summer, we had over 900 campers come to camp, some first time campers were indeed SAD, and we work with these campers in conjunction with their parents. Here's some things that you can do to help:

- Don't tell your child that if they are homesick that they can come home. As soon as the normal anxiety of being away from home triggers, we are going to have a SAD camper.
- Don't tell your child that they can call home. We do not allow this at any point. If your child is struggling, you will receive a call from a Camp Director.
- Don't tell your child that you will miss them. 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 or write your child 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 SAD feelings.
- Do encourage your child to keep a journal, that they can send home letters or postcards. 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 a Camp Director. Just label the envelopes with whom they should be delivered to and on which day they should be delivered.
- 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 Day Camp buddies and their Counselors. Feel free to pray for the weather, for fun, and that God would 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: SAD 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 and missing them.

We know that with cell phones, video monitors, GPS, 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 SAD Parents through several strategies. We will be posting on Facebook and we strive to show most campers each day at camp. Check in on Facebook 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 child as our campers learn at camp.

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 one staff with two campers, or one camper with two staff members 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, & Love 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 in 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 while they are here 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. We like to keep things moving, we have a vigorous daily schedule that people who like routine can follow, and also have some exciting changes to the schedule, just to keep it fresh for everyone.



Sample Day Camp Schedule:

8:30am Campers arrive by car
9:00am Morning Watch
9:30am Hike to the Waterfall
or Canoeing or Gardening or River
11:15am Lunch
11:45am Storytime
12:00pm Bible Study
12:15pm Rest Period
1:00pm Science or Crafts
1:45pm Archery or Music
2:30pm Games
3:30pm Swimming
4:30pm Departure
(Friday is at 3:00pm)

Meals: Our campers eat family style in our dining hall each day. Our youngest campers, including Day Camp, have a separate lunchtime that allows them a quieter venue. Our well-balanced, kid friendly meals are planned and prepared by our full-time camp Food Service Director and their crew. If your camper has allergies or a special diet, we will work with parents before camp to insure that campers are healthy while at camp. If you'd like to see a sample menu, please check the website in the months before summer camp.

Themes: Each week at camp has a theme. We will have crafts, games and some activities that revolve around the Themes. 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.

Week 1	Animal Adventures
Week 2	Explorer
Week 3	Fairy Tale Fun
Week 4	Travel Through Time

Week 5	All Around the World
Week 6	Space and Beyond
Week 7	Christmas in July

Weather

We are outside at camp, a lot. Maybe more than your child would typically be outside. We are outside when it is hot, when it's sunny, when it's raining, basically, we are outside all of the time unless it's 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. With the level of activity they sustain in their activities, and just being outside, moving around, our campers need to drink a lot of water to stay properly hydrated. Please make sure that your camper comes with a water bottle of at least 24 oz in size that they are comfortable carrying around all day in their hand or bag. Please also make sure to properly label the bottle.

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), 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 changing stalls.

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.

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

Camper Photos are available for free on Facebook.

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 extenuating circumstances. 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 (SAD). 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.