

Camp Wesley Woods

Survival Guide



Thank you for registering for Family Camp! Congratulations!

We know you have questions, possibly lots of them!

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 or email Patrice, Program Director at patrice@campwesleywoods.com !

CAMP WESLEY WOODS

2019 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.

Refund Policy: \$25.00 of the camp fee is non-refundable. To receive a full refund (less the \$25.00 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

Family camp needs minimal forms as required by ACA guidelines. One of these is the **Family Camp Health Form**, which can be filled out at Check-In. 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, this form will be online and can simply be updated with any health changes from the previous year. Persons without online access will continue to be able to complete camp registration, health, and profile information on the paper forms provided.

Coming and Going from Camp

Family Camp Check In is at 11:00 AM on Saturday, August 31, 2019

- Please leave your luggage in your vehicle at this point
- Please bring your health insurance information to Tipton Lodge (Dining Hall) to complete your check-in paper work and your health form
- Pick up your families information packet with your schedules at this time
- After this, you will have time to move into your assigned cabin with your family

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

Please be aware that for your security, the camp gate will be closed from 11pm - 8pm each day. If you have an emergency, the Director's House is adjacent to the gate and you can ask for assistance.

Check Out is Monday at 11:00 AM on Monday, September 2, 2019

- Please leave your cabin in good condition
- Please note any needed repairs
- Please have garbage bag pulled and tied on front porch
- Please sweep your room
- Please check-out at Tipton before you leave so we are aware

What to Bring to Camp

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 you. 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:

- | | | |
|--|--|---|
| <input type="checkbox"/> Shorts (1 per day) | <input type="checkbox"/> Water Shoes that capture the heel (like chacos) | <input type="checkbox"/> Journal/Pen |
| <input type="checkbox"/> T-Shirts (1 per day) | <input type="checkbox"/> Extra pair of Shoes | <input type="checkbox"/> Spray Sunscreen |
| <input type="checkbox"/> Long Pants (at least 1) | <input type="checkbox"/> Day Pack/Book Bag | <input type="checkbox"/> "Face Stick" Sunscreen |
| <input type="checkbox"/> Underwear / Socks | <input type="checkbox"/> Sleeping Bag or blankets | <input type="checkbox"/> Insect Repellent |
| <input type="checkbox"/> Sleepwear (PJ's) | <input type="checkbox"/> Pillow | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Sweatshirt/Fleece/Jacket | <input type="checkbox"/> Fitted sheet | <input type="checkbox"/> Water Bottle |
| <input type="checkbox"/> Rain Jacket | <input type="checkbox"/> Wash Cloth | <input type="checkbox"/> Flip Flops for Showering |
| <input type="checkbox"/> Hat for sun | <input type="checkbox"/> Soap and Shampoo | <input type="checkbox"/> Postcards/Stamp |
| <input type="checkbox"/> Modest Swimsuit | <input type="checkbox"/> Toothbrush/Paste | <input type="checkbox"/> If you plan on climbing, please bring long shorts. |
| <input type="checkbox"/> Towels (at least 2) | <input type="checkbox"/> Other Toiletries | <input type="checkbox"/> Chargers for electronics |
| <input type="checkbox"/> Sturdy closed-toed Shoes (Athletic) | <input type="checkbox"/> Bag for dirty clothes | <input type="checkbox"/> Money for snacks and camp swag |
| | <input type="checkbox"/> Bible | |

Things You Won't Need

- Pets – We have plenty of wildlife. Leave your pets at home, & leave the wildlife here. Service animals only.
- Food – We have a special security system to insure you don't bring food into the cabins – it's called ants. Please do not store food in the cabin
- 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

- | | | |
|---|--|--|
| <input type="checkbox"/> Exposed Midriffs | <input type="checkbox"/> Exposed underwear | <input type="checkbox"/> Mini-shorts or skirts |
| <input type="checkbox"/> Halter tops | <input type="checkbox"/> Backless shirts | <input type="checkbox"/> Alcohol, drug, tobacco, or suggestive slogans/logos |
| <input type="checkbox"/> Tube tops | <input type="checkbox"/> Sheer clothing | |

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.

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

Families will hold their own medications. Please keep them secure in your cabin or vehicle if needed.

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:

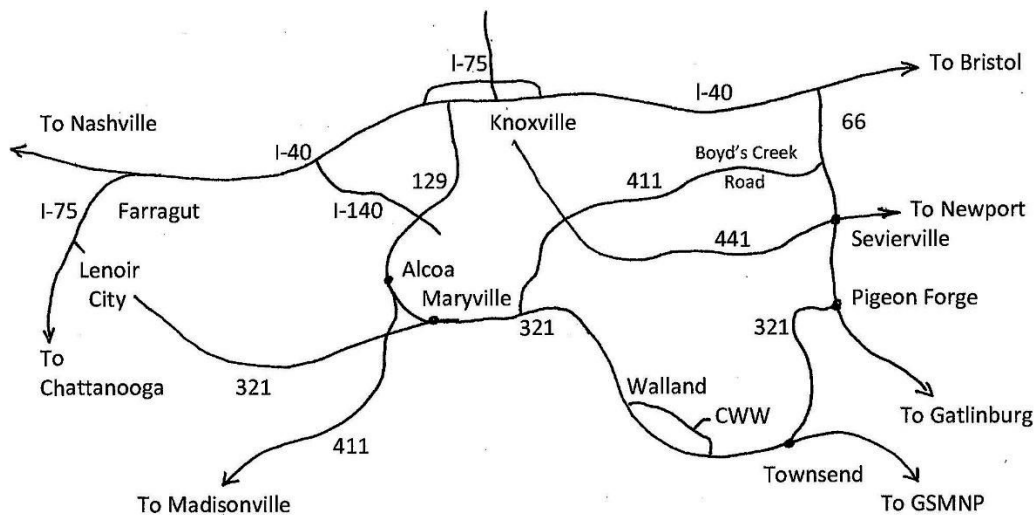
- Interstate 40 to Interstate 140 South, Pellissippi Parkway (Exit 376)
- Interstate 140 South to U.S. 129 (Exit 11)
- At Townsend/Maryville split keep left towards Townsend and the Smoky Mountains
- Continue through Alcoa and Maryville for approximately 12 miles
- At Walland (BP Gas Station) turn left 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

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 people 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 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 when we plan every single detail of 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 people wherever they are in their faith journey, whether they are a seeker, a new believer or well-grounded in their faith.
- **Well Trained Staff:** Our staff are carefully screened and extensively trained 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.
- **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 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 Family for a Successful Camping Experience

If you're reading this, I'm guessing it's your first year coming to Family Camp. We spend a lot of time here at camp preparing our staff and program to meet the needs of today's families. Many families come to camp to get away from distractions and spend some real quality time together. One warning is that you may find it difficult to separate from electronic devices. We recommend doing what is best for your family, whatever that may be. We are here to support you!

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 visiting minors and staff members. Staff members are trained to avoid situations that would place them alone with a minor child. As a minimum, we have two staff with one camper, or one staff with two campers in every possible 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. If you can assist us in maintaining this rule, we would greatly appreciate the support.

Tech Free Camp

When’s the last time you spent two 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. Consider leaving your cell phone behind and enjoying spending “real” time with your family. We know this isn’t practical for everyone, and it’s up to the individual to decide. Please be warned, there is not reliable cell service on camp, and there is limited wifi.

Appropriate Camp Behavior

We ask each person 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 them to depart camp 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 family knows what our expectations are of their time at camp.

A Day At Camp: What to Expect

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. Please participate to the level that meets your families expectations.

Wake Up: We wake each morning to the iconic sound of the camp bell ringing from our central Dining Hall. Camp Staff will go over the day’s schedule at the end of morning watch to help your family prepare for an exciting day.

Meals: Our campers eat family style in our dining hall each day. If your family has members that have allergies or a special diet, we will work with you before camp to insure that campers are healthy while at camp. Please alert us one week before your arrival so we have time to organize a reasonable menu.

Camp Clean-Up: We ask that all families take a turn in setting up and cleaning up at least one meal at camp. This entails coming to the meal 10 minutes early to set tables, and then staying 10 minutes after the meal to clean up and wipe the tables. A schedule will be announced on the first day of camp.

Schedule: Family Camp

Tentative Family Schedule

11:00 AM	Check In for Family Camp
11:30 AM	Unpack and Settle into Cabins
12:00 PM	Orientation at Campfire Circle
12:30 PM	Lunch
1:30 - 5:00 PM	Open Activities for Families - you should be able to visit several activities this afternoon.
	Swimming
	Climbing Wall
	Crafts: candle making, paint rocks, pottery
	Rec Area Open; Gaga, Foosball, Tetherball, Creek Exploration, Field Games, Disk Golf, Staff available for instructions
	Store Open
2:00 PM	Hike the Bob Hayes Trail with the Bob Hayes
5:00 PM	Activities Close
5:30 PM	Dinner
6:45 - 8:15 PM	Open Activities for Families
	Swimming
	Crafts: Learn to make friendship bracelets, finger weaving, gimp keychains
	Rec Area Open, unstaffed
	Archery
8:30 PM	Evening Worship & Campfire
9:15 PM	Night Hike
10:15 PM	End of night hike. Families may head to bed or socialize in Tipton, please be mindful that there are families with young children around camp.

Housing at Family Camp: Each family will have a separate cabin / lodge room for their use.

Programming at Family Camp: Family Camp is a relaxing, fun time of fellowship and activity! All activities are “optional” in nature. Please choose the best options for your family and try something new together! Minors are under the supervision of the adults that they arrived with at all times. If you are comfortable with your over 12yr old child being out of eye-sight, this is up to the individual family, but all children 12 and under must have an adult with them at all activities.

Morning Watch: Each morning we gather after breakfast for a short devotion and some rousing songs to start our day!

Evening Worship: One of the last things we do each day is to gather together, to reflect on our day, hear a word from the Lord, worship together and end out day. Like all activities at Family Camp, these times are optional, but we encourage you to attend!

Weather

We are outside at camp, a lot. Maybe more than your family 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. With the level of activity they sustain in their activities, just being outside, and moving around, our campers need to drink plenty of water to stay properly hydrated. **Please make sure that your camper comes with a water bottle that is at least 24 oz and 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 children and our staff. It's unfortunate that we even need to mention these things, but necessary. We recommend using a sunscreen "face-stick" that campers can apply themselves, and if your camper needs assistance, please be aware that our staff may not assist with sunblock or any contact that involves rubbing. 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. Healthcare at Camp

A Health Self Assessment is part of the Check-In procedure and included in this packet.

A trained health care staff member is onsite daily for consultation. If your family member needs to be taken to the doctor or emergency room (Blount Memorial Hospital, Maryville, TN), it is 20 minutes from the camp.

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 family 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.