

# **CAMP BAYS MOUNTAIN**

## **2020 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 your registration, please call the registrar's office at (423) 929-9037.

### **SESSION BEGINNING AND ENDING TIMES**

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

### **WHAT TO BRING**

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

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| <ul style="list-style-type: none"><li>○ An extra change of clothes</li><li>○ Sweatshirt/Fleece</li><li>○ Rain jacket or poncho</li><li>○ Towel</li><li>○ Day pack/book bag</li></ul> | <ul style="list-style-type: none"><li>○ Swimsuit (one piece or tankini for girls)</li><li>○ Closed-toed shoes</li><li>○ Bible</li><li>○ Sunscreen</li></ul> | <ul style="list-style-type: none"><li>○ Closed-toed water shoes (<b><u>NOT flip-flops</u></b>)</li><li>○ Bag for wet clothes</li><li>○ Insect Repellent</li><li>○ Water Bottle</li></ul> |
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### **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.

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| <ul style="list-style-type: none"><li>○ Money</li><li>○ Cell phones</li><li>○ Radios or other music players</li></ul> | <ul style="list-style-type: none"><li>○ Electronic games</li><li>○ Pets</li><li>○ Food (camp provides all meals/snacks)</li></ul> |
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Tobacco, alcohol, illegal drugs, fireworks, firearms, and weapons of any kind are prohibited at camp.

We ask campers not to wear this type of clothing:

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| <ul style="list-style-type: none"><li>○ With alcohol, drug, tobacco, or sexually suggestive slogans or logos</li></ul> | <ul style="list-style-type: none"><li>○ Halter tops</li><li>○ Tube tops</li><li>○ Backless shirts</li><li>○ Sheer clothing</li></ul> | <ul style="list-style-type: none"><li>○ Mini-shorts or skirts</li><li>○ Exposed midriiffs</li><li>○ Exposed underwear</li></ul> |
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### **HEATHCARE 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 guideline 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:

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

- Cough? ..... Yes No

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

If your child has been diagnosed with an illness or condition – such as 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. . Medications will be stored in a secure location in the camp infirmary.

### **HEALTH CARE AT CAMP**

A Camper Health Assessment is part of the check-in procedure which includes checking camper health status, discussing recent sicknesses or exposures, and going over the camper Health Form. All medications will be received and logged by camp personnel during check-in. The staff will be informed of any medications taken or conditions that the campers may have while at camp.

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.

#### **YOU HAVE THREE FORMS TO COMPELTE:**

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

Your camper’s **HEALTH FORM, PROFILE FORM and AUTHORIZATION/CONSENT FORM** are to be completed on-line by accessing your camper’s registration on-line account. The on-line 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 on-line, you may want to print a copy. Those unable to complete the forms on-line 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. All staff will be informed of allergies or dietary needs that the campers have prior to arriving at camp.

### **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 and 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:

8:30 am	Check-in and Morning Watch
9:30 am	Morning activities
12:00 pm	Lunch
2:00 pm	Afternoon activities
5:00 pm	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	Creek walk	Hiking on the lower trails
Group games	Ice cream making	Slip-n-slide
Ga-Ga ball/Octaball	Four-square	Morning watch/worship
Skulls, feathers and furs	Nature scavenger hunt	S'mores
Picnic	Group Bible study	Hayride
Swim at the pool		

### **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 counselors take homesickness seriously and are trained in helping children deal with their uneasy feelings. Calls from home are often counterproductive, but staff will have conversation with parents if these feelings persist

### **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 (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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