

CAMP BAYS MOUNTAIN

2020 Guide for Overnight Campers

Welcome to Camp Bays Mountain! We are excited that your child will be camping with 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

- **FULL-WEEK (Sunday-Friday)** sessions begin Sunday with check-in begins at 4:00 pm at the Dining Hall. Closing program begins at 2:00 pm on Friday.
- **HALF-WEEK (Sunday-Tuesday)** sessions check-in 4:00 pm on Sunday at the Dining Hall. Check-out is 6:30 pm on Tuesday.
- **HALF-WEEK (Wednesday-Friday)** sessions check-in 8:30 am on Wednesday at the Dining Hall. Closing program begins at 2:00 pm on Friday

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">○ Shorts○ T-Shirts○ Long pants (one pair)○ Underwear/socks○ Sleep wear (PJ's)○ Sweatshirt/Fleece○ Rain jacket or poncho○ Towels (2)○ Day pack/book bag○ Swimsuit (one piece or tankini for girls)○ Closed-toed shoes○ Bible | <ul style="list-style-type: none">○ Sunscreen○ Closed toed water shoes for canoeing/kayaking (NOT flip-flops)○ Extra pair of shoes○ Sleeping Bag and pillow○ Wash Cloth○ Toiletries (toothpaste and toothbrush, shampoo, deodorant, contact supplies, etc) | <ul style="list-style-type: none">○ Bag for dirty clothes○ Insect Repellent○ Flashlight or headlamp○ Water Bottle○ An extra pair of clothes for caving that you do not mind getting ruined (CCC camp ONLY) |
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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">○ Money○ Cell phones○ Radios or other music players | <ul style="list-style-type: none">○ Electronic games○ Pets○ Food (we provide all meals/snacks) |
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Tobacco, alcohol, illegal drugs, fireworks, firearms, and weapons of any kind are prohibited at camp.

We ask that campers not to wear this type of clothing:

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| <ul style="list-style-type: none">○ With alcohol, drug, tobacco, or sexually suggestive slogans or logos | <ul style="list-style-type: none">○ Halter tops○ Tube tops○ Backless shirts○ Sheer clothing | <ul style="list-style-type: none">○ Mini-shorts or skirts○ Exposed midriffs○ Exposed underwear |
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As a reminder, we provide everything campers need for recreation. However if you want to bring optional personal sporting gear (climbing harness, PFD, etc) those items will be your responsibility and will be inspected by staff prior to use.

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:

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

If you checked "yes" for fever AND “yes” to one other symptom, 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 COMPLETE:

- 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 on-line registration account. The on-line forms may be completed any time before check-in but it is helpful to the camp 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. We operate a co-ed camp with separate sleeping accommodations. Once your camper arrives, they will be supervised by our trained and caring staff for the entire experience 24 hours per day. There is no free-time at camp (your camper will always be with a group and leaders) since our time is packed with adventure activities, worship, Bible studies, creative arts, whole-camp activities, small group sessions and much more. The typical daily schedule is as follows unless we need to make a change due to weather/special event:

8:00am	Breakfast
8:45am	Morning watch
9:00am	Morning activities
12:30pm	Lunch
1:00pm	Rest period
2:00pm	Afternoon activities
5:30pm	Dinner
6:30pm	Whole camp activity
7:30pm	Worship
8:15pm	Snack
9:00pm	Get ready for bed
9:45pm	Cabin devotions
10:00pm	Lights out

TRANSPORTATION WHILE AT CAMP

Some of our activities *may* be off-site. Our camp provides transportation to our venues. Campers are not allowed to drive their own vehicle to the venues. Camp staff will not use their own vehicles to transport campers. Camp provides van transportation as a part of your all-inclusive fee. All camp drivers are given instruction during staff training and are over 21.

CAMP ACTIVITIES

The following list is our educational progression program at Camp Bays Mountain. The activities are deemed age-appropriate and will give younger campers something to look forward to when they return in the following years. *Please note that there are more activities than can possibly be experienced in a session of camp.* Campers help select their group's activities as well as individual activities during "Choose your own Activity" period. 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 per grade:

Day Campers	Grades 2-5	Grades 6-8	Grades 9-12
<i>All of the activities below:</i>	<i>All of the activities to the left plus:</i>	<i>All of the activities to the left plus:</i>	<i>All of the activities to the left plus:</i>
Crafts	Night hike	Night hike on upper trails	Climbing wall - all sides
Swim at the pool	Group initiative challenges	Climbing wall adding the Intermediate side	Bays Mtn. Park – High Ropes Course
Creek walk	Climbing wall start with beginner side	Campout one night	Backpack off site (if able)
Hiking on the best trails	Optional camp out	Canoe at Warriors Path	Caving (if registered for that camp)
Group games	Cook out at least one meal	Challenge course (all elements)	
Slip-n-slide	Archery	Kayaking (if registered for that camp)	
Ga-Ga ball/Octaball	Challenge course (selected elements)	Horseshoes	
Four-Square	Sling shots	Rappelling off climbing tower	
Morning watch and bible study	Nine-square in the Air	Bays Mtn. Park zip-line	
Nature scavenger hunt	Owl pellet dissection		
S'mores	Tie dye		
Picnic	Skit Night		
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 experience
- 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 are 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

LODGING

In 2020, we have **two lodging options** based upon the session your child has registered for. In the catalog, you will see "retreat lodge and rustic bunkhouse" listed. Make sure you know exactly what you are registering for in terms of accommodations. Here is what to expect:

- **Retreat Lodge** – if your child is in a session staying in the retreat lodge, it is a two story building with four large bedrooms. Each of the four rooms has six bunk beds which sleep ten campers and two staff members. In each room there is a restroom facility with showers, sinks and toilets. We also have one handicapped accessible restroom on the upper level. The lodge has air conditioning, sprinkler system, alarm system, new plumbing and new electrical systems. It has a handicapped accessible ramp into both levels and no stairs.
- **Rustic Bunk House**– campers who register for outpost have *chosen more rustic accommodations*. The campers stay at the two summer bunk house cabins near the swimming pool. We have two bunk houses (boys and girls) which each sleep ten persons. Campers are supervised by at least two staff members in the bunk house. The cabins are four sided structures with screen walls. These are designed to offer a more rustic outdoor experience, so the cabins are not air conditioned. The outpost campers will use the bathhouse nearby at the swimming pool. The bathhouse has a male and female side with handicapped accessible showers, toilets and sinks. There are no steps.
- **Camping** – some groups will choose to camp at least one night away from the bunk house or lodge. The choices are to stay under a tarp, at the picnic shelter or at the archery range shelter. This is a change from 2018, where every group would camp one night. Not everyone liked that plan, so we are now letting the groups decide if they want to camp out or not.

COMMUNICATION DURING A WEEK OF CAMP

Parents have suggested we post pictures of camp during the week which their child is camping so that they can see how things are going. After much consideration, we have decided that although it seems fun and is a great way of communicating, posting pictures on social media during camp sessions is a potential danger especially for campers who have estranged relationships with non-custodial parents. Therefore, for the safety of our campers we will only post photographs after the week has ended.

Cell phone use was a problem in 2019 amongst campers. In fact, the most stressful situations we dealt with involving homesickness and camper conflict involved cell phone use. We emphasize that cell phones need to be left at home and not brought to 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 Camp Bays Mountain.

Our physical address is:
 CAMP BAYS MOUNTAIN
 500 Hood Rd.
 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-

Jeff Wadley
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