



# CAMP DICKENSON

## 2020 GUIDE FOR DAY CAMPERS

The staff of Camp Dickenson are thankful and excited about receiving your registration for camp. First, we would like to share who we are:

### OUR MISSION

*The mission of Camp Dickenson is to provide a place where people of all ages can come and experience the love of Christ and enjoy God's creation in a camp and retreat setting.*

### OUR VALUES

We are a **Christian** camp.

Everything we do is driven by our **Mission**.

We put the needs of **Those We Serve First**.

We believe **Relationships** are the key in making a difference in the lives of those we serve.

We are committed to providing a **Safe & Healthy Environment**.

We believe camp should be a **Fun & Active** place.

We practice good **Stewardship** of our resources.

We are committed to **Excellence** in everything we do.

We actively practice and model **Servant Leadership**.

### Registration

**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.

**Your CAMPER HEALTH FORM, CAMPER PROFILE FORM, and AUTHORIZATION CONSENT can now be completed on-line by going into your camper's registration account.** Using these forms that are part of this attachment as templates for completing it on-line may be helpful. The on-line forms may be completed any time before your camper arrives at camp. Please have all forms completed by the week prior to the start of your child's camp session. If you have completed these forms online, you **do not** need to fill out the paper forms.

Those unable to complete the form on-line **should bring a completed form** with them to camp check-in.

## **SESSIONS BEGIN AND END**

Day Camp begins on Monday with a **9:00 am** check-in at the Campground Pavilion. If you have a delay to a Monday check in, please inform the Camp Dickenson office at (276) 744-7241.

Pick-up Monday through Thursday is also at the Campground Pavilion.

All week long programs have a Closing Celebration at the Pool Pavilion at **2:00 pm on Friday**.

## **WHAT TO BRING**

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

- Day Pack/Book Bag
- Extra socks
- Rain Jacket (Poncho)
- Swimsuit (Ladies: one-piece or tankini, Gentlemen: trunks or shorts)
- Towel
- Sturdy closed-toed Shoes (Athletic)
- Water Shoes for river or creek (not Crocs or flip-flops)
- Bible
- Sunscreen
- Insect Repellent(lotion or mist)
- Flashlight
- Water Bottle
- Plastic bag for wet item

At the end of the session, campers will receive a picture and a t-shirt.

## **THINGS YOU WON'T NEED**

Here are a few items to leave at home:

- money
- cell phones
- pocket knives, scouting knives, or multi-tools
- electronic games
- pets
- food/snacks
- items of significant value

**Tobacco, alcohol, illegal drugs, fireworks, firearms, and weapons of any kind are prohibited at camp.**

Personal sporting gear brought to camp for specialized camping activities must be approved by camp recreational personnel prior to use, must be clearly labeled, and is the camper's responsibility.

Camp has a modest approach to our expectation of camp attire. Select clothing that will be functional for play and being in an outdoor environment. Remember to consider sun protection and select clothing that won't be damaged or come off during play (run, jump, climb, swim). Modest attire for all persons at camp includes clothing of an appropriate length and fit. Avoid clothing that may interfere with campers getting to know one another by unintentionally bringing attention to our bodies rather than who we are as children of God. We ask everyone not to bring clothing with alcohol, drug, tobacco, or sexually suggestive slogans or logos.

## **HEALTHCARE AND YOUR CAMPER**

### **PRE-CAMP HEALTH CONCERNS**

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 Dickenson office (276) 744-7241 to discuss program participation options.

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 Physicians orders are provided.

Camp Dickenson does not require campers to obtain a health exam from a physician prior to their camp session, because of our proximity to health and emergency services.

### **HEALTH CARE WHILE AT CAMP**

A Camper Health Assessment is part of the Check-In procedure that includes checking camper temperatures, 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.

All campers are required to have a complete and current health history on file with the camp during the camp session. Information needed includes: allergies, dietary restrictions, medications, past health treatment, immunization information, and any conditions (physical, mental, emotional, social health, developmental, or psychological) requiring treatment, medication or special considerations while at camp. Any activities a camper should not participate in can be listed on this form. **If you did not submit your child's health history when you registered, please complete the online form at least a week prior to the camp session.** Camp staff will be informed of any relevant medical needs of campers who they supervise.

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 (Twin County Regional Hospital, Galax, VA). Adventure Camp programs travel with an emergency assistance plan, depending on their location. If a camper cannot continue an Adventure Camp program due to health or safety concerns, parents/guardians may be asked to pick the camper up from the program location. An itinerary will be provided to parents/guardians prior to the start of the program.

All medications will be received and logged by camp personnel during Check-In. These medications will be stored securely with the Healthcare Supervisor. Prescription medication will only be administered in accordance with the instructions printed on the label. Over the counter

medications will be administered in accordance with the dosage recommendations of the manufacturer, or as instructed by the camper's parent/guardian or physician.

## **THE CAMP EXPERIENCE**

Camp is designed to be an exciting and meaningful experience for our campers. Worship, singing, and Bible study are combined with outdoor activities designed to be grade level appropriate making camp an unparalleled opportunity for personal growth and reward.

### **CAMP ACTIVITIES**

- Crafts
- Pool
- Creek walk
- Nature hike
- Field games
- Dancing
- Ice Cream Making
- Hayride
- Slip n slide
- Gaga ball
- Bouldering wall
- Fishing
- 4 square
- Nap time
- Bible Study

Additional descriptive information is available in the summer camp brochure and on the website. You may opt your camper out of participating in specific activities on their **Camper Health Form**.

### **MEALS AT CAMP**

Lunch and a snack will be provided each day. We believe food is a critical component of a positive camp experience. We seek to offer balanced meals that meet the unique energy demands of a camp experience. We obtain all our ingredients from a professional food service provider. Information on all ingredients, including allergens, is kept in the camp kitchen. Alternative food items can be made available for some special dietary needs. If your child has extensive dietary needs, we may ask you to provide supplemental food items.

## **While Your Camper Is At Camp**

While camp is an uplifting experience in many ways, it can also be a difficult time for campers and parents, particularly in a first time camp experience. The following points can help both camper and parent:

In your conversations with your child prior to camp, be positive, displaying confidence and enthusiasm about the trip to camp.

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.

You will be called if there is a problem at camp.

Camp staff take homesickness very seriously and are experienced 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.

Living in close community with each other all campers are expected to be kind and caring towards each other. Language and actions which are abusive towards others will not be tolerated. Parents, please prepare your child for these expectations. Parents will be notified if there are persistent behavioral concerns.

## **A FINAL 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 (276) 744-7241. Please save this guide for your reference.

Written directions are below. GPS services are accurate in helping folks navigate to camp. If you are coming from the southwest, Hwy 58 is not a very user-friendly route (many curves).

Parents and Guardians, thank you for sending your camper to Camp Dickenson. Please remember to pray for us in our preparation. We recognize that you are entrusting that which is most important to you into our care. Our goal is that every camper has great fun, knows the great love and acceptance within the camp community, and is filled with fresh wonder – the wonder of starlight and fireflies, the wonder of the river and green meadows, the wonder of new friends and new skills, of tall trees and small flowers, and most of all, the wonder of God's love.

## **DIRECTIONS TO CAMP DICKENSON**

(If you have any problems finding us, please call (276) 744-7241.)

There are many ways to get to Camp Dickenson from where you are. The directions and map listed below is not the shortest way to camp, but is the simplest directions to give and to follow.

From Interstate 81, take Interstate 77 South (Exit #81). Going south on I-77, exit to the west toward Galax, VA at the Galax/Hillsville Exit #14 onto Hwy 58. On the west side of Galax, turn right onto Hwy 94 toward Fries, VA. In 2.4 miles, turn right on Lime Kiln Road, Rte. #638. In 1.5 miles, turn right on Camp Dickenson Lane, Rte. #640 (gravel road). In about 1 mile, you will arrive at Camp Dickenson, turning left up the hill to check-in at the Multi-Purpose Building.

