



CAMP DICKENSON

2020 GUIDE FOR OVERNIGHT 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

All week-long overnight camp sessions at Camp Dickenson begin on **Sunday** with a **4:00-5:00 pm** check-in at the Multi-Purpose Building. **Celebration Camp** programs check-in on Tuesday from 10:00-11:00 am. Thank you for honoring these times. If you have to arrive after 5:00 pm, please inform the Camp Dickenson office at (276) 744-7241.

Week-long camp sessions end with a Closing Celebration at the Pool Pavilion at **2:00 pm on Friday**. A Taste of Camp – Half Week sessions end at **2:00 pm** on Wednesday.

WHAT TO BRING

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

- Shorts
- T-Shirts
- Long Pants (at least one pair)
- Underwear
- Socks
- Sleep Wear (PJ's)
- Sweatshirt/Fleece (or Jacket)
- Rain Jacket (Poncho)
- Swimsuit (at least 1. Ladies: one-piece or tankini, Gentlemen: trunks or shorts)
- Towels (at least 2)
- Sturdy closed-toed Shoes (Athletic)
- Water Shoes for river or creek (not Crocs or flip-flops)
- Extra Shoes
- Day Pack/Book Bag
- Sleeping Bag/Pillow
- Wash Cloth
- Soap and Shampoo
- Toothbrush/Paste
- Other Toiletries
- Bag for Dirty Clothes
- Bible
- Sunscreen
- Insect Repellent(lotion or mist)
- Flashlight
- Water Bottle
- Post Cards/Stamps

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

The following activity list is itemized by grade level. **Each subsequent higher grade level is eligible for its list and all previous lists.** Please note that there are more activities than can possibly be completed in a session of camp. Campers will have the opportunity to choose many of the activities in which they participate. Time, availability, and weather are all factors

Grades 2-3

Crafts
Pool
Creek Walk
Hiking
Field Games
Dancing
Ice Cream Making
Nature Study
Hayrides
Slip 'n Slide
Gaga Ball
Bouldering Wall
Fishing
4-Square
Cookout

Grades 4-6

Climbing Gym
Campouts
Team building games
Archery
Tubing
Challenge Course
River Wading
River Swimming
Soccer
Volleyball
Flag Football
Basketball
Whiffle Ball
Croquet
Sling Shot

Grades 7-12

Pamper Pole
Canoeing
Kayaking
Bicycling (On & Off-site)
Natural Water Slide at Clito (Off-site)
Climbing Wall
Zip Line
Fishing (Off-site)

affecting the actual camp activity experience (activities listed in **Bold** are high adventure activities).

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**.

Adventure Camps: Some activities will be led by (or equipment provided from) a professional outfitter or third party provider. We require any provider to meet the following guidelines: 1) provide an adequate number of instructors who's qualifications have been verified 2) use only equipment that is appropriate in size and type, and is in good repair 3) provide a safety orientation to all participants 4) maintain safety and emergency procedures 5) meet nationally recognized guidelines for contrition and maintenance of challenge course equipment and 6) any horses should be physically sound horses suitable for the skill level of participants.

MEALS AT CAMP

We believe food is a critical component of a positive camp experience. Campers are served three meals and one snack each full day. 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 help your child know that camp is not a phone friendly world and that calls are generally made only when there are problems.

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.

MAIL AND EMAIL

Receiving mail from home can be a real joy for your camper. Remember to send mail early. Mail can be sent to:

Camper's Name
Camp Dickenson
801 Camp Dickenson Lane
Fries, VA 24330

Prepare some self-addressed, stamped post cards for your camper to send home. Writing home can be fun and help campers stay connected with home while at camp.

The computing system at Camp Dickenson is not large enough to handle emails to campers. It is best to send mail, at least 3 days prior to the end of camp to try to insure that it arrives before the session ends.

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 on the following page. 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.

