

# CAMP LOOKOUT

## 2021 GUIDE FOR OVERNIGHT CAMPERS

We at Camp Lookout are thrilled and thankful to receive your registration for camp! We are looking forward to your arrival and the exciting week we will have together.

**PLEASE READ** through this guide. It will answer many of your questions, as well as help you and your camper prepare for a wonderful week at camp.

**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, AUTHORIZATION/CONSENT FORM, and CAMPER PROFILE FORM can all now be completed online by going into your camper's registration account.** Using the forms that are part of this attachment as templates for completing such forms online may be helpful. The online forms may be completed any time before your camper arrives at camp. It is very helpful to the camp staff to have the completed information prior to the beginning of camp. If you have completed these forms online, you **do not** need to fill out the paper forms.

Those unable to complete the form online **must bring these completed forms** with them to camp check-in.

### **Other Release forms needed.**

- All camper groups will have the opportunity to choose caving as an activity. To participate in this activity, campers must bring the **Caving Release** form (part of this attachment), completed and signed, to check-in.
- Campers registered for Horseback Camp must also bring the **Lookout Horse Release** form (part of this attachment), completed and signed, to check-in.

### **SESSIONS BEGIN AND END**

Sessions at Camp Lookout begin on **Monday** with a **9:00-10:00 am** check-in.

Camp sessions ends **on Friday** with a **2:00-2:45 pm** pick-up. Thank you for honoring these times.

Please Note: COVID-19 protocols will change the way campers are checked-in and picked-up. All protocols for camp operations (including check-in and pick-up) will be found at [www.camplookout.com](http://www.camplookout.com). These will be updated on an ongoing basis.

### **WHAT TO BRING**

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

- |   |  |                                     |
|---|--|-------------------------------------|
| ○ Shorts  | ○ Towels (at least 2)                            | ○ Bag for dirty clothes             |
| ○ T-Shirts  | ○ Sturdy Shoes (closed-toed)                     | ○ Bible                             |
| ○ Long Pants for Caving                             | ○ Old Rugged Shoes for Cave                      | ○ Sunscreen                         |
| ○ Underwear   | ○ Water Shoes for river or creek (no open backs) | ○ Insect Repellent (lotion or mist) |
| ○ Socks   | ○ Day Pack/Book Bag                              | ○ Flashlight                        |
| ○ Sleep Wear (PJ's)                                 | ○ Sleeping Bag/Pillow (or twin bedding)          | ○ Water Bottle                      |
| ○ Sweatshirt/Fleece (or Jacket)                     | ○ Wash Cloth                                     | ○ Post Cards/Stamps                 |
| ○ Rain Jacket/Poncho (camp continues rain or shine) | ○ Soap and Shampoo                               | ○ At least 2 cloth face masks       |
| ○ Swimsuit (one piece or tankini for girls)         | ○ Toothbrush/Paste                               | ○ Personal Hand Sanitizer           |
|   | ○ Other toiletries                               |                                     |

The following are additional supplies needed for **Horseback Camp** sessions:

- Jeans or Riding Pants (Breeches)
- Boots with smooth soles and heels (some boots available at camp).

## THINGS YOU WON'T NEED

Camp is a special time away. Some of the things needed at home are not necessary at camp. In fact, there are a few items to leave at home. Campers will not need money, cell phones, radios or other music players, electronic games, pets, or food. Items of significant value should stay at home. Camp provides great entertainment, meals, and snacks, and at the end of the session, campers will receive a picture, t-shirt, and link to all pictures and videos taken during the week of camp.

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 inspected 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. We ask campers not to bring clothing with alcohol, drug, tobacco, or sexually suggestive slogans or logos. Halter tops, tube tops, backless shirts, sheer clothing, mini-shorts or skirts, exposed midriffs, and exposed underwear do not align with camp expectations.

## HEALTH CARE AND YOUR CAMPER

Please complete the Camper Health Form in its entirety online or in printed form. A link to your camper's online health form is included in all confirmations received by email. If you cannot complete the form online, complete and bring a printed form with you to **check-in**.

## HEALTH CARE 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.

Daily dispensing of prescribed medications, basic first aid, and health monitoring are provided while at camp. Families will be notified if your camper vomits, displays any COVID-19 symptoms, has a persistent condition (i.e. headache, nosebleed, fever, homesickness), or needs to be taken to the doctor or emergency room (Erlanger Children's Hospital, Chattanooga, TN).

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. Pill organizers/unlabeled bottles are discouraged. Dosage instructions are strictly adhered to unless alternate written/signed Physician's orders are provided.

Special dietary needs should be noted in the camper Health Form. We can accommodate most all dietary needs and/or allergies. Contact the camp office at (706) 820-1163 or email [admin@camplookout.com](mailto:admin@camplookout.com) at least two weeks ahead of your camp session to allow time to address concerns.

### 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 or risk of COVID-19 has passed.

Has your camper:

- Taken a COVID test within the past two weeks of the start date of camp?.....  Yes  No
  - If yes, was the test positive? .....  Yes  No
- Been diagnosed with COVID-19 by a medical professional in the past two weeks even without signs /symptoms?.....  Yes  No
- Been knowingly exposed, or in close contact with anyone who has tested positive for COVID-19, or has had signs / symptoms of COVID-19 within the past two weeks?.....  Yes  No
- Had any of the following signs / symptoms today or within the past two weeks?;
  - Cough.....  Yes  No
  - Temperature over 100°F.....  Yes  No
  - Congestion or runny nose.....  Yes  No
  - Fever or chills.....  Yes  No
  - Difficulty breathing.....  Yes  No
  - Fatigue .....  Yes  No
  - Nausea or diarrhea.....  Yes  No
  - Muscle or body aches.....  Yes  No
  - Headache.....  Yes  No
  - Loss of taste or smell.....  Yes  No

If you checked "yes" to any of these questions, your camper will not be allowed to attend camp for two weeks (exception – symptom related to diagnosed ongoing medical issue – please document on Health Form). Please contact the Camp Lookout office at (706) 820-1163 to reschedule.

**Each of these questions along with temperature check will be a part of the camp check-in process.**

### LIFE AT CAMP LOOKOUT

Summer camp provides a unique developmental opportunity for young people. Away from their regular routine and removed from the distractions of everyday life, campers are presented with wonderful opportunities to grow in the great outdoors. At camp, campers become part of an intentional, God-centered community. Campers gain new insights into who they are and how they relate to others. Research shows that children who attend camp become more independent, grow in self-confidence, and develop important social skills.

The heart of Camp Lookout's intention during each week of camp is to **"Share the Love of Christ in the Glory of God's creation."**

Our goal is for each camper to have:

- An active and fun week of camp
- A Christian community that inspires campers to grow in their relationship with Jesus Christ
- A wide range of camp opportunities and activities to meet the variety of needs and interest of our diverse campers
- A well-trained and loving staff focused on the needs of campers
- A healthy and safe camp environment

## **We have one “RULE” at Camp Lookout:**

*“We are in the Build Them Up Business, Not the Tear Them Down Business.”*

- *We want to Build up:*
  - *Ourselves*
  - *Our Neighbors*
  - *Our Environment*

Camp Lookout has a variety of housing options for campers, all of which include air-conditioning. Most cabins include bathroom accommodations, while others require using the bathhouse. Campers will stay in appropriate accommodations with the corresponding staff-to-camper ratio staying with them. The Camp Lookout Schedule offers structure and routine in a camper’s day, with more fun and excitement around every corner.

## **COVID-19 Protocols**

Camp Lookout is dedicated to continuing the quality program campers and parents have come to expect and experience each summer. COVID-19 protocols will change the way we run our day-to-day camping program. These changes will help us limit and hopefully eliminate exposure to COVID-19 at Camp Lookout. In the event of severe restrictions and/or elevated risks to campers and staff due to COVID-19, cancellation of some or all weeks is a possibility. The safety and well-being of every camper and staff is our top priority.

### **Brief Summary of Precautions:**

- **Pre-Camp Information and Health Screening** – Each camper and staff will receive updated information on established protocols to help mitigate COVID-19 at Camp Lookout as well as pre-screening surveys prior to on-site health screening at check-in. Out of an abundance of care and precaution, campers with pre-existing conditions for complications with COVID-19 as defined by the CDC are strongly discouraged from attending camp this summer.
- **Cohort groups** – Each cabin will function as a group for the week. They will eat meals together, participate in activities as a group, enjoy bible study and worship as a small group, and only interact with other groups while physically separated by no less than 6 feet.
- **Other Proactive Mitigating Factors** – Camp capacity has been reduced by 50%. Campers and staff will wear face masks in space shared by other cabin groups, when activities require non-avoidable close contact, and during transition times throughout the day. Each of our programs have been modified to comply with CDC, state/local, and Holston Conference guidelines.
- **What happens in the event of possible COVID-19 exposure** – If a camper or staff member develops COVID-19 symptoms, a parent/guardian will immediately be contacted, and they will be sent home. In the event of a COVID-19 positive camper or staff member, we will notify those exposed and actively participate in health department contact tracing.
- **Daily cleaning** – We will increase our cleaning protocols so that each building is cleaned daily, and necessary equipment is cleaned after each use.

Camp Lookout’s full COVID protocols and policy are available for review at [www.camplookout.com](http://www.camplookout.com).

## CAMP ACTIVITIES

For summer 2021, Camp Lookout will be using the cohort style of camping to help mitigate the risk of COVID-19 spread. Camper groups will be placed in cabins, and cabin groups will do activities together. To help ensure that each camper has the opportunity to experience their desired activities, an activity interest survey will be gathered from each camper (via email and/or phone) prior to the start of camp. This will allow our staff to group campers with similar interests into the same cohort group to help maximize their camp experience. Campers are eligible for grade level activities based on their grade entering the fall of 2021, plus all earlier grade level activities. Please note that there are more activities than can possibly be completed in a session of camp. Time, availability, weather, and COVID restrictions are all factors affecting the actual camp activity experience (activities listed in **Bold** are high adventure activities).

### Grades 3-4

*(Younger Elementary Camps)*

Crafts  
Swimming Pool  
Creek Walk  
Hiking  
Field Games  
Dancing  
Parachute & Noodle Games  
Frisbee Golf  
Basketball, 4-Square,  
Horseshoe, Corn Hole  
Bouldering Wall  
Cookie Making  
Group Initiative Games  
Cloudland Canyon S.P. (off site)  
Low Ropes  
Gaga Ball  
**Climbing Wall**

### **Zip-Line**

Sling Shot  
**High Ropes (Raider Bridge, exit Zip-Line)**  
Archery  
**Caving (off-site)**  
Chickamauga N.P. (off site)

### Grades 5-6

*(Older Elementary Camps)*  
Campout  
Lake Paddling/Boating Games  
Guitar Class  
Fishing  
Art/Painting Class  
Cooking Classes  
**Mountain Biking**

**High Rope (Raider Bridge, Two-Line Bridge, exit Zip-Line)**  
**Climbing Wall (with Zip-Line)**

### Grades 7-9

Flight Park (off-site)  
**Nature Hikes (off-site)**  
**Rappelling (off-site)**  
**Whitewater Paddling (Lower Hiwassee River)**  
**Mountain Biking (on, off-site)**  
**High Ropes with V-Swing**

### Grades 9-12

**Rock Climbing (off-site)**  
**Whitewater Paddling (Lower & Upper Hiwassee)**  
**Campout (off-site)**

More details can be found in the 2021 Camp Lookout brochure or on our website [www.camplookout.com](http://www.camplookout.com).

## Photos and Videos of each Camp Session

Each week, hundreds of pictures and videos are taken of campers participating in activities and programs at camp. These pictures and videos are compiled, and from these pictures a video slideshow is created. This slideshow, along with all the compiled photos and videos, will be available for download at no charge. A link will be shared at the end of each week to view photos and videos from the week.

Please visit our website and social media for daily updates and pictures – [www.camplookout.com](http://www.camplookout.com)



CampLookoutGA



@camplookoutga



@camplookoutga

## 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 Lookout staff takes homesickness very seriously and is experienced in helping children deal with their uneasy feelings. Calls from home are often counterproductive, but staff will have conversations with parents if these feelings persist.

Living in close community with one another, 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. Remember, "WE ARE IN THE BUILD THEM UP BUSINESS, NOT THE TEAR THEM DOWN BUSINESS." It is a great guide to live by every day.

## 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 Lookout  
3130 Highway 157  
Rising Fawn, GA 30738

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.

Emails can be sent to campers at [camper@camplookout.com](mailto:camper@camplookout.com).

- Limit one per day per sender
- Include camper first and last name in subject area of email
- Emails are checked Tuesday – Thursday at 12:00 pm, printed and delivered to campers
- Campers will not have the opportunity to send reply emails

Please visit our website for daily updates and pictures – [www.camplookout.com](http://www.camplookout.com)

## A FINAL WORD

We are looking forward to having your child at camp. We expect great blessings all around. Should you have questions, please give us a call at (706) 820-1163 or email [admin@camplookout.com](mailto:admin@camplookout.com).

If you have questions or concerns, please contact Don Washburn, Camp Lookout Director – 423-280-5848 or [don@camplookout.com](mailto:don@camplookout.com).

**Please save this guide for your reference.**

## DIRECTIONS TO CAMP LOOKOUT

3130 Highway 157

Rising Fawn, GA 30738

(If you have any problems finding us, please call (706) 820-1163.)

Camp Lookout is on top of Lookout Mountain just South of Lookout Mountain, GA. Please use these directions and map. Note: many online directions and GPS services will guide you several miles out of the way.

### From I-75

Take I-75 to GA Exit 350 (Ft. Oglethorpe/Battlefield Pkwy) onto Hwy 2. Go West on Hwy 2 toward Ft. Oglethorpe for 13 miles. Turn left heading South on Hwy 193 for 3 miles. Turn right onto Nick-A-Jack Road for 4 miles. At stop, turn left onto Hwy 157. Camp Lookout is ¼ mile on the right.

### From I-24 and Downtown Chattanooga Area

Take Lookout Mountain Exit 178 off of I-24 to Broad Street South toward Lookout Mountain. Veer left on Tennessee Ave. This becomes St. Elmo Ave and then GA Hwy 193. Go approx. 9 miles and turn right onto Nick-A-Jack Road for 4 miles. At stop, turn left onto Hwy 157. Camp Lookout is ¼ mile on the right.

### From I-59 and Trenton, GA area

Take I-59 to Trenton Exit, East on Hwy 136 toward Trenton. At light, turn right onto Hwy 136/Hwy 11 and then left onto Hwy 136 at next light. Continue on Hwy 136 for approx. 10 miles. Turn left onto Hwy 157, North for 8 miles. Camp Lookout is on the left.

