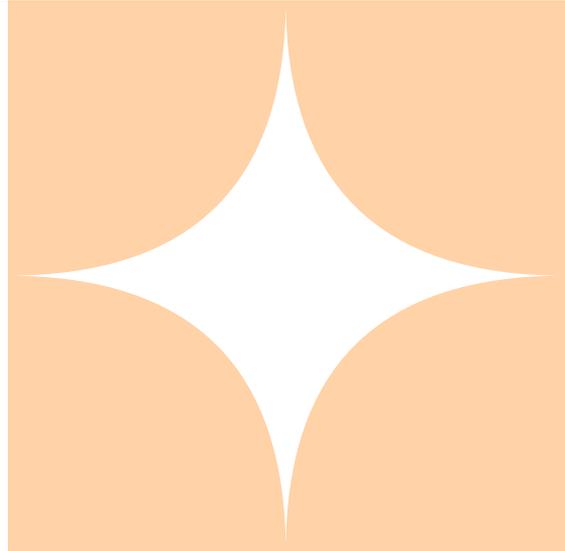


2022

Parent Guide



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.

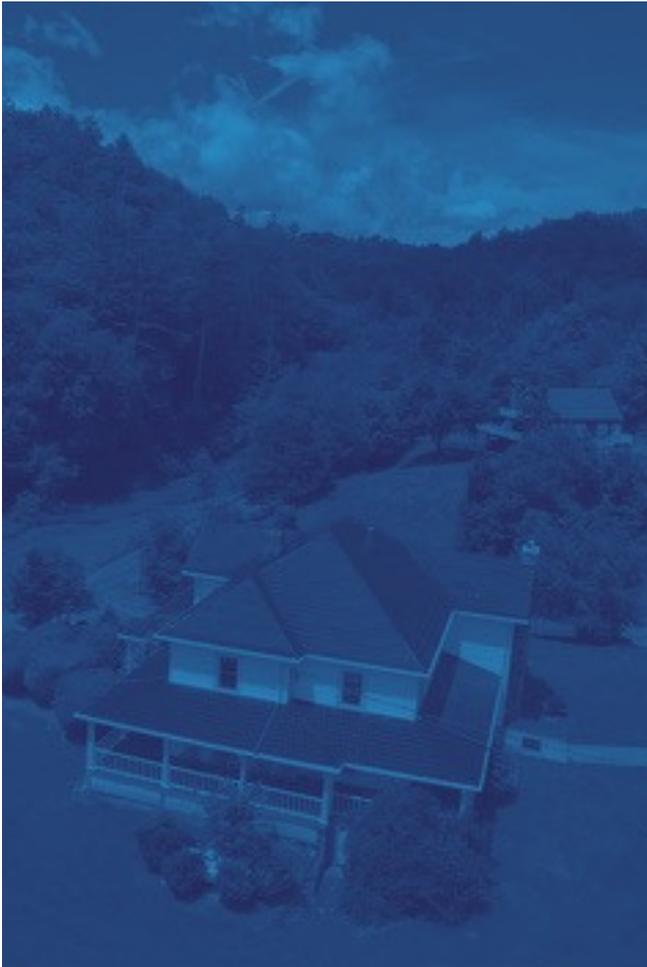
We are committed to providing a Safe & Healthy Environment.

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

For parents, guardians, and churches

For each camper, we need:

- a CAMPER HEALTH FORM
- a CAMPER PROFILE FORM
- an AUTHORIZATION CONSENT FORM.

You may submit forms:

- Online, in the registration portal
- Through email to office@campdickenson.com
- Or by mail to 801 Camp Dickenson Ln. Fries, VA 24330

Your completed forms should be turned in at least a week prior to the start of your child's session.

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.

Drop-off

Drop-off occurs between 4:00-5:00 pm on Sunday for all overnight programs (including programs ending on Wednesday). Please form a line and remain in your vehicles.

The first staff person you meet will confirm all paperwork and payment details are in order.

Health Screenings

The next staff person you meet will ask questions about your campers recent health, any changes to the healthcare plan, and collect any medications. The camp nurse may ask you to elaborate about items listed in the health history forms.

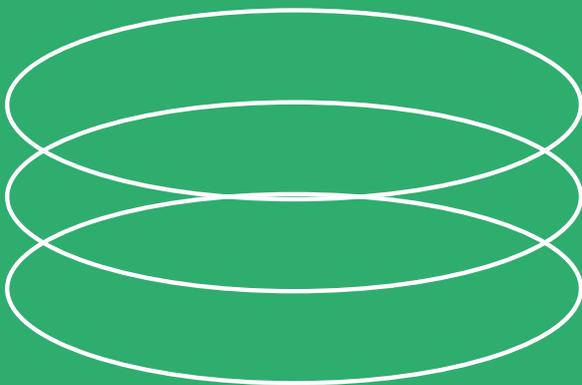
Session Beginning and End

To the Cabin

Finally, you will be directed to drive up to the cabin where your campers are staying. Staff positioned on the hillside will help direct traffic. Please keep in mind there will likely be a family behind you waiting to approach the cabin. Bringing campers in multiple programs? You'll be directed to drop them off oldest-to-youngest.

Pickup

All week-long sessions conclude with a meet-and-greet in the pool pavilion will all campers and staff from **2-3 PM on Friday**.

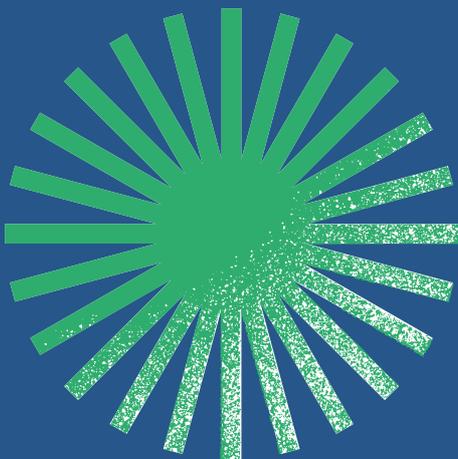


What to Bring

We Strongly encourage you to label all items with a camper name or initials to ensure they return home with your camper. We strongly recommend campers bring their luggage in hard-sided bins (such as a Rubbermaid storage bin) and pack clothes in resealable bags (ex. A 2-gallon ziplock bag).

- Water Bottle
- Shorts
- T-Shirts
- Long Pants (at least one pair)
- Underwear (one per day, plus a spare)
- Socks
- Sleep Wear
- Sweatshirt/Fleece (or Jacket_
- Rain Jacket (Poncho)
- Swimsuit (at least 1. Ladies: one-piece or tankini; Gentleman: 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 or twin sheets/Pillow
- Wash Cloth
- Soap and Shampoo
- Toothbrush/Paste
- Other Toiletries
- Bag for Dirty Clothes
- Bible
- Sunscreen
- Insect Repellent (lotion or mist)
- Flashlight
- Post Cards/Stamps

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



THINGS YOU WON'T NEED

Please leave these items 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 protective of the 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

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 any of the following symptoms?

- Fever (100°F or greater) or feeling of fever/chills
- Sore Throat
- Runny or stuffy nose (not explained by environmental allergies)
- Sneezing (not explained by environmental allergies)
- Cough
- Lack of sense of taste or smell
- Stomach upset/Diarrhea
- Vomiting
- Headaches

IF "YES" TO ANY OF THESE SYMPTOMS, PLEASE CONTACT CAMP PRIOR TO BRINGING YOUR CHILD TO THEIR SESSION.

Current recommendation is that children remain home for five days after symptoms start, even if the child is no longer ill. If your child is still sick after five 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.

Healthcare While at Camp

A Camper Health Assessment is part of the Check-In procedure that includes checking camper temperatures, discussing recent illnesses or exposures, and going over the camper Health Form. All medications will be received and logged by camp personnel during Check-In. These medications will be stored securely with the Healthcare Supervisor.

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). As part of our COVID precautions, campers will complete a health check-in with their counselor each morning. 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.

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.

The Camp Experience

Camp is designed to be an exciting and meaningful experience for our campers. This year, activities will take place in "cohort groups," organized by age-group and living quarters. An extra emphasis is being placed on having activities and worship outdoors, using physical distancing.

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 affecting the actual camp activity experience (activities listed

Grades 2-3

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

Grades 4-6

Climbing Gym
Broomball
Team building games
Archery
Tubing
Challenge Course
Ga Ga ball
River Swimming
Soccer
Volleyball
Flag Football
Basketball
Sling Shot
4 Square

Grades 7-12

Pamper Pole
Canoeing
Kayaking
Bicycling (On & Off-site)
Climbing Wall
Zip Line

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.**



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.

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.

Please be in prayer every day for your camper and the camp staff during the camp session. Also remember, it is quite normal to miss your child. The camp activities are FUN and ACTIVE. Your camper's day is filled with these fun-filled activities. You will be called **if** there is a problem at camp.

Expected Behavior

Living in Christian community with each other means all campers are expected to be kind and respectful towards each other. **Language and actions which are abusive towards others are not acceptable.**

Parents, please prepare your child for these expectations. Staff will work with campers to navigate the conflicts that sometimes occur while living in community together. Parents will be notified if a camper is unwilling to change an inappropriate behavior, or if a camper has put another child or staff member in danger.

Mail

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.

You may also leave mail for your child with their counselor on Sunday. This can help ensure the mail doesn't get held up in delivery. Please ensure the campers name is written legibly.

In Conclusion

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.)

From the North and Northeast (Wytheville, Bland, Pulaski, Dublin, Radford, Christiansburg, Blacksburg, Roanoke) - Use 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.

From the West (Independence, Mouth of Wilson, Whitetop). Take US-58 West. Turn left 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.

From the East (Hillsville, Dugspur, Laurel Fork, Meadows of Dan, Floyd, Stuart)- Take US-58/US-221 West through Galax. 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.

From the South-

From the Mt. Airy area- Take W Pine Street (89) West over the VA state line. Turn left on State Route 618 (Mt. Vale Rd.) Turn sharply right on SR 607 (Meadow Creek Rd.) Turn left onto US-58 West. 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.

From the Sparta Area- Take NC-18E (E Whitehead St.) through Edwards Crossroad and Ennice. Turn lefts onto SR-624 (Delhart Rd.) Cross the VA state line, then bear right onto SR-622 (Delhart Rd. continues). Turn right onto US-58E, followed shortly by a left 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.

