

CAMP BAYS MOUNTAIN

2023 Guide for Celebration Campers

Welcome to Camp Bays Mountain! We are excited that your camper will be 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 time

- **Overnight campers:** Monday-Friday, July 24-28 with check-in at 4:00pm at the Dining Hall. Check-out is at 2:00 pm on Friday.
- **Day Campers:** We want to make sure that our campers are at camp as long as they want to be. We will check an optional check in for day campers on Monday at 4:00pm. If they choose to come on Monday they can check out at 8:30pm after worship is over. Tuesday-Friday check in will be at 8:30am. Your camper will have the option to either leave at 5:00pm before dinner or at 8:30pm after worship is over.

****We strive to make accommodations for any camper that needs them. If these times do not work for you or your camper please just let us know by calling the office at 423-349-8401 ****

What to bring

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

- 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
- Sunscreen
- Water shoes (**NOT** flip flops)
- Extra pair of shoes
- Sleeping bag/sheets and pillow
- Wash cloth
- Toiletries (toothpaste, toothbrush, shampoo, deodorant, contact supplies, etc.)
- Bag for dirty clothes
- Insect repellent
- Flashlight or headlamp
- Water bottle

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. **** If your camper has a need for anything on the list we are happy to make accommodations. Please give us a call at the office at 423-349-8401 ****

- Money
- Cell phones
- Radios or other music players
- Electronic games
- Pets
- Food (we provide all meals and snacks)

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

We ask campers not to wear these types of 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
- Exposed underwear

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. Ask these questions prior to arrival:

Does your camper have:

- A fever (100 degrees or greater)?
- Sore throat?
- Cough?
- Headache?
- Aches or pains?
- Has the camper been exposed to COVID-19 in the last 14 days?
- Has the camper tested positive for COVID-19 in the last 14 days?

If you checked "yes" for fever AND "yes" for one other symptom, it is best to keep your camper at home. If your camper has been diagnosed with an illness or condition – such as COVID-19, 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.

Health care at camp

A Camper Health Assessment is part of the check-in procedure which includes checking camper health status, 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.

**** You will receive a health check in email 24-48 hours before 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 has persistent vomiting, has a persistent condition (i.e. headache, nosebleed, fever, homesickness), or needs to be taken to the doctor or emergency room.

THERE ARE THREE FORMS TO BE COMPLETED:

- 1. HEALTH FORM**
- 2. CAMPER PROFILE**
- 3. AUTHORIZATION/CONSENT**

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.

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. Programs are designed to be grade level appropriate, making camp an unparalleled opportunity for personal growth.

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 groups sessions, and much more. The typical daily schedule is as follows unless we need to make changes due to weather/special event:

7:30 am	Rise and shine
8:00 am	Breakfast
9:00 am	Morning Watch
9:30 am	Morning activities
12:00 pm	Lunch
1:00 pm	Rest period
2:00 pm	Afternoon activities
4:30pm	Bible Study
5:30 pm	Dinner
6:00 pm	Whole-camp activity
7:30pm	Worship
8:00 pm	Snack
9:00 pm	Get ready for bed
10:00 pm	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

This is a list of possible activities that your camper can participate in while at camp. *Please note that there are more activities than can possibly be experienced in a session of camp.* Campers help select their group's activities. 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:

- Group games
- Crafts
- Swim at the pool
- Slip-n-slide
- Hiking on lower trails
- GaGa ball/octoball
- Four square
- Nature scavenger hunt
- Morning watch and worship
- Hayride
- S'mores
- Picnic
- Horseshoes
- Lake canoeing
- Square dancing/folk dancing
- Nightly parties
- Night hike on lower trails
- Tie dye
- Climbing tower
- Cookout at least one meal
- Archery
- Sling shots
- Skit night/talent show
- Group bible study

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 camper prior to camp, be positive, displaying confidence and enthusiasm about the experience.
- Please help your camper 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 camper
- 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 staff take homesickness seriously and are trained in helping campers deal with their uneasy feelings. Calls from home are often counterproductive, but staff will have a conversation with parents if these feelings persist.

Lodging

Retreat lodge - Your camper is in a session staying in the air conditioned 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. It is handicapped accessible into both levels with no stairs.

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

Executive Director

423-349-8401

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