

CAMP BAYS MOUNTAIN

2023 Guide for Overnight Campers

Welcome to Camp Bays Mountain! We are excited that your child will be camping 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 times:

Sessions begin Sunday with check in starting at **4:00pm** at the Welcome center. Check-out is at **2:00pm** on Friday.

What to bring:

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

****CCC Campers need to bring a pair of long pants, a long sleeve t-shirt/sweatshirt, and closed toed shoes that can get ruined. They will be required to wear this to go caving****

- 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 and toothbrush, shampoo, deodorant, contact supplies, etc.)
- Bag for dirty clothes
- Insect repellent
- Flashlight or headlamp
- Water bottle

Things that 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.

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

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

We ask that campers not 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. 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. Ask these questions prior to arrival:

Does your child 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 the answer was “yes” for a fever AND to any other symptom, it is best to keep your child at home. If your child has been diagnosed with an illness or condition - such as COVID-19, strep, bed bugs, or lice - follow your healthcare providers 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 dosage. 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 sickness 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.

You have three forms to complete:

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

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 to the camp session 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.

Campers will be staying in a bedroom/cabin/bunkhouse with no more than 10 campers and two counselors. There will be no co-ed bedrooms. During the day we will be moving back to co-ed groups. We have found that the co-ed dynamic works best. There will be 10 campers with two counselors per group.

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:

7:30am	Rise and shine	4:30pm	Bible study
8:00am	Breakfast	5:30pm	Dinner
9:00am	Morning watch	6:00pm	Whole camp activity
9:30am	Morning activities	7:30pm	Worship
12:00pm	Lunch	8:30pm	Snack
1:00pm	Rest time	9:00pm	Get ready for bed
2:00pm	Afternoon activities	10:00pm	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 all inclusive fees. All camp drivers are given instruction during staff training and are over 21.

Camp Activities

The following list is our educational progression program at Camp Bays Mountain. The activities are deemed age-appropriate and will give younger campers something to look forward to when they return the following years. **Please note that there are more activities than can possibly be experienced in a session of camp.** Campers help select their groups activities, since each group will stay with the same group during their session the group will decide on their daily activities. Time, availability, weather, and necessary leadership are all factors affecting the actual experience. Please help us educate your camper that they may or may not get to do everything on this list. These are approved activities per grade:

Day Campers	Grades 2-5	Grades 6-8	Grades 9-12
	<i>All of the activities to the left plus:</i>	<i>All of the activities to the left plus:</i>	<i>All of the activities to the left plus:</i>
Crafts	Stream ecology	Night hike on upper trails	Climbing wall – Difficult side
Swim at the pool	Square dancing/Folk dancing	Climbing wall – Intermediate side	Cookout several meals if desired
Creek walk	Hayride	Campout one night/nights (hammock or tarps)	Offsite camping
Hiking on the lower trails	Night hike on lower trails	Hiking on the upper trails	Canoe on Holston River
Group games for their age group	Group initiative challenges	Horseshoes	Bays Mtn Park - High Ropes Course
Ice cream making	Climbing wall – Beginner and intermediate side	Tubing on Holston River	Backpack off site
Slip-n-slide	Campout one night <i>only if the group chooses</i>	Challenge course (all elements)	Caving if we can arrange it
Ga Ga ball/Octaball	Cookout at least one meal	Kayaking (if registered for that camp)	Outdoor leadership labs

Four-Square	Archery	Snorkel at pool	
Morning watch and worship	Challenge course (selected elements)	Orienteering/Geo-cache	
Skulls, feathers and furs animal presentation	Volleyball	Trail building and maintaining (service project)	
Nature scavenger hunt	Basketball	Bays Mtn Park zip-line	
Hayride	Sling shots	Hike to Bays Mtn Park Fire Tower	
S'mores	Nine-square in the Air	Rappelling off climbing tower	
Picnic	Soil study		
Group Bible study	Owl pellet dissection		
	Tie dye		
	Skit night		

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 child prior to camp, be positive, displaying confidence and enthusiasm about the experience.
- Please help your child 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 child
- The camp activities are FUN and active. Your campers day is filled with activities.
- Don't worry...you will be called if there is a problem at camp.
- Camp staff take homesickness seriously and are trained in helping children deal with their uneasy feelings. Calls from home are often counterproductive, but staff will have a conversation with parents if these feelings persist.

Lodging

In 2023 we have two lodging options based upon the session your child is registered. In the catalog, you will see “retreat lodge and rustic bunkhouses” listed. Make sure you know exactly what you are registering for in terms of accommodations. Here is what to expect:

- **Retreat lodge** - If your child is in a session staying in the retreat lodge, it is a two story air conditioned building with four large bedrooms. Each bedroom 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.
- **Rustic Bunkhouse** - Campers who register for Junior High Adventure, Senior High Adventure, Whitewater Kayak, or CCC may be housed in more rustic accommodations. The campers stay at the summer bunkhouse cabins near the swimming pool. Our bunk houses (boys and girls) sleep twelve people. Campers are supervised by at least two staff members in the bunkhouse. The cabins are four sided structures with screen walls. These are designed to offer a more rustic outdoor experience, so the cabins are not air conditioned. The bunkhouse campers will use the bathhouse nearby at the swimming pool. The bathhouse has a male and female side with handicapped accessible showers, toilets, and sinks. There are no steps.
- **Camping** - Some groups will choose to camp at least one night away from the bunkhouse or lodge. The choices are to stay under a tarp at a campsite, at the picnic shelter, or at the archery range shelter.

Communication during a week of camp

Parents have suggested we post pictures of camp during the week which their child is camping so that they can see how things are going. After much consideration, we have decided that although it seems fun and is a great way of communicating, posting pictures on social media during camp sessions is a potential danger especially for campers who have estranged relationships and non-custodial parents. Therefore, for the safety of our campers we will post photographs after the week has ended.

Cell Phone Policy

The most stressful situations with homesickness that we have dealt with have involved cell phone use. We encourage all campers to leave their cell phones at home during camp.

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 have arrived at Bays Mountain Park and **NOT** at 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 0.8 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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