

Camp Wesley Woods

Overnight Camp Parent

Survival Guide



Thank you for registering your child for camp! Congratulations!

We know you have questions, possibly lots of them!

We want you to know that your child is well-looked after and will be surrounded by a supportive community of faith here at Camp Wesley Woods. Read on to find information like what to bring (or not), when to arrive, what to expect, and lots of other things you need to know.

If you don't find the answers to all your questions here, please call us at (865) 448-2246!

CAMP WESLEY WOODS

2023 Parent Survival Guide

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Part One: Logistics

Registration / Cancellations / Changes of Plans

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.

Switching Weeks: If you wish to cancel a registration and register into a different session, please call the Camp Registration Office at (423) 929-9037. Switching sessions might cause you to lose your initial nonrefundable fee.

Refund Policy: The non-refundable deposit for the Camp Wesley Woods Summer Camp is session type specific as outlined below.

Programs based on CWW property that are **5 nights or less** in length:

Discovery, Basecamp Mini (5 night) and Glamping 5 Night: **\$250 of the camp fee is non refundable.**

Programs based on CWW property that are **12 nights** in length:

Basecamp (12 Night), Glamping 12 Night, LIT: **\$500 of the camp fee is non-refundable.**

Tripping Programs of any length:

Due to the nature of higher costs and external advance reservations for these programs, there is a higher non-refundable fee associated: **\$900 of the camp fee is non-refundable.**

To receive a **REFUND** of your camp fees (less the outlined above, non-refundable fee):

CANCELLATIONS must be completed by 5:00 p.m. (Eastern) on the Friday that is at least one week prior to the Opening Day / Check-In Day of your camp session. Cancellations can be made through your online account or by calling the Camp Registration Office at (423) 929-9037.

Excluding trips, the non-refundable fee is transferable to a different equivalent session, pending space in that session. Please call the Camp Registration Office at (423) 929-9037 when you wish to cancel a registration and register into a different session. This is the only way to insure the transfer of the non-refundable fee.

No refunds will be made to campers who fail to show up on opening day.

Should a particular session not receive an adequate number of registrations, the possibility does exist that the session may have to be canceled. If this should occur, every effort will be made to notify the camper as soon as possible and placement into another session will be attempted. A full refund will be made if placement into another session is not possible. All appeals regarding the handling of our Refund Policy must be made in writing to: CRM Registrar, 262 Bart Green Drive, Gray, TN 37615.

Important Forms for Camp - REQUIRED FORMS -



REQUIRED FORMS:

- Camper Health Form - must be completed ONLINE at least one week prior to arrival at CWW
- CWW Authorization/Consent Form - must be completed ONLINE at least one week prior to arrival at CWW
- Camper Profile Form - must be completed ONLINE at least one week prior to arrival at CWW

REQUIRED FORMS to BE COMPLETED AT CHECK - IN:

- Pre-Camp Symptom Tracking Form - we will provide this form at Check - In

Parents should complete these camper forms by using our secure online registration system. This information can be recorded at the time of registration, or any time prior to the beginning of your camper's session. In future years, you will simply need to update any health changes from the previous year. Parents without online access will continue to be able to complete camp registration and all forms over the phone by calling the camp office at (865) 448-2246. A physical exam by an appropriately licensed healthcare provider is not required to attend Camp Wesley Woods as assessed and determined by the Holston Conference CRM.

Coming and Going from Camp

For GPS purposes, the physical address of Camp Wesley Woods is 329 Wesley Woods Road, Townsend, TN 37882. During Check-In and Check-Out staff will direct parents to proper drop-off and pick-up locations for their campers. Your Check-In and Check-Out days and times depend on what program you chose at registration. To reduce wait times at Check-In, please follow the staggered times below.

Checking In Your Camper (Drop-off at camp)

Discovery - Check-In Wednesday July 5th, 2023

- rising 2nd grade arrive at 4:00 pm
- rising 3rd grade arrive at 4:20 pm
- rising 4th grade arrive at 4:40 pm

Basecamp, Adventure Glamping, Leadership - Check-In Sunday afternoons at 4:00 pm.

- rising 4th and 5th grade arrive at 4:00 pm
- rising 6th and old arrive at 4:30 pm

If your camper is signed up for an **Adventure Tripping Program**, see the trip specific Parent Packet for special Check- In information.

If you have multiple campers of different ages attending camp, please Check-In at the time most convenient for your family.

If you are running late or have some other delay, please call the Camp Wesley Woods office at (865) 448-2246.

Checking Out your Campers (Picking up at the end of Camp)

PHOTO ID is required and MUST MATCH Authorization Form.

ALL Check-Outs for **Discovery, Basecamp, Adventure Glamping, & Leadership** are from 10:00 - 10:30 am on Fridays. Please do not come early. The camp gates will be closed. Parents will be met and directed to pick-up locations for their campers.

If your camper is signed up for an **Adventure Tripping Program**, see the trip specific Parent Packet for special Check- Out information.

Please don't forget your photo ID.

For your camper's safety, campers will only be released to those persons listed on their authorization form. Please make sure to include yourself on this form if you are a parent or guardian.

Please notify the camp office (865) 448-2246 in advance should it become necessary to pick up your child from camp at some time other than 10:00 AM.



What to Bring to Camp

Please bring clothes that you don't mind getting a little dirty while having a great time. It is recommended that you label all items to ensure they return home with your camper. Camp is pretty casual. Mostly t-shirts and shorts. Sometimes in the morning it's chilly so you might want a hoodie.

List for ALL overnight campers coming to Camp Wesley Woods (Discovery, Basecamp, Glamping, Leadership)

- | | | |
|--|--|---|
| <ul style="list-style-type: none">○ Shorts (1 per day)○ T-Shirts (1 per day)○ Long Pants (at least 1)○ Underwear/Socks○ Sleepwear (PJ's)○ Sweatshirt/Fleece/Jacket○ Rain Jacket○ Hat for sun○ Swimsuit (one-piece or tankini for girls)○ Towels (at least 2) | <ul style="list-style-type: none">○ Sturdy closed-toed Shoes (Athletic)○ Water Shoes that capture the heel (like Chacos)○ Extra pair of Shoes○ Day Pack/Book Bag○ Sleeping Bag/Pillow○ Fitted sheet○ Deodorant○ Soap & Shampoo○ Toothbrush/Paste | <ul style="list-style-type: none">○ Other Toiletries○ Bag for dirty clothes○ Bible/Journal/Pen○ Spray Sunscreen○ "Face Stick" Sunscreen○ Insect Repellent○ Flashlight○ Water Bottle○ Flip-Flops for Showering○ Postcards/Stamps |
|--|--|---|

Optional: Campers are encouraged to dress for our Theme Days! They can plan for these days at home when packing, wing it once they get to camp, or choose not to participate- the choice is theirs. Please make sure campers are still dressed appropriately for their activities - all themes allow for this. *(Examples are given for each day.)*

- Monochrome Monday *(Dress all in one color - your shirt, your pants, your socks.)*
- Tropical or Tie-Dye Tuesday *(Wear a tropical shirt, wear a tie-Dye hat, or both!)*
- Wacky Wednesday *(Wear your shirt backwards, wear two different shoes, wear a funny pair of cat socks.)*
- Throwback Thursday *(We love to see campers that wear CWW shirts from years past! If you don't have a throwback CWW shirt, wear any shirt you have from a few years ago.)*
- Camp Shirt Friday - *(Campers will be given CWW shirts to wear on Check-Out days.)*

Additional items for Campers attending **Glamping & 12-Night Basecamp** - (Tripping programs have separate packets)

- Caving clothes: long pants, long-sleeve shirt or hoodie, and closed-toed shoes to get muddy
- Bag to transport muddy caving clothes home
- Extra batteries for flashlights
- Two extra swimsuits and towels
- Sleeping Pad (for Glamping campouts only)
- Sunglasses
- Extra Water Bottle
- If you have one: a hammock with bug net & tarp
- Polyester fleece shirt for paddling
- Longer shorts for climbing
- Lightweight long pants (for bug protection/evening activities)



Things You Won't Need

Here it comes....**No Cell Phones**. I know, I know; it's hard, but it's worth it. It will be like living in olden times – like way back in 1998. Here are a few other things to leave at home to keep your cell phone company:

- Money – Store accounts will be used for any purchases at the camp store and cash will not be accepted during the camp session. Funds can be added to store accounts at check-in or during the session via UltraCamp.
- Pets – We have plenty of wildlife. Leave your pets at home. No taking home new pets either
- Food – We have a special security system to ensure you don't bring food into the cabins – it's called ants. Really, don't bring food.
- Electronics - i.e. tablets or ipads.
- Headphones or airpods.
- Cell Phones. Just in case you were confused the first time.
- Personal Equipment - including personal sports equipment- we have all you need
- Vehicles - leave these at home please - if you want to drive yourself to camp, please call for information.

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

Camp has a modest approach to our expectation of camp attire. We ask campers not to wear this type of clothing:

- Exposed underwear
- Sheer clothing
- Mini-shorts
- Skirts
- Exposed midriffs
- Alcohol, drug, tobacco, or suggestive slogans/logos



Every camper receives two t-shirts while at camp. Traditionally we all wear our camp t-shirts on Fridays. Some campers like to wear them everyday. The store will be open during Check-In and Check-Out if you'd like more shirts or souvenirs, and campers can visit the camp store daily.

Campers who wish to bring personal sports equipment, or equipment of any kind must have prior approval from the Director. It may only be used by the owner, must be stored separately from camp owned equipment and must be clearly identified for owner use only. Campers are discouraged from bringing their own equipment, as everything needed for our programs will be provided by Camp Wesley Woods.

Campers who wish to drive their own vehicles to camp must have prior approval, and a written notice from parents / guardians. Vehicles will be parked in designated locations, locked securely, and keys will be turned into the camp office for the duration of the camp session. Camp is not responsible for these vehicles or the contents of the vehicles.

Pre-Camp Health Concerns

Dear Camp Families, It is important that each camper is healthy when they arrive at camp. When campers are not feeling well, whether from illness or injury, camp isn't fun. In order to protect your camper, we ask that 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.

Please indicate if your camper has any of the following symptoms prior to camp. If any abnormal temperature or symptom is present, please have your child evaluated by a licensed provider and contact camp for further guidance.

Symptoms:

- Cough
- Shortness of breath
- Difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell
- Nausea
- Vomiting
- Diarrhea
- Headache or migraines
- Unusually itchy scalp

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 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 Wesley Woods office (865) 448-2246 to discuss program participation options.

Medications

As stated in the Health Form, please make sure all **prescription and non-prescription** (even daily allergy medication and vitamins must be turned into the healthcare team) 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 physician's orders are provided. Medications that are turned in will be maintained in locked cabinets and will only be returned to a parent or guardian. Certain medications; epi-pens & rescue inhalers must be kept in the possession of the prescribed camper at all times. These medications must be declared and documented by the camps healthcare team for your campers safety.



Part Two: Philosophy

We're going to camp! Welcome to camp! Sending your child to camp is a big deal for your child and for you too. We've tried to answer most of the typical questions parents ask in this handy-dandy Survival Guide. Our goal is for your child to have an amazing experience away from home, and grow closer to God in a safe, nurturing, and loving community of faith. Thanks for allowing us to be a part of your child's spiritual and personal growth and development.

What We Offer:

Some camps offer sports expertise, advanced college placement, or STEM programs. These are all nice things, but this is not Camp Wesley Woods. We believe that a traditional overnight program with an adventure emphasis is the best way to accomplish our goals. We believe that when campers enter into our unique, rustic, electronic-free environment, they are open to experience amazing things that God has in store for them. God has used our classic camping experience to draw campers to him for over 60 years. We have campers whose parents came to this camp. Here's what we offer:

- **A Safe Environment:** Your child's spiritual, emotional and physical safety is considered in everything we do. (We think about them when we plan our menu, when we organize the cabins, in the schedule, when we hire the staff, and when we plan every single detail of summer camp.) We set aside the dining hall, cabins and bathrooms as "safe zones" at camp, where campers should always feel that they belong and are accepted. Our staff are thoroughly screened and trained to provide the best possible experience.
- **Focus on Faith:** Romans 1:20 says, "For since the creation of the world God's invisible qualities – his eternal power and divine nature – have been clearly seen, being understood from what has been made, so that people are without excuse." Just being out in God's creation allows our campers to experience God's Love at a new level, opening them to grow in their relationship with Him. We strive to meet kids wherever they are in their faith journey, whether they are a seeker, a new believer or well-grounded in their faith. Our campers participate in meaningful worship, devotional times, and Bible Studies each day while at camp. They are also encouraged to ask questions. At camp we have a Minister-In-Residence (MIR) that is here to teach and spend time meeting with campers.
- **Well-Trained Staff:** Our staff are carefully screened and extensively trained for two weeks prior to our camp season. Many of our staff are former campers and empathize with how campers think and feel about things. Our



goal is to provide our campers with counselors and staff that are exemplary role models, strong Christian leaders, nurturing and fun. We look for those who will delight in the responsibilities of camp. We are also blessed to have Ministers-In-Residence (MIRs) on camp each week to help meet the spiritual needs of our campers and staff.

- **Make Friends:** Part of the fun of camp is meeting new people, finding those who have similar interests, and having fun with friends. Our cabins are organized by age and facilitated to promote friendships. Campers choose activities and take classes with those of similar

interests, setting the groundwork for friendships. We have created a balanced day with structured, scheduled time mixed with recreational "free time" to offer opportunities for new friendships to grow as well as time to catch-up with old friends.

- **Learn New Skills:** Taking a chance to try something new is one way that campers gain confidence. They also have “something to show” for the time they spent at camp in a real, tangible way. Our daily classes allow campers to discover gifts and talents that God has given them, and ways they can use these talents. Often, campers discover that they are good at something that allows them to “shine” by just being themselves.
- **Everything we do is fun!** Not to brag, but many campers report that camp is the most fun week they have all year. We go out of our way here to make each and every moment of camp enjoyable and meaningful. Even walking from place to place on camp is fun! Your camper will be counting the days till they can come back.

How to Prepare Your Child for a Successful Camping Experience

If you're reading this, I'm guessing it's your first year sending your child to camp. We spend a lot of time here at camp preparing our staff and program to help children for whom this might be their first significant experience away from home. We hope this helps you prepare.

The H-Word (S.A.D. Campers)

Probably the most discussed and feared word heading into the first year at summer camp is the big “H”. Yes, Homesickness. This is on every parent’s mind when they drop their child off at camp. What if they get homesick? What if they don’t miss home at all? What is homesickness? Here at camp, we call this S.A.D. campers. We try not to say “homesick” because this sounds like an illness, so they think they should head on down to the Health Lodge for a cure. S.A.D stands for *Separation Anxiety Disorder*, and the first symptom is sadness. We train our staff in how to help S.A.D campers, and the goal is always the same; get them engaged with camp. Getting involved in camp, making new friends, learning to trust God when things are hard, and making it through the week at camp are an accomplishment and a milestone. If your camper seems unable to enjoy their week due to being S.A.D, you will be a part of the discussion.



Parents play a role in their child’s success away from home. *Please do not tell your child that you will come and pick them up if they are not having a great time. This can make your child feel guilty when they are having fun, as if they chose camp over spending time with you.* It’s our goal and prayer that every camper will be a part of our camp community, but the reality is that sometimes a camper will find out that this just isn’t the kind of camp they enjoy, and this is OK. We still think it’s to this child’s benefit to complete the session. It’s better to leave successfully completing a session at camp, discovering it’s not your “thing” than to go home and feel like a failure.

In a typical year, we have over 400 campers attend summer camp. In the past 5 summers, only one camper left camp due to “homesickness”. Here’s some tips for your child to have a successful summer camp experience:

- Please avoid telling your child that if they are homesick, they can come home. As soon as the normal anxiety of being away from home triggers, we are going to have a S.A.D camper. The reality is that if your child comes from a loving, supportive family, and this is their first time away from home, they will have some separation anxiety

the first 24 hrs at camp. This is normal and healthy. Your child has the opportunity to grow in independence and grow in their trust of the Lord.

- Please avoid telling your child that they can call home. This is not beneficial. If your child is struggling, you will receive a call from a Camp Director.
- Please avoid telling your child that you will miss them. (Even though you will) This can cause anxiety that they are needed at home. Instead, please tell them that you are excited for them, that you know they will have a good time.
- Please avoid telling them that the dog is crying all day and the cat won't eat and everything is a mess because they are gone. Don't tell them that their little brother ate all their Easter candy. This can cause undue stress and trigger S.A.D feelings. Please do not write things like this in your camper's letters.
- Do encourage your child to keep a journal, remind them that they can send home letters or postcards, and that they should keep track of everything they do because you can't wait to hear about it!
- Do send them mail. The easiest way to make sure your child receives mail is to pre-write letters and drop them off at check-in. Label the envelopes with your child's name and the days in which the letters should be delivered.
- Do tell them how proud you are that they are at camp. Do tell them that you're thinking of them and that you are interested in hearing about their week.
- Do pray for your camper, their cabin mates and their Counselors. Feel free to pray for the weather, for fun, and that God will work mightily in the campers' lives here at camp.



Reverse Homesickness: S.A.D. Parents

The reality of camp is that your child will be busy and engaged at camp while you, most likely, are home wondering how they are doing.

We know that with cell phones, video monitors, GPS, friend finders, and so forth, parents are more comfortable than ever with the quick "check-in". A quick text to let you know that everything is OK, that they arrived at a destination safely, and so forth. With camp being "screen-free", campers are truly out of contact. We do our best to alleviate S.A.D Parents through several strategies. We will be posting daily on Facebook. Check in to look for pictures of your child having a great time. If you are concerned, feel free to call camp. We will personally check on your child and get back to you within a few hours. Parents often learn as much from being independent from their children as our campers learn at camp.



Rule of Three

Here at camp we take every precaution possible to minimize risks to our campers. The “rule of three” is a camp-wide policy to protect both our campers and staff members. Staff members are committed to avoid any situation that would place them alone with a camper. As a minimum, we have two staff with one camper, or one staff with two campers in every situation. If staff need to have a private conversation with a camper, they stay within visual sight of other staff and/or campers. There are exceptions to this rule such as in a medical situation.

Tech Free Camp

When’s the last time you spent five full days without interacting with a screen? Hard to remember? Technology has become a mainstay of everyday life for most people and camp has become one of the last islands of “old fashioned fun”. One of the most unique and awesome things about camp is that kids get a chance to unplug. By disconnecting themselves from everything else, they are able to focus on the camp community and their relationship with God. Our campers can have fun and be themselves without worrying that someone is recording and posting their every move.

Appropriate Camper Behavior

We ask each camper at camp to follow three simple guidelines: Do No Harm, Do Good, and stay in Love with God. We want every camper that comes to camp to experience the Love of God. We also expect each camper to agree to follow our guidelines for their interactions with other campers and the staff. We take any instance of bullying, teasing, or harassment very seriously. If a camper cannot comply with our guidelines, we will ask their parents to pick them up and no refund will be issued. Thankfully, this is a very rare occurrence as campers are highly motivated to stay at camp.

Please make sure your child knows what our expectations are of their time at camp.



Our On-Site Programs

At Camp Wesley Woods, we offer several different programs on site, each designed for a different age ranges or based on interest. We also offer off site tripping programs that have their own Parent Information Packet if you would like to find out more information.

Discovery ½ Week: For our youngest overnight campers, we want them to experience a wide range of activities, to try new things and to discover new talents. We have prepared a well-balanced schedule full of high and low intensity activities. In the evenings we will have worship, evening activities, and snack time.

Basecamp: We want campers to come to camp and enjoy the things they love, learn something new, and develop skills in areas of interest. Campers can choose Skill Activities to enjoy while at Basecamp. At these activities, they will have opportunities to form friendships with like-minded campers and staff as well as learn a new skill. During Recreational Time campers can go swimming, play Gaga,

enjoy 9-square, do a craft, play field games, have a snack, rest in hammocks and/or just sit and talk with friends.

Glamping: Reserved for those with a taste for adventure, these programs focus on trying new things, excelling at specific skills, having fun with friends, and traveling off-camp into exciting adventures. All activities at Glamping have been preselected.

Leadership: LIT, SIT, CIT campers probably have the most varied schedule of all campers at CWW. They spend a week in training and enjoying camp activities. The second week is spent practicing skills they have learned. In previous years, select SITs & CITs have been invited to volunteer at camp (16 yrs and up) and have even been hired at camp that very summer (age 17 yrs and up)! These invitations are not guaranteed. LITs may register directly, but SITs & CITs must apply, interview, and then upon acceptance, will be given a registration code.

A Day At Camp: Parent Highlights

We have more fun things to do in a day at camp than there are hours available. So we start early and, sometimes, can end somewhat late at night. We like to keep things moving by having a rigorous daily schedule that people who like routine can follow. There are also exciting changes in the schedule so we can keep activities fresh for everyone. A sample schedule for each program is on the next page.

Sample Day at Camp Wesley Woods for 1 and 2 week Sessions

Discovery	Basecamp	Glamping	Leadership Program
Early Bird - we like to start early with Discovery campers. They might Hike to the Waterfall, do crafts, play Gaga Ball.	Optional Early Bird, such as Gaga Ball, Polar Plunge, crafts in the cabin	Optional Early Bird, such as Gaga Ball, Polar Plunge, crafts in the cabin	Optional Early Bird, such as Gaga Ball, Polar Plunge, crafts in the cabin
Breakfast	Breakfast	Breakfast	Breakfast
Morning Duties	Morning Duties	Morning Duties	Morning Duties
Morning Watch	Morning Watch	Morning Watch	Morning Watch
Activity Period 1 - These activities are done with their cabin, such as Archery or Parachute games	Skill Activity Period 1, such as Campcraft, Survival, Target Sports. These activities are chosen before coming to camp.	Extended Adventure Activities, such as Caving, Paddling on Tellico, High Ropes. These activities are preselected.	Leadership/Team Building Activity, such as Challenge Course, High Ropes.
Activity Period 2 - Campers will switch to new activities, such as Creek Walk or Animals Class	Skill Activity Period 2, such as Waterworld, Pottery, Outdoor Cooking. These activities are chosen before coming to camp.	Continued	Continued
Lunch	Lunch	Lunch - often this is a picnic lunch during their activities	Lunch
Cabin Time & Short Bible Study	Cabin Time	Extended Adventure Activities - campers will continue the activity from the morning or do a new activity in the afternoon, such as hiking, Waterfall Rappel.	Cabin Time
Activity Period 3 - Campers will switch to new activities, such as River Fun, Creek Walk	Cabin Activities, such as Climbing Wall, Hike to the Waterfall, Archery	Time for showers and cabin time	Leadership Discussion by our Leadership Coordinator
Rec Time - the pool and camp store are open, crafts, gaga ball, volleyball, soccer	Rec Time - the pool and camp store are open, crafts, gaga ball, volleyball, soccer	Rec Time - the pool and camp store are open, crafts, gaga ball, volleyball, soccer	Rec Time - the pool and camp store are open, crafts, gaga ball, volleyball, soccer
Dinner	Dinner	Dinner	Dinner
Evening All Camp Activities, such as Bean Carnival, Sing along Campfire Program, Field Games. These are designed for younger campers.	Bible Study	Bible Study	Bible Study
Snack Time and Worship	Evening All Camp Activities, such as Water Olympics, Skit Night, For Whom the Bell Tolls	Evening All Camp Activities, such as Water Olympics, Skit Night, For Whom the Bell Tolls	Evening All Camp Activities, such as Water Olympics, Skit Night, For Whom the Bell Tolls
Go back to Cabins	Snack Time	Snack Time	Snack Time
Showers/Getting Ready for Bed	Worship	Worship	Worship
Lights Out for Discovery	Showers/Getting Ready for Bed	Showers/Getting Ready for Bed	Showers/Getting Ready for Bed
	Lights Out	Lights Out	Lights Out

Wake Up: We wake each morning to the iconic sound of the camp bell ringing from our central Dining Hall. Counselors will go over the day's schedule and help campers prepare for a busy day.

Meals: Our campers eat healthy and hearty meals to keep up the energy needed at camp! Our meals are kid-friendly and delicious. Campers are encouraged to try new things, but not coerced. Reasonable food allergies are met. If you have a child with severe allergies or have questions about the meals, please contact our office.

Morning Duties: Campers who participate in helping keep-up camp feel more connected and learn responsibility. Each morning campers will take part in "Camp Clean-Up". Your camper may even forget themselves when they get home and set the table for dinner and sweep the kitchen afterwards, (for a few days at least).

Camp Store: Each day, campers have the opportunity to visit the camp store. This store is located at the Recreation Field and is one of the most popular places at camp. During registration, or anytime afterward, money may be added to a campers store account, campers do not use physical money, but digital accounts. Through your Ultracamp account, you can see daily purchases. We recommend \$5 per day to cover a snack and drink while at camp. If your child would like to purchase additional items such as a hat, t-shirt, sweatshirt or other swag, we recommend \$20 more for these items. There are no refunds for money not spent. Any remaining money reverts to help sponsor campers who cannot afford store accounts. If a camper cannot afford a store account, they will still get to choose a daily snack from the store and this will be automatically sponsored. Thank you to parents who added additional money to help support campers who were not able to afford store accounts, but were able to feel like big spenders by choosing an ice-cream cone or soda at the store each day.

Vespers: The last Thursday evening of each session, we have a special worship and candle lighting service that is very meaningful for our campers and staff. We thank God for our week at camp and have an opportunity to consider our next steps in our relationship with God. Many campers and staff report that this evening is their most significant experience at camp.



Weather

We are outside at camp, a lot. Maybe more than your child would typically be outside. We are outside when it's hot, when it's sunny, and when it's raining. Basically, we are outside all of the time unless it is extreme weather. Please make sure your child comes with appropriate clothing to be outside, all of the time, while at camp. One of the things that we remind campers of, all day long, is to stay hydrated. **Please make sure that your camper comes with a labeled water bottle that is at least 24 oz and that they are comfortable carrying around all day in their backpack.** In extreme weather such as thunder or lightning, we will seek shelter and move to indoor programming. We have special programs lined up that we save for just such instances! In fact, sometimes we are sorry when the sun comes back out.

Minimizing Risk at Camp

We have rules in place at camp to protect both your child and our staff. It's unfortunate that we even need to mention these things, but necessary. We recommend sending a sunscreen "face-stick" that campers can apply themselves, and if your camper needs assistance, please send spray-on sunblock. Staff are only allowed to "side-hug" campers (no frontal hugs), and campers may not sit on staff's laps. Staff are only permitted to touch campers if needed, in areas that would not be covered by a normal bathing suit. Hands, arms and upper back are taught as "safe touch" areas for things like

high-fives and handshakes. Staff are not permitted to have pillow-fights, tickling or any other over-stimulating activities with campers. Campers are encouraged to change clothes in their sleeping bags or in changing stalls. Counselors are not permitted to be alone with campers for any reason.

Bunk Mates

Camp is always more fun with friends. We have found that having at least one friend the camper knows in the cabin can make a big difference in how much anxiety first time campers feel before they come to camp. However, we also want to make sure campers who come to camp “alone” feel comfortable as well. The best way to make everyone feel safe is to have reciprocal buddy requests. Each camper is invited to include the name of one person of the same biological gender they would like to bunk with. This named person must also put your camper’s name down as their buddy request. Buddies don’t have to be the same exact age, but the closer in age, the easier it is to facilitate. For maturity reasons, we move the older buddy down into the younger buddy’s cabin.

Healthcare at Camp

A Camper Health Assessment is part of the Check-In procedure. All medications, even daily allergy medication and vitamins, will be received and logged by camp personnel during Check-In. All medications will be stored under lock except when in the controlled possession of a trained healthcare provider.

If you would like to share with us any information about your child, which will remain confidential, that you have not seen covered on the Health Form or Camper Profile Form, please contact us at any time before camp. This could include any physical, mental, emotional, or spiritual matters that you would like us to be aware of that could affect your child’s camp experience.

A trained healthcare provider is onsite 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, separation anxiety), or needs to be taken to the doctor or emergency room (Blount Memorial Hospital, Maryville, TN).

Keeping In Touch

Prepare mail in advance to give at check-in to hand out each day. This is much more reliable than using the postal service in making sure your camper gets specific letters on certain days.

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

If you wish to email your camper you can send an email to camp@campwesleywoods.com. Campers will **not** have the opportunity to send reply emails. Subject line should be the camper's full name and cabin name if known.

Visiting Your Child During the Camp Week

We do not have a parent day at camp. We ask that parents do not visit campers unless there is an extenuating circumstance and arrange it through our camp office. If your child is struggling at camp, you will be notified by a Camp Director. Please feel free to call the camp and we will give you an update on their experience.

Camp Internet Policy

For your camper’s security, our summer staff are not permitted to “friend” any camper on social media outlets. Our policies state that the relationship between the staff and campers is a mentoring and leadership relationship between a

caregiver and a child. It is our intent to minimize risk to our campers. If you become aware of unwholesome internet posting from anyone in the Camp Wesley Woods community, please contact the Camp Director immediately.



The Last 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 (865) 448-2246. Please save this guide for your reference. Camp Wesley Woods is a Holston Conference United Methodist Camp accredited by the American Camp Association.