

Camp Bays Mountain

2023 Guide for Christmas Campers

Welcome to Camp Bays Mountain! We are excited that your child will be camping with us this Christmas. **Please make sure your emailed 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

- Overnight: Check in is at 6:30pm on Friday December 8th at the Welcome Center. Pick up will be at 6:30pm on Saturday December 9th at the dining hall.
- Day Campers: Check in will be at 8:30am on Saturday December 9th at the dining hall. Check out will be at 6:30pm on Saturday December 9th at the dining hall.

What to bring

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

- Complete change of clothes
- Sleep wear (overnight only)
- Sweatshirt/jacket
- Rain jacket or poncho
- Towel and washcloth (overnight only)
- Day pack/book bag
- Closed toed shoes
- Bible
- Sleeping bag and pillow (overnight only)
- Toiletries (overnight only)
- 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.

- Money
- Cell phones
- Speakers or 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
- Shear 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 dosages. Dosage instructions are strictly adhered to unless alternate written/signed physician's orders are provided.

Healthcare 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.

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.

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 and let us know of any 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. This will be our schedule for the weekend.

Friday December 8th

- 6:30pm Check in (Be sure to eat dinner before arriving)
- 7:00pm Welcome/Evening activity
- 8:00pm Worship/Snack
- 9:00pm Get ready for bed
- 10:00pm Lights out

Saturday December 9th

- 7:30am Rise and shine
- 8:00am Breakfast
- 8:30am Day camp check in
- 8:45am Morning watch
- 9:00am Morning activities
- 12:30pm Lunch
- 1:15pm Afternoon activities
- 5:00pm Pack belongings (overnight only)
- 5:30pm Dinner
- 6:30pm Check out

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 counselors 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

All campers will be staying in the 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. The lodge has air conditioning, sprinkler system, alarm system, new plumbing, and new electrical systems. It has a handicapped accessible ramp into both levels and no stairs.

Communication during 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 typically post photographs after the week has ended.

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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