

CAMP BAYS MOUNTAIN

2024 Guide for Day Campers

Welcome to Camp Bays Mountain! We are excited your child will be joining us! Please make sure your registration confirmation receipt is correct. If you find an error or have any questions about our registration, please call the office at (423)-349-8401.

Session beginning and ending times

- **Day camp** check-in is Monday-Friday at 8:30am at the dining hall. It is the first building on the left (red with white trim) when you come into camp. Park in the circle in front of the building.
- **Day camp** check out is each day at 5:00pm at the dining hall except on Friday when we have an all-camp check out at 2:00pm.

What to bring to camp (It will be important to label all items)

- An extra change of clothes
- Sweatshirt or fleece
- Rain jacket or poncho
- Towel...we try to swim each day if possible
- Day pack/book bag
- Swimsuit and sunscreen
- Closed-toed shoes (tennis shoes)
- Bible
- Water shoes (**NOT** flip-flops) for a creek walk
- Bag for wet clothes
- Water Bottle

Things you will NOT need at camp

Camp is a special time away. Here are a few items to leave at home.

- Money
- Cell phones
- Radios or other music players
- Electronic games
- Pets
- Food (camp provides all meals/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 or tube tops

- Mini-shorts or skirts
- Exposed midriffs
- Exposed underwear

Healthcare and your camper

In order to protect your camper and other campers, it is important that each camper is healthy when they arrive. Use the following guidelines as you assess your camper's health. 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 higher)?
- A sore throat?
- A cough?
- A headache?
- Had COVID symptoms in the last 7 days?
- Tested positive for COVID in the last 7 days?

If you checked "yes" for fever AND "yes" for any other symptoms, it is best to keep your child at home.

If your child has been diagnosed with an illness or condition, such as COVID, strep, bed bugs, or lice, follow your healthcare provider's recommendation.

Should any such health concerns arise prior to camp, call the Camp Bays Mountain office (423)-349-8401 to discuss program participation options.

Medications

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 physician's orders are provided. Daily dispensing of prescribed medications is provided. All medications will be received and logged in during check-in.

Health care 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. CAMPER PROFILE FORM
3. AUTHORIZATION/CONSENT FORM

These forms can be completed by accessing your camper's registration online account. It is helpful for the staff to have the information prior to arrival. If you are unable to complete the forms online you **MUST** bring the paper version.

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. Worship, singing, small group activities, and Bible study are combined with outdoor fun designed to be grade-level appropriate, making camp an unparalleled opportunity for personal growth.

Campers are in small groups normally with a typical maximum of twelve campers and two counselors. Once your camper arrives, they will be supervised by our trained and caring staff for the entire experience. There is no unsupervised time at camp (your camper will always be with a group of leaders) since our time is packed with activities. The typical daily schedule is as follows unless we need to make a change due to weather/special event:

8:30am	Check-in
9:00am	Morning Watch
9:30am	Morning activities
12:00pm	Lunch
1:00pm	Bible study
2:00pm	Afternoon activities
4:30pm	Worship
5:00pm	Check-out

Camp Activities

Your camper is registered for **Day Camp**. *Please note that there are more activities than can possibly be experienced in a session of camp.* 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 for day campers:

- Crafts
- Group games
- Ga-Ga ball/Octaball
- Picnic
- Swim at the pool
- Creek walk

- Four-square or nine-square
- Nature scavenger hunt
- Group Bible study
- Hiking on the lower trails
- Slip-n-slide
- Morning watch/worship
- S'mores
- Archery or climbing tower (only of the group demonstrates maturity)

While your camper is with us

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:

- In your conversations with your child, be positive, displaying confidence and enthusiasm about camp.
- 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 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.
- 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.

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.

What if I need to cancel?

\$100 of the camp fee is non-refundable. To receive your remaining funds, the cancellation needs to be made by 5:00pm the Thursday before the first day of your session. Call the camp office at 423-349-8401 to do this. If after that Thursday, no refunds will be given.

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 Bays Mountain.

**Our physical address is:
CAMP BAYS MOUNTAIN
500 Hood Road
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 the 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, Camp Director
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