

# Camp Bays Mountain

## 2019 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 6:00pm on Friday December 13<sup>th</sup> at the Dining hall. The closing program will be at 7:00pm on Saturday December 14<sup>th</sup> in the dining hall.
- **Day Camp:** Check in will be at 8:30am on Saturday December 14<sup>th</sup> in the dining hall. Check out will be at 7:00pm on Saturday December 14<sup>th</sup> in 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 | • Day pack/book bag                   | shampoo,                          |
| • Sleep wear (PJ's)          | • Closed toes shoes                   | deodorant, contact supplies, etc) |
| • Sweatshirt/Jacket          | • Bible                               | • Bag for dirty clothes           |
| • Rain jacket or poncho      | • Sleeping bag and pillow             | • Flashlight or head lamp         |
| • Towels and wash cloth      | • Toiletries (toothbrush, toothpaste, | • 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
- 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 campers not to wear this type of clothing:

- With alcohol, drug, tobacco, or sexually suggestive slogans or logos
- Halter tops
- Tube tops
- Backless shirts
- Sheet 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.

Does your child have:

- Fever (100°F or greater)?.....  Yes     No
- Sore throat? .....  Yes     No
- Cough?.....  Yes     No

If you checked “yes” for fever AND “yes” to other symptoms, it is best to keep your child at home. If your child has been diagnosed with an illness or condition – such as 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 at (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 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 need to be take to the doctor for emergency room.

### **YOU HAVE THREE FORMS TO COMPLETE:**

*\*\*If you completed these forms for summer camp, you **DO NOT** need to complete again\*\**

- 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 dietary restrictions. The number is (423)349-8401.

## **THE OVERALL CAMP EXPERIENCE**

Camp Bays Mountain's Christmas Camp program is designed to be an exciting and valuable experience for campers. Worship, singing, small group activities, and devotions 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 maximum of twelve campers and two counselors. We operate a co-ed camp with separate sleeping accommodations. Once your camper arrives, they will be supervised by our trained and caring staff for the entire experience. 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, creative arts, whole-camp activities, small group

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

**Friday December 13<sup>th</sup>**

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

**Saturday December 14<sup>th</sup>**

7:30am Rise and shine  
 8:00am Breakfast  
 8:45am Morning watch  
 9:00am Morning activities  
 12:00pm Lunch  
 1:00pm Afternoon activities  
 5:00pm Dinner (even for day campers)  
 6:00pm Pack belongings  
 7:00pm Closing/Check out

**CHRISTMAS CAMP ACTIVITES**

<b>Grade 1-2</b>	<b>Grades 3-5</b>	<b>Grades 6-12</b>
	<i>All the activities to the left plus:</i>	<i>All the activities to the left plus:</i>
Crafts/Ornament making	Square dancing/folk dancing	Hiking on upper trails
Hiking on lower trails	Morning watch	Climbing Tower
Group games for appropriate age groups	Group initiative challenges	Horseshoes
Ga-ga ball/octoball	Climbing Tower	Challenge course (all elements)
Four square	Archery	Rappelling off the climbing tower
Hayride	Challenge course – selected elements	
Nature scavenger hunt	Sling shots	
S'mores	Evening worship	
Cookie decorating		

## **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 for your camper and the camp staff during camp.
- It is quite normal to miss your child.
- 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 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 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 while camp is in session 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 is a potential danger especially for campers who have estranged relationships with non-custodial parents. Therefore, for the safety of our campers we will only post photographs after camp has ended.

Cell phone use has been a problem in the past among campers. In fact, the most stressful situations we dealt with involving homesickness and camper conflict involved cell phone use. We emphasize that cell phones need to be left at home and not brought to camp.

## **DIRECTIONS TO CAMP BAYS MOUNTAIN**

If using a GPS, make sure you enter “Camp Bays Mountain” in your GPS and not “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 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 miles 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 Christmas 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-*

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