

# **CAMP LOOKOUT**

## **2019 GUIDE FOR FIRST CENTENARY DAY CAMPERS**

Camp Lookout is thankful for and excited about receiving your registration for camp!

**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.

**Your CAMPER HEALTH FORM, AUTHORIZATION/CONSENT FORM, and CAMPER PROFILE FORM can now be completed online by going into your camper's registration account.** Using these forms that are part of this attachment as templates for completing it online may be helpful. The online forms may be completed any time before your camper arrives at camp. It is very helpful to the camp staff to have the completed information prior to the beginning of camp. If you have completed these forms online, you **do not** need to fill out the paper forms.

Those unable to complete the form online **must bring a completed form** with them to camp check-in.

### **SESSION DESCRIPTION**

Day Camp Adventure serves as a great introduction to summer camp. Filled with fun, discovery, and meaning, this week will prepare your child for a later overnight experience at camp. Day Camp Adventure includes:

- 5 days of camp, Monday-Thursday, 9:00 am-4:00 pm, Friday 9:00 am-2:00 pm
- Lunch is provided each day, plus a summer camp t-shirt, and group picture
- Grade-appropriate activities (see list on page 4)
- Transportation is available (see below)

### **SESSIONS BEGIN AND END**

Day Camp Sessions begin each day **Monday – Friday** with check-in at **9:00 am**. Daily sessions end each day at **4:00 pm**, except on Friday, which ends with a **2:00 pm Friday** Closing Celebration. Thank you for honoring these times.

### **TRANSPORTATION TO AND FROM CAMP**

Parents have the option of bringing their child to Camp Lookout each morning or participating in the Day Camp Transportation Service. The following are the dates, times, and location of this pick-up and drop-off service. Please note that **parents must pick up their campers at Camp Lookout** at the 2:00 pm Friday Closing Celebration. Therefore, the **Day Camp Transportation Service is not available on Friday afternoons.**

<b>Date</b>	<b>AM Pick-up</b>	<b>PM Pick-up</b>	<b>Location</b>
June 3-7	8:30 am	4:40 pm	First Centenary UMC

Please deliver any **Medication** to the camp representative prior to getting on the bus. Also, if you have not completed your Camper Health Form, Camper Profile Form, or Authorization/Consent Form online, please deliver a **completed printed form** to the camp representative at the pick-up site.

## **WHAT TO BRING**

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

- Bible
- Extra set of clothes (shorts, t-shirt, underwear, socks)
- Rain Jacket/Poncho (camp continues rain or shine)
- Swimsuit (one piece or tankini for girls)
- Towel
- Sturdy Shoes (closed-toed)
- Water Shoes for creek (no open backs)
- Day Pack/Book Bag
- Sleeping Bag/Pillow or twin bedding (for rest time)
- Plastic Bag for wet clothes
- Sunscreen (preferably spray-on)
- Insect Repellent (lotion or mist)
- Water Bottle

## **THINGS YOU WON'T NEED**

Camp is a special time away. Some of the things needed at home are not necessary at camp. In fact, there are a few items to leave at home. Campers will not need money, cell phones, radios or other music players, electronic games, pets, or food. Items of significant value should stay at home. Camp provides great entertainment, meals, snacks, and at the end of the session, campers will receive a picture and a t-shirt.

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

Personal sporting gear brought to camp for specialized camping activities must be inspected by camp recreational personnel prior to use, must be clearly labeled, and is the camper's responsibility.

Camp has a modest approach to our expectation of camp attire. We ask campers not to bring 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, and exposed underwear do not align with camp expectations.

## HEALTHCARE AND YOUR CAMPER

Please complete the Camper Health Form in its entirety either online or in printed form. A link to your camper's online health form is included in all confirmations received by email. If you cannot complete the online form, complete and bring a printed form with you **to camp or to your transportation pick-up location on Monday for check-in.**

### PRE-CAMP HEALTH CONCERNS

In order to protect your camper and the greater camp community, it is important that each camper is healthy when they arrive at camp. Use the following guidelines as 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.

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 one or two of the other symptoms, keep your child at home due to an influenza-like illness. Current recommendation is that children remain home for seven days after symptoms start, even if the child is no longer ill. If your child is still sick after seven 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 Lookout office (706) 820-1163 to discuss program participation options.

As stated in the Health Form, please make sure all prescription and non-prescription medications are in their original containers and clearly labeled with the camper's name and dosages. Pill organizers/unlabeled bottles are discouraged. Dosage instructions are strictly adhered to unless alternate written/signed Physicians orders are provided.

### HEALTH CARE AT CAMP

A Camper Health Assessment is part of the Check-In procedure that includes checking camper temperatures, discussing recent sicknesses 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 (Erlanger Children's Hospital, Chattanooga, TN).

Special dietary needs should be noted in the camper Health Form. We can accommodate any and all dietary needs and/or allergies. Contact the camp office at (706) 820-1163 ahead of your camp session in order to allow time to address concerns.

### LIFE AT CAMP LOOKOUT

Summer camp provides a unique developmental opportunity for young people. Away from their regular routine and removed from the distractions of everyday life, campers are presented with wonderful opportunities to grow in the great outdoors. At camp, campers become part of an intentional, God-centered community. Campers gain new insights into who they are and how they relate to others. Research shows that children who attend camp become more independent, grow in self-confidence, and develop important social skills.

At Camp Lookout, day campers will follow a specialized schedule comprised of age-appropriate activities that will allow them to experience the intimacy of small-group communities and meet new friends. Campers will also participate in group Bible studies throughout the week, as well as enjoy high-energy activities such as worship and singing.

### **CAMP ACTIVITIES**

Please note that there are more activities than can possibly be completed in a session of camp. Time, availability, and weather are all factors affecting the actual camp activity experience. Day Camper approved activities include:

Crafts	Parachute & Noodle Games	Cooking Making
Swimming Pool	Nature Hike & Berry Picking	Group Initiative Games
Creek Walk	Horse Petting	Low Ropes
Hiking	Frisbee Golf	Gaga Ball
Field Games	Basketball, 4-square, Horseshoe	Cloudland Canyon S.P. (off-site)
Stream Ecology	Corn Hole	
Dancing	Bouldering Wall	

More details can be found in the 2019 Camp Lookout brochure or on our website [www.camplookout.com](http://www.camplookout.com).

Each week hundreds of pictures and videos are taken of campers participating in activities and programs at camp. These pictures and videos are compiled, and from these pictures a video slideshow is created. This slideshow, along with all the compiled photos and videos, can be purchased in the form of a two DVD package at the closing ceremonies for \$10. Pre-orders can be made at check-in. Note that some weeks these DVD packages may sell out, in which case the purchases will be mailed the following week.

Please visit our website and social media for daily updates and pictures – [www.camplookout.com](http://www.camplookout.com)



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### **WHILE YOUR CAMPER IS AT CAMP**

While camp is an uplifting experience in many ways, it can also be a difficult time for campers and parents, particularly in a first time camp experience. The following points can help both camper and parent.

- In your conversations with your child prior to camp, be positive, displaying confidence and enthusiasm about the trip to camp.
- Please help your child know that camp is not a phone friendly world and that calls are generally made only when there are problems.
- 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 camper's day is filled with activity.
- You will be called if there is a problem at camp.
- Camp Lookout staff takes homesickness very seriously and is experienced 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.

Living in close community with one another, all campers are expected to be kind and caring towards each other. Language and actions which are abusive towards others will not be tolerated. Parents, please prepare your child for these expectations. Parents/guardians will be notified if there are persistent behavioral concerns.

### **A FINAL WORD**

We are looking forward to having your child at camp. We expect great blessings all around. Should you have questions, please give us a call at (706) 820-1163. Please save this guide for your reference.

### **DIRECTIONS TO CAMP LOOKOUT**

3130 Highway 157

Rising Fawn, GA 30738  
(If you have any problems finding us, please call (706) 820-1163.)

Camp Lookout is on top of Lookout Mountain just South of Lookout Mountain, GA. Please use these directions and map. Note: many online and direction sites will guide you several miles out of the way.

From I-75

Take I-75 to GA Exit 350 (Ft. Oglethorpe/Battlefield Pkwy) onto Hwy 2. Go West on Hwy 2 toward Ft. Oglethorpe for 13 miles. Turn left heading South on Hwy 193 for 3 miles. Turn right onto Nick-A-Jack Road for 4 miles. At stop, turn left onto Hwy 157. Camp Lookout is ¼ mile on the right.

From I-24 and Downtown Chattanooga Area

Take Lookout Mountain Exit 178 off of I-24 to Broad Street South toward Lookout Mountain. Veer left on Tennessee Ave. This becomes St. Elmo Ave and then GA Hwy 193. Go approx. 9 miles and turn right onto Nick-A-Jack Road for 4 miles. At stop, turn left onto Hwy 157. Camp Lookout is ¼ mile on the right.

From I-59 and Trenton, GA area

Take I-59 to Trenton Exit, East on Hwy 136 toward Trenton. At light, turn right onto Hwy 136/Hwy 11 and then left onto Hwy 136 at next light. Continue on Hwy 136 for approx. 10 miles. Turn left onto Hwy 157, north for 8 miles. Camp Lookout is on the left.

