

CAMP LOOKOUT

2019 GUIDE FOR CELEBRATION 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 the forms that are part of this attachment as templates for completing such forms 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.

Celebration Campers wishing to ride horses during their camp session must bring the **Lookout Horse Release** form (also part of this attachment), completed and signed, to check-in.

SESSION DESCRIPTION

This camp session is designed to offer youth (minimum age 15) and adults with developmental disabilities an outdoor living experience in a God-centered community through worship, adventure, and play.

- 4 nights and 5 days of camp fun and excitement
- Check-in Monday at 1:30 pm, Check-out Friday at 10:00 am
- Must be ambulatory and able to care for own personal and restroom needs
- Optional activities include: swimming, dancing, making crafts, archery, low ropes course, paddling on the lake, guitar, and spending time at the Camp Lookout Barn (see full list below)
- Off-site Field Trip
- Nightly parties and events, including a carnival, dance, and talent show
- Daily worship and singing

SESSIONS BEGIN AND END

Celebration Camp begins on **Monday** with a **1:30 pm** check-in and concludes at **10:00 am on Friday**. Thank you for honoring these times.

WHAT TO BRING

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

- Shorts
- T-Shirts
- Long Pants
- Underwear
- Socks
- Sleep Wear (PJ's)
- Sweatshirt/Jacket
- Rain Jacket/Poncho (camp continues rain or shine)
- Swimsuit (one piece or tankini for females)
- Towels (at least 2)
- Sturdy Shoes (closed-toed)
- Water Shoes (no open backs)
- Day Pack/Book Bag
- Sleeping Bag/Pillow (or twin bedding)
- Wash Cloth
- Soap and Shampoo
- Toothbrush/Paste
- Other toiletries
- Bag for dirty clothes
- Bible
- Sunscreen
- Insect Repellent (lotion or mist)
- Flashlight
- Water Bottle
- Music for the Talent Show (Optional)
- Fancy clothes for the Dance (Optional)

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, 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 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 form online, complete and bring a printed form with you to 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.

Does your camper 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 camper at home because of an influenza-like illness. Current recommendation is that persons remain home for seven days after symptoms start, even if they are no longer ill. If your camper is still sick after seven days, keep them at home until well for 24 hours. If you have questions about health or symptoms, call your healthcare provider. If your camper 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 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 individuals who attend camp become more independent, grow in self-confidence, and develop important social skills.

At Camp Lookout, campers will follow an activity rotation schedule in the morning and have the opportunity to choose their afternoon activities, enabling them to personalize their camp schedule while experiencing the intimacy of small-group communities and meeting new friends. Campers will also participate in group Bible studies throughout the week, as well as enjoy high-energy activities such as worship, singing, and evening events.

Camp Lookout has a variety of housing options for campers, all of which include air-conditioning. Most cabins include bathroom accommodations, while others require using the bathhouse. Campers will stay in appropriate accommodations with the corresponding staff-to-camper ratio staying with them. Along with fellowshipping in the cabins, campers enjoy sharing meals together in Lookout Lodge at the same time every day. The Camp Lookout Schedule offers structure and routine in a camper's day, with more fun and excitement around every corner.

CAMP ACTIVITIES

Celebration Campers will have the opportunity to participate in many of the activities listed below. 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 (activities listed in **Bold** are high adventure activities).

| | | |
|--|---------------------------|---------------------|
| Crafts | Low Ropes/Bouldering Wall | Fishing |
| Swimming Pool | Climbing Wall | Art/Painting Class |
| Creek Walk | Zip-Line | Off-site Field Trip |
| Dancing | Slingshot | Carnival Night |
| Parachute & Noodle Games | High Ropes | Talent Show |
| Visiting Horses at Barn | Archery | |
| Horseback Rides (led by instructor in arena) | Lake Paddling | |
| | Guitar Class | |

More details can be found in the 2019 Camp Lookout brochure or on our website 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 downloadable link or a two DVD package at the closing ceremonies. Note: DVD packages will be mailed the following week.

Please visit our website and social media for daily updates and pictures – www.camplookout.com



CampLookoutGA



@camplookoutga



@camplookoutga

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 camper prior to camp, be positive, displaying confidence and enthusiasm about the trip to camp.
- Please help your camper 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 camper.
- 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 campers 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 camper for these expectations. Parents will be notified if there are persistent behavioral concerns.

MAIL AND EMAIL

Receiving mail from home can be a real joy for your camper. Remember to send mail early. Mail can be sent to:

Camper's Name
Camp Lookout
3130 Highway 157
Rising Fawn, GA 30738

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

Emails can be sent to campers at camper@camplookout.com.

- Limit one per day per sender
- Include camper first and last name in subject area of email
- Emails are checked Tuesday – Thursday at 12:00 pm, printed and delivered to campers
- Campers will not have opportunity to send reply emails

Please visit our website for daily updates and pictures – www.camplookout.com

A FINAL WORD

We are looking forward to having your camper 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 the 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.

