

CAMP LOOKOUT

2019 GUIDE FOR OVERNIGHT 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.

Other Release forms needed

- All campers, with the exception of *Taste of Camp*, *Kayak Adventure*, and *Celebration Camp*, will have the opportunity to choose caving as an activity. In order to participate in this activity, campers must bring the **Caving Release** form (part of this attachment), completed and signed, to check-in.
- Campers registered for Horseback Camp must also bring the **Lookout Horse Release** form (part of this attachment), completed and signed, to check-in.

SESSIONS BEGIN AND END

Sessions at Camp Lookout begin on **Monday** with a **9:00-10:00 am** check-in.

Camp sessions end with a Closing Celebration at **2:00 pm on Friday**. Thank you for honoring these times.

Three exceptions:

- **Junior High Service Week** begins Monday at 10:00 am and ends Friday at 10:00 am.
- **Taste of Camp (Monday start)** begins Monday at 9:00-10:00 am, and ends at 10:00 am Wednesday.
- **Taste of Camp (Wednesday start)** begins Wednesday at 2:00, and ends at 2:00 pm Friday.

Early Check-In: For those campers who have purchased this option, Early Check-In is at 7:00 pm Sunday evening.

WHAT TO BRING

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

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|--|--|-------------------------------------|
| ○ Shorts | ○ Swimsuit (one piece or tankini for girls) | ○ Toothbrush/Paste |
| ○ T-Shirts | ○ Towels (at least 2) | ○ Other toiletries |
| ○ Long Pants for Caving ("Taste of Camp" does not cave.) | ○ Sturdy Shoes (closed-toed) | ○ Bag for dirty clothes |
| ○ Underwear | ○ Old Rugged Shoes for Cave | ○ Bible |
| ○ Socks | ○ Water Shoes for river or creek (no open backs) | ○ Sunscreen |
| ○ Sleep Wear (PJ's) | ○ Day Pack/Book Bag | ○ Insect Repellent (lotion or mist) |
| ○ Sweatshirt/Fleece (or Jacket) | ○ Sleeping Bag/Pillow (or twin bedding) | ○ Flashlight |
| ○ Rain Jacket/Poncho (camp continues rain or shine) | ○ Wash Cloth | ○ Water Bottle |
| | ○ Soap and Shampoo | ○ Post Cards/Stamps |

The following are additional supplies needed for **Horseback Camp** sessions:

- Jeans or Riding Pants (Breeches)
- Boots with smooth soles and heels (some boots available at camp).

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 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. 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 or 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, campers have the opportunity to choose their daily activities from grade-appropriate offerings, enabling them to personalize their camp schedule while experiencing the intimacy of small-group communities and meeting new friends. Campers will also participate in small-group Bible studies throughout the week, and then rejoin the rest of camp for 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

Camp Lookout campers choose their camp activities for the daily activity time blocks. Campers are eligible for grade level activities based on their grade entering the fall of 2019, plus all earlier grade level 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 (activities listed in **Bold** are high adventure activities).

Grades 2-3

(Taste of Camp)

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

Grades 3-4

(Younger Elementary Camps)

Climbing Wall
Zip-Line
Sling Shot
High Ropes (Raider Bridge, exit Zip-Line)
Archery
Caving (off-site)
Chickamauga N.P. (off site)

Grades 5-6

(Older Elementary Camps)
Snorkeling at the Pool
Campout
Lake Paddling/Boating Games
Guitar Class
Fishing
Art/Painting Class
Cooking Classes

Mountain Biking

High Rope (Raider Bridge, Two-Line Bridge, exit Zip-Line)
Climbing Wall (with Zip-Line)

Grades 7-9

Flight Park (off-site)
Nature Hikes (off-site)
Rappelling (off-site)
Whitewater Paddling (Lower Hiwassee River)
Mountain Biking (on, off-site)
High Ropes with V-Swing

Grades 9-12

Rock Climbing (off-site)
Whitewater Paddling (Lower & Upper Hiwassee)
Campout (off-site)

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 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 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 the 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 child at camp. We expect great blessings all around. Should you have questions, please give us a call at (706) 820-1163 or email - admin@camplookout.com.

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.

