



328 Bethel Road, Fincastle, Virginia 24090
phone: 540-992-2940; fax: 540-992-6498
camp.bethel@juno.com
www.campbethelvirginia.org



Dear Camper and Parent,

Thank you for signing up for a week of summer camp! We have received your registration and are now confirming your spot in **Junior High Adventure 3-B: Canoe + Horseback + Whitewater Rafting, Sunday, July 25 at 4:00pm through Friday, July 30 at 6:30pm.**

Please plan to arrive at Camp Bethel at or before **4:00pm, Sunday, July 25.** Check-in begins at 4:00pm Sunday in the Deer Field Gym. Please park in the Ark parking lot or in the Deer Field grass lot. Parents should accompany their camper through check-in and meeting their group's counselors. See the enclosed "Sunday Check-in Procedures" for detailed check-in instructions. The camp's Trading Post will be open from 3:00-4:00pm. Dinner will be served to campers on Sunday evening after check-in.

Pick up time is **6:30pm, Friday July 30.** Families who reserve Friday dinner with their campers may arrive at the Ark Dining Hall at 5:20pm. You must reserve your dinner(s) in advance at Sunday's check-in. At Friday's dinner, please consider a donation to offset the cost of your meal(s). Families wishing to join in our singing and closing celebration may come at 6:00pm to the pond-side of the Dining Hall. Please allow your camper to experience our closing celebration with their camp friends; please don't leave early. Campers will be dismissed at 6:30pm Friday to their parents' care, and the Trading Post will be open from 6:30-7:30pm.

Enclosed with this letter are "14 Preparations for Your Time at Camp" including check-in procedures, information about your camp week and forms to complete and return no later than 2 weeks before your scheduled camp, and a list of items to bring with you. Please write your name on every item you bring to camp. Carefully read all the enclosed information.

Please see "Final Payment and Forms Due" page (pink or separate attachment if you are receiving this by email) for the balance of your camp fee. The balance of your camp fee must be PAID IN FULL **no later than 2 weeks before your selected week of attendance.**

Post-mail can be sent to campers (c/o Camp Bethel) at the camp mailing address above, and daily e-mail can be sent with Bunk1 paid-services through our web site, **www.campbethelvirginia.org**. Post-mail should be sent early in the week to ensure contact. In case of extreme emergency, contact Jenny Steinbach, Assistant Director, or Barry LeNoir, Camp Director, at (540) 992-2940.

We have an exciting camp week planned for you, including a day canoeing on the New River in Giles County, VA, a day of white water rafting on the New River in WV and a day of horseback riding at Reba Farm Inn in Bedford, VA. Be ready for an active week packed with your favorite in-camp activities and plenty of new fun and adventure as we live and learn together in this blessed place.


Our summer theme is "Be a Hero." To be a hero for God means to live like Jesus: Recognize a need, realize that something can be done to address that need, and take the risk to act. God's heroes act in ways big and small as they welcome, befriend, and include others, as they give, rejoice, and share the good news. Our week together will help prepare us to use our courage and faith to "Be a Hero" for God.

If you have questions about any aspect of your week at camp, call Jenny or Barry at (540) 992-2940 or e-mail at **campbetheloffice@gmail.com**. If you have any questions about fees, forms or your registration, call our Registrar at (540) 992-2940 or e-mail at **campbetheloffice@yahoo.com**.

We look forward to seeing you at camp!

Peace, in Christ our hope,

The Camp Bethel Staff

This packet is printed
on recycled paper.
Romans 1:20 

14 PREPARATIONS FOR YOUR TIME AT CAMP:

1. What to pack: Gear list.
2. Camp rules and policies.
3. Preparing for camp living.
4. Preventing homesickness.
5. Driving directions to camp.
6. Trading Post & Camp DVDs.
7. Summer Offering.
8. Sunday check-in procedures.
9. Friday pick-up procedures
10. Communicating with your camper during the camp week.
11. Medication Instructions form.
12. Additional things to pack for our Adventure day-trips.
13. Safety during our day-trips.
14. Waivers to complete & return.

#1: What to pack: Adventure Camper's Gear List:

Please put your name on ALL items! Pack lightly enough that you can easily carry all gear by yourself. You may want to pack all gear into ONE backpack. Remember, you will be sleeping in your Hut all week, and your space is limited. Keep it simple and minimal. If you are coming with a friend, plan to SHARE gear and supplies (toothpaste, shampoo, sunscreen, etc.); anything to reduce your gear load!

- Light-weight, small, carry-able sleeping bag **or** blanket/sheet for Hut & camp-out.
- Small pillow for Hut or camp-out use.
- Bath towel(s), washcloth & beach/pool towel.
- Hygiene items: toothbrush/paste; soap; etc.
- Clothing (Pack all clothing into gallon-sized Ziplocks or sealed plastic bags; for 6 days): 1 pr. long pants; long sleeved shirt; shorts; tee shirts; swim suit(s); underwear; socks & extras; light jacket; sleepwear; (Remember, hot days & cool nights. Must wear long pants and close-toed shoes while riding horses.)
- Everyday dry shoes (closed-toe active shoes for running, hiking, games).
- Pair of strap-on sandals, water shoes or old shoes to get wet (for creek play, rain hikes or pool; NO flip-flops).
- Large plastic bag for dirty clothes & wet shoes.
- Daypack/fanny pack for carrying water bottle & sack lunch on a hike or gear for camp out. **Since the Adventure Village is a good walk from main camp, this item is very important!*
- Rain jacket/poncho with hood; no stopping for rain!
- Hat (with brim to block sun) or bandana.
- Small flashlight & extra batteries.
- Sunscreen (waterproof and at least 30 SPF).
- Small or old Bible, small notepad, pen or pencil; (*Need a Bible? Tell your counselor; we have extras.*)
- Water bottle: quart-sized, non-glass, screw-top (*Available in our Trading Post*).
- Signed forms/waivers, if applicable.
- Summer offering money to be placed in the Offering Box at check-in (checks to "Camp Bethel Summer Offering").
- See additional pack list on page 6.**

Optional to bring: watch swim mask sleeping pad bug repellent camera (inexpensive)

Camp Bethel provides all necessary program, camping, first aid & safety gear.

Please consider donating new and gently-used supplies. We're always in need of items listed above and:

- mountain bikes
- bike helmets
- canoes & paddles
- kayaks & paddles
- lifejackets
- tents/tarps
- music instruments
- backpacks
- S'mores supplies
- new 1st aid kits & supplies
- tools

Things NOT to bring:

- loose money, jewelry, valuables of any kind
- alcohol, tobacco, drugs, weapons, knife, fireworks, matches, lighter
- food, drinks, candy, snacks, gum
- cologne, perfume, scented products, hairspray
- cell phone, i-pod, mp3-player, radio, TV, CDs/DVDs, video games, pets, toys, any electronics
- flip-flops, skateboard, hair dryer, curling iron

#2: Camp rules and policies:

Camp Bethel programs are open to everyone regardless of race, color, national origin, sex or disability.

Camp Rules to teach your camper:

1. Wear shoes always (except bed, shower, pool).
2. Do not throw or kick anything.
3. Walk on paths, pavement or gravel.
4. No rough play.
5. Stay with your family unit.
6. Obey your counselors.

Behavior Policy:

All campers, staff and guests at Camp Bethel are expected to behave in a manner conducive to Christian programming and appropriate to child and youth development. Behavior deemed dangerous, inappropriate, intolerable or unmanageable by the Camp Directors is grounds for dismissal from camp, (ex: fighting; possession of illegal or harmful item; constant misbehavior; unsafe behavior; etc). Parents will be called as needed.

Camper Medications:

If you will be sending any medication for your camper to take during her/his time at camp, YOU MUST RECORD precise instructions on the enclosed "**Camp Bethel Medication Instructions**" form. All camper medications must be checked in to our Medical Director upon your arrival at check-in. All medications are stored and dispensed by the Camp Medical Director unless special arrangements are made through the Medical Director and Camp Director. We suggest that you only send a one-week supply. Send medications in the original, labeled container with camper name, medication name & strength, and dosage instructions.

Cancellations, Late Arrivals, Early Departure:

Please notify the camp office (540) 992-2940 or campbetheloffice@gmail.com in advance if your camper will not attend this session. The \$50.00 registration fee is non-refundable. Campers are expected to attend this camp in its entirety. Late arrival and early departure is discouraged, but allowed in case of illness, family emergency or conditions beyond control. No refunds for no-shows, early departure or cancellation on the first day of camp, because staff, food and supplies have already been purchased.

#3: Preparing for camp living away from home:

Each counselor is trained to help guide your group safely and successfully through each camp day. Also, good parent preparation can give campers the knowledge they need to fully succeed during their camp week.

Physical expectations of living at the Adventure Village:

1. Bathhouses and showers are located in main camp, about ½-mile away from the Adventure Village. We'll visit the bathhouses every day. Ahhh, all the convenience of home, only less convenient! A port-a-john is located about 200 yards from the Adventure Village. Plan ahead.
2. Living in your Hut with 6 other persons might challenge our need for individual privacy, (boys' hut is separate from girls' hut). Think of ways you can prepare and adapt to a week of rooming with others.
3. We walk everywhere, and we're on-the-go most of each day. Comfortable (dry) shoes & socks are very important. Take good care of your feet, and prepare for a highly active week.
4. On hot summer days it's important to drink lots of water and apply sunscreen. Pack your water bottle: quart-sized, non-glass, screw-top (available in our Trading Post), and remember to hydrate often and apply sunscreen 20 minutes before outdoor activity.

Social/Behavioral/Spiritual expectations:

1. Group living: We'll experience all our daily activities **together** as a family unit, including completion of our daily group duty and eating meals together.
2. Make new friends: Even if coming with a cabin-mate, you are expected to be friendly, courteous and helpful to others in the group. Family units are co-ed, unless we need to create an all-male OR an all-female group because one sex of campers registers more than the other. Junior High Adventure units include rising 7th-9th graders. You should expect to share your group with youth of different backgrounds, gifts and abilities. We believe Jesus' message of life, hope, love and unconditional acceptance, and at camp, "Love your neighbor" is part of daily living.
3. Learning and following the Camp Rules (on page 2) is essential to a safe and fun week. Most of each day is active and boisterous. Also there are times and events during the day when we're expected to listen and participate calmly & quietly, (Bible study/worship, meals/announcements, bed/quiet hours).
4. Try new things: Camp is a great place to taste different foods, sing different songs, try and practice new skills, play new games, and grow in our relationships with God, with each other, and with Creation.

A sample Junior High Adventure Camper day:

7:30am	Morning Watch at the Spring	12:15pm	Unit 2 sets tables & hosts meal	7:00	Unit activities: Games, etc.
7:45	Unit 1 sets tables & hosts meal	12:30	Lunch/songs/announcements	8:00	All-camp special activity
8:00	Breakfast in the Ark	1:30-6:00	Unit activities: swimming, hiking, games, day-trip, High-ropes, crafts, showers!	9:30	Campfire vespers: worship/songs
8:30	Singing at Hillside			11:00	Lights out at the Adv Village
9:00	Cabin clean-up & daily duties	5:45	Unit 3 sets tables & hosts meal		
9:30-12:30	Unit activities, Bible Study, etc	6:00	Dinner/songs/announcements		

#4: Preventing homesickness:

Good parent preparation is essential to give campers the confidence needed to fully enjoy a camp experience:

1. Set realistic camp expectations based on our information and the activities listed in the brochure. Reinforce positive camp aspects; encourage new learning.
2. In the months before camp, practice overnight sleep-overs with friends and relatives.
3. Don't force a child to camp who has no desire to go. Only send a willing child to multiple camps.
4. Don't tell campers how much you will miss them.
5. Don't tell campers they can call home; if a camper is sad, the Director WILL call home.

Camp Bethel will never force a camper to stay at camp who does not want to stay.

Our counselors are thoroughly trained in methods to prevent homesickness, and the nature of our program keeps campers active and engaged in camp activities and interpersonal relationships. If, however, your child becomes homesick:

1. All staff will do everything possible to address the cause and to encourage the camper.
2. If symptoms persist, the Director will call home to discuss options before you speak with your child.
3. If all determine the best option is to pick up your child, we will have the camper ready. There are no refunds for campers who leave early, because staff, food and gear are already secured.

#5: Driving directions to Camp Bethel:

1. **I-81** to Exit 156: At end of exit ramp turn towards Brughs Mill Store onto Route 640, Brughs Mill Road, and go 0.2 mile to stop sign at Route 11. Green "Camp Bethel" signs point you in from here.
2. Turn left (North) onto Route 11; go approximately 2 miles.
3. Mill Creek Church on left; just across from the church turn right onto Route 606, Blue Ridge Turnpike.
4. Go 1.6 miles on Blue Ridge Turnpike to stop sign at T-intersection.
5. Turn right onto Nace Road (640) and go less than 1/10th mile to left onto bridge at Bethel Road (606).
6. Drive under rail-road trestle. Entrance to Camp Bethel is 0.3 mile straight ahead along Bethel Road on the right. Follow signs and park in Ark lot or Deer Field lot.

#6: Trading Post open Sunday 3-4:00pm & Friday 6:30-7:30pm:

Parents can shop with campers from 3:00-4:00pm on Sunday prior to check-in and 6:30-7:30pm on Friday after dismissal. Camp Bethel t-shirts cost \$8, \$10, \$12, \$17; hats \$10; bottles \$15; hooded sweatshirts \$25; lanyards & carabiners \$2, and other items range from 25¢ to \$35. Trading Post earnings directly support the programs and ministries of Camp Bethel.

This summer our photographer/videographer will be documenting the fun and magic of each camp week with our cameras, and will gather all other staff cameras to compile **all the images and video** from your week into an excellent keepsake. **Photo CD-ROMs** have over 300 photos of your camper's week and cost only \$15 per CD. Use the CD in your home computer to view, print and share your favorites. **Video+Photo DVDs** have all the week's CD photos PLUS up to 2 hours of video from your camper's week and cost only \$25 per DVD. Use these DVD-Rs in home DVD players or your DVD-ROM.



These CDs and DVDs are an important fundraiser for Camp Bethel, and they provide you with an extraordinary record by which to remember your time at camp. Proceeds from sales of CDs & DVDs help offset food, energy and staffing costs for the summer program, so you are encouraged to support your camp in this way. CDs & DVDs will be mailed to you within 2 weeks of your camp week. Order at camp's Trading Post before check-in or after pick-up, OR after camp by sending us a check for \$15/CD or \$25/DVD.

#7: Summer Offering 2010: "Be a Hero: See a Need, Fill a Need"

During your camp week, we will learn the stories of biblical and contemporary persons who addressed a need by taking the risk to act upon it. Our 2010 summer offering will (1) directly help families in Haiti, and (2) will help continue the work and legacy of a true Brethren hero.

Haiti: 75% of our offering is for the Church of the Brethren Emergency Disaster Fund to support lifesaving emergency relief efforts in Haiti. \$15 provides two weeks of hot lunches for a child. \$50 provides a water filtration system shared by 4 families. \$120 provides a month's salary for a teacher helping feed children. \$195 provides one Household Kit to enable families to prepare their own food.

John Kline Homestead Preservation: 25% of our offering is for the John Kline Homestead fund. You have probably seen the stone "John Kline Memorial" near Camp Bethel's spring pond. A farmer and preacher, John Kline (1797-1864) was a true Brethren hero who devoted his life to ministry, service, non-violence, and ending slavery. He built his home in 1822, and it remains in excellent condition in Broadway, VA, but it is threatened by development. This fund will help the Church of the Brethren purchase the home and establish it as an educational Heritage site to inspire and equip current and future generations to imitate Kline's life of "seeing a need, filling a need."

Place all offering donations into the OFFERING BOX at Sunday's check-in in the Gym, (checks payable to "Camp Bethel Summer Offering"). More information at www.campbethelvirginia.org/offering.



#8: Sunday Check-In Procedures:

1. Check-in begins promptly at **4:00pm Sunday** at the Deer Field Gym. Registration does not begin until 4:00, and cabin/AV entry is not allowed without your counselors. The Camp Trading Post will be open from 3:00-4:00pm on Sunday. Park in the paved Ark parking lot or in the grass Deer Field lot beside the Deer Field Gym. Follow directional signs; 5mph; drive carefully; watch for pedestrians.
2. Carry your gear inside the Gym and place your gear on the small brown Adventure Village wagon.
3. Please tag or label all luggage/gear with your name. We will have markers & tags available in the Gym. PLEASE pack lightly enough so that the camper can easily carry all gear by herself/himself.
4. Proceed to the check-in tables in the Deer Field Gym (there may be a line). Check in with the registrar, and turn in offering donations to the OFFERING BOX near the registration table.
5. At the check-in table you will receive your Family Unit number, your counselors' names, and where to meet your counselors and your group. You will receive a CAMPER PICK-UP CARD for use at Friday's pick-up. Keep this card and bring it with you Friday evening, OR pass it on to the person you have designated to bring your campers home. Also, you may reserve your place(s) in Friday's dinner for our closing celebration. Consider a donation to offset the cost of your Friday meal(s).
6. Give any medication (with Medication Instructions form) and any updates to your Health History Form to our Medical Director.
7. Parents and Campers will then walk to meet your Family Unit in the Deer Field. **Parents: Take time to meet the counselors and other campers** in the Family Unit, and then say your good-byes as your campers begin a great week at camp with their counselors.
8. Parents: Drive slowly as you leave, watch for pedestrians, and follow One-Way Loop signs to the exit road.
9. Once the entire Family Unit has arrived and after a few "get-to-know-you" games, the group will walk to the Adventure Village, finding their luggage in the wagon by the entrance path.
10. These procedures were established to ensure camper safety and supervision, to reduce vehicle traffic through camp, and to ensure the security of staff and campers' belongings. Thanks for understanding!

#9: Friday Camper Pick-Up Procedures:

1. Pick-up is **Friday at 6:30pm**. Bring your CAMPER PICK-UP CARD. Meet campers and staff at the Ark.
2. Park in either the Ark parking lot or in the grass Deer Field lot beside the Deer Field Gym. Follow directional signs. Camp speed limit is 5 mph; drive cautiously and carefully.
3. Families who reserved Friday dinner at the Ark with their campers may come at 5:20pm. You must reserve your dinner(s) in advance at Sunday's check-in. Please consider a donation to offset your meal cost.
4. To join in our singing and closing celebration (from 6:00-6:30pm) arrive at 6:00pm to the Dining Hall.
5. **Campers are dismissed at 6:30pm** to their parents' care. **Please allow your camper to experience our closing celebration with their groups; DO NOT plan to leave before 6:30.**
6. To "claim" your child, present your CAMPER PICK-UP CARD to your child's counselor at 6:30pm. Campers whose parents are not present after 6:30 will be with counselors in the Gym until parents arrive.
7. If your camper has medication, pick up meds or containers IMMEDIATELY after 6:30pm dismissal from the Medical Director.
8. After 6:30pm dismissal, campers and parents will find their luggage in the Deer Field Gym on the same Adventure Village wagon. The Trading Post will be open from 6:30-7:15pm. Families may enjoy Camp Bethel until sundown.
9. Parents: Drive slowly as you leave, 5 mph; watch for pedestrians; follow One-Way Loop signs to exit.
10. These procedures were established to ensure camper safety and supervision, to reduce vehicle traffic through camp, and to ensure the security of staff and campers' belongings. Thanks for understanding!

#10: Communicating with your camper during the camp week:

Since cell phones are NOT allowed by campers at camp, here are our suggestions of how to keep in touch:

1. Provide your camper with a pack of home-addressed, stamped postcards (or envelopes and a notepad).
2. Write and send your camper hand-written letters or postcards. Mail these early (1 or 2 days before their camp week begins) so they reach your camper while she/he is here.
3. Send your camper daily one-way e-mail through Bunk1's paid e-mail service described below.



Write your camper every day with One-Way E-mail!

Bunk1's secure, easy to use, paid e-mail services let you write to your camper every day of their camp week! **If you had an account last year, you can continue to use your old username and password, but use our new registration code below.** Sign in at the link below. The first time you visit the site you will be prompted to update your contact information and re-activate your account. Note the new Registration Code in #4 below.

TO GET STARTED TODAY: To set up a new account:

1. Go to our website at **www.campbethelvirginia.org**
2. Click the flashing "Camper Email" button in the left column.
(If you can't find the button, go to www.campbethel.bunk1.com instead and continue on to the next step)
3. Click the "Register Now" button.
4. Enter your Pre-Approved Registration Code: **8473BE1** For your camper's safety, please do not share this code.
5. Fill out all the required information.
6. Purchase Bunk Note credits (you will need a **credit card**; \$1 per Bunk Note credit).
7. Send an email to your camper! Send it before 8:30am for same-day delivery.

NOTICE: Unless you really want magazine subscriptions, do not use "free" or "sponsored" sign-ups.

FREQUENTLY ASKED QUESTIONS ABOUT BUNK NOTES:

How do I send a Bunk Note (one-way email) to my camper?

Follow the instructions above except, after registering, simply sign in and click on the Bunk Notes button. Enter your camper's name, select the correct cabin, type your message, and hit the "Send" button. (You will learn the name of your camper's cabin at Sunday check-in at Camp Bethel.)

Why do I have to pay to send Bunk Notes (one-way email)?

Each morning, the Bunk Notes system bundles and sorts the messages for us to print out and distribute to campers. It also protects us from computer viruses and allows us to easily manage these e-mails. Your payment helps us cover the cost of the system, paper, ink, and labor and, more importantly, frees us to do what we do best – be with your kids! Bunk Note credits cost \$1 each and are purchased in packs of various sizes. Send your Bunk Notes by 8:30am. Notes are printed and delivered to campers at lunch.

Can other relatives use these services?

Yes. Once you have set up your account, you may invite friends and family to send notes to your camper.

What do I do if I lost my username and password?

You can get it online by going to www.Bunk1.com and clicking on the link "Lost Your Password?" (to the left of the page below the sign in button). You'll get an e-mail with your username and password within minutes.

Who do I call if I have questions or problems?

Please call Bunk1 at 1-800-216-9472 or go to www.bunk1.com/contact.asp

#11: Medication Instructions form:

If you will be sending any medication for your camper during her/his camp time, YOU MUST RECORD precise instructions on the enclosed "Camp Bethel Medication Instructions" form and include the form with the medication (tip: place all medications and form in a zip-lock bag).

#12: Additional things to pack for your Adventure Day Outings:

Horseback Riding & Canoeing

For riding, Camp Bethel and Reba Farm Inn will provide helmets and guides. Note: we don't take anything on the horses except an optional camera with a strap. For canoeing, Tangent Outfitters provides canoes, paddles, PFDs. For rafting, ACE Adventure will provide helmets, paddles, PFDs and guides. Note: we don't take anything on the raft except an optional waterproof camera. Camp Bethel provides lunches for all outings.

- Horse riders must wear long pants (jeans are best) & closed-toe shoes or boots
- Swim trunks or shorts to wear in the canoe (some river swimming during trip).
- Sunscreen: we lather up when we arrive at each outfitter
- Dry clothes to remain in vehicle & to change into in case of rain
- Rain poncho or rain gear
- If you wear glasses, you will need a strap to keep them on
- For horse: backpack or fanny pack that rides high on your body. This can't dangle onto the saddle or touch the horse. Nothing can be noisy or jingly. You'll need two hands at all times.
- 2 water bottles
- *Camera (water-proof) with strap, optional
- Completed horseback, Whitewater Rafting & Tangent participant waivers and Camp Bethel high ropes waiver, mailed back or given to Camp Bethel registrar at check-in

#13: Safety for our Adventure day-trip: Campers get full safety orientation prior to our day-trip.

SAFETY WHILE TRAVELING TO-AND-FROM OUR ADVENTURE OUTFITTERS:

All vehicles used for transporting campers are equipped with a first aid kit and emergency accessories. All vehicles have seatbelts for each passenger, and we check vehicle safety conditions prior to transport. Counselors will carry health forms for all passengers and a cell phone for emergency communication.

Passengers (campers) are instructed in the following safety procedures prior to transporting:

1. Passengers will remain seated at all times with hands and arms inside vehicle.
2. Seatbelts will be fastened – one person per seatbelt.
3. Noise level will be such as to not distract the driver. There will be no disruptive behavior.
4. Passengers will enter and leave the vehicle under the direction of camp staff. If the vehicle makes an emergency stop, passengers will follow directions of staff member and/or driver and use buddy system if leaving the vehicle.

The Directors of Camp Bethel have selected our Adventure outfitters (those providing equipment, leadership and expertise) and off-site projects based upon their qualifications and their adherence to safety standards as outlined by the American Camp Association.

Complete, sign and return enclosed waivers ASAP to Camp Bethel!

SAFETY REGULATIONS FOR HORSEBACK RIDING AT REBA FARM INN:

1. **Protective headgear** specifically designed for horseback riding w/ chin strap are required. Riding helmets will be provided by Camp Bethel.
2. **Long trousers** and/or blue jeans are required to be worn by each participant. No shorts or Capri pants.
3. **Boots/Shoes:** Some type of closed shoe and/or boot (sneakers, hiking boots, etc.) are required to be worn by participant. No open-toe shoe and/or sandals and/or flip flops allowed. Socks (ankle or longer) are also required to be worn w/shoes or boots.
4. **Procedure for Approaching Horse(s):**
 - a. Never startle a horse. Always speak reassuringly whenever you approach.
 - b. While working around a horse, stay close to the front or sides so it will not be tempted to kick you and, if it does kick, you will not be struck with the full force of the kick.
 - c. Never approach a horse directly from the rear because a horse has a blind spot directly behind it. You might startle it and cause it to kick, which could result in serious injury. Remember, horses have blind spots directly in front of them and behind them.
 - d. Walk beside your horse, near the shoulder, when leading it -- never ahead or behind.
 - e. Never wrap the lead strap, halter rope or reins around your hand, wrist, or body. Lead from the left or near side, using your right hand to hold the lead rope. Keep the excess rope in the left hand in an "S" shape with your fingers to the outside.
 - f. If the horse rears, release the hand nearest the halter so that you stay on the ground.
 - g. Never mount in a barn or near fences, trees, or overhangs.
 - h. Never bind yourself to the horse or saddle.
 - i. Keep the horse under control and maintain a secure seat at all times.
 - j. If horse is frightened and attempts to run, turn it in a circle and tighten the circle until the horse stops.
 - k. Hold your mount to a walk when going downhill or uphill.
 - l. Slow down and hold the horse's head up when riding over rough ground or in sand or mud; there is a danger it might slip and fall.
 - m. Beginning riders should not jump a horse. If you cannot avoid a jump, give your horse a loose rein, grasp the saddle and lean well forward with your heels down.
5. **Distance between horse(s)** while riding: Rule of thumb 10 feet between horses.
6. When riding near/on and crossing public roads: Stay to the side of the road as directed by the trail leader.
7. Never enter a field of horses alone. Never approach a horse from behind or unannounced.
8. Trail Procedures: A first-aid kit will be carried by Trail Leader of Reba Farm Inn and Camp Bethel. Each participant will have a water bottle (provided by Reba Farm Inn) which attaches to the saddle.



Virginia Code 3.1-796.130 applies to this activity: Please read:

"Under Virginia law, an equine activity sponsor or equine professional is not liable for an injury to or the death of a participant in equine activities resulting from the inherent risks of equine activities."

Reba Farm Inn posts the following notice at their facility:

"NOTICE: This is an equine facility. All activities on these grounds are subject to the Equine Inherent Risk Law (VA Code 3.1-796.130). By your presence on these grounds you have indicated that you have accepted the limits of liability resulting from inherent risks of equine activities. This is NOT a spectator area. All persons in this area will be regarded as participants and limited by the Inherent Risk Law. This law is strongly supported by The American Horse Council."

#14: Complete, sign and return the enclosed waivers/forms ASAP to Camp Bethel!

Complete this waiver and return it ASAP to:
CAMP BETHEL REGISTRAR,
328 BETHEL ROAD, FINCASTLE, VA 24090
or fax to (540) 992-6498 or bring with you to check-in.

Dates of attendance at Camp Bethel: _____

Camper's name: _____

General Release for Participation in Horseback Riding:



Release executed on _____,
today's month/day/year

by _____, referred to as "Releasor."
printed name of parent/guardian

In consideration of being permitted to participate in horseback riding at Reba Farm

Inn, Bedford, Virginia, Releasor, for _____ and personal
printed name of child/participant

representatives, heirs, and next of kin, releases and promises not to sue Reba Farm Inn, its officers and members, owners and lessees of the premises, their officers and employees, all referred to as releasees, from all liability to the Releasor, his/her personal representatives, assigns, heirs and next of kin for all loss or damage, and any claim or damage, on account of injury to the person or property or resulting in death of the Releasor, whether caused by the negligence of releasees or otherwise while the Releasor is horseback riding at Reba Farm Inn.

Releasor expressly agrees that this release, waiver, and indemnity agreement is intended to be as broad and inclusive as permitted by the laws of Virginia, and that if any portion of the agreement is held invalid, it is agreed that the balance will, notwithstanding, continue in effect. Releasor further expressly agrees that this release applies regardless of the physical location of the horseback riding, whether it be on the property of Reba Farm Inn or in the area of Reba Farm Inn.

Releasor, being of lawful age, in consideration of being permitted to participate in Horseback

Riding at Reba Farm Inn, does for _____, his/her heirs, executors,
printed name of child/participant

administrators, and assigns, releases Reba Farm Inn, its officers and members, owners and lessees of the premises, their officers and employees, their heirs, administrators, and executors from any claim, demand, action or right of action, either in law or in equity arising from any bodily injury or personal injuries known or unknown, death and/or property damage resulting or to result from any accident which may occur as a result of participation in Horseback Riding at Reba Farm Inn or any activities in connection with Horseback Riding at Reba Farm Inn, whether by negligence or not.

Releasor further states that he/she has carefully read this release and knows the contents of the release and signs this release as his/her own free act.

Releasor further releases Reba Farm Inn, its officers and members, owners and lessees of the premises, their officers and employees from any claim on account of first aid, treatment or service rendered him/her during participation in Horseback Riding at Reba Farm Inn.

This release contains the entire agreement between the parties to this agreement and the terms of this release are contractual and not a mere recital.

Dated: _____ Releasor: _____
today's month/day/year *signature of parent/guardian*

VA Code 3.1-796.130:

"Under Virginia law, an equine activity sponsor or equine professional is not liable for an injury to or the death of a participant in equine activities resulting from the inherent risks of equine activities."

I _____, hereby Acknowledge that I have read Va Code 3.1-796.130
printed name of parent/guardian
and fully understand.

PARENT/GUARDIAN/ADULT PARTICIPANT PRINTED NAME: _____

SIGNATURE: _____

TODAY'S DATE: _____

See next pages for other required waivers to complete & return!

Complete this canoeing waiver & return to CAMP BETHEL, 328 BETHEL ROAD, FINCASTLE, VA 24090

Participant release of liability and Assumption of risk agreement

TANGENT OUTFITTERS, Inc.

201 Cascade Drive, Pembroke, VA 24136; 540-626-4567

Participant Name _____ Date _____
Address _____ State _____ Zip _____
Phone _____ E-mail _____

In consideration of being allowed to participate in this activity (canoeing,) with Tangent Outfitters, Inc., I the undersigned, acknowledge, understand and agree that:

1. There is risk of significant injury while participating in these activities, including the potential for permanent paralysis and death.
2. **I knowingly and freely assume all such risks**, both known and unknown, **even if arising from the negligence of the releasees** or others, and assume full responsibility for my participation.
3. I will be responsible for my actions while on this activity as well as all equipment used in this activity. I agree to pay for any damage to equipment **and pay to replace lost equipment.**
4. I, for myself and on behalf of my heirs, assigns, representatives, **herby release, indemnify and hold harmless Tangent Outfitters, Inc.**, it's officers, official agents, employees and other participants, from any claims, demands, losses and liability arising from or related to any **injury, disability, or death** I may suffer, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise, to the fullest extent of the law.

I have read this release agreement and fully understand its terms, understand that I have given up certain rights by signing, and sign it freely without inducement.

X _____ Age _____ Date _____
Participant's signature

For parents/guardians of participants under the age of 18:

This certifies that I, as a parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the releasees and for myself, my heirs, assigns and representatives, I release and agree to indemnify and hold harmless the Releasees from any liability incidents to my child's involvement or participation in this activity as provided above, **even if arising from the negligence of the Releasees, to the fullest extent of the law.**

X _____ Date _____ Emergency phone # _____
Parent/guardian signature

See next pages for other forms to complete & return.

CONTRACT & LIABILITY WAIVER & INDEMNIFICATION AGREEMENT
(Horse Riding Requires an Additional Waiver)
(Caving Requires an Additional Waiver)

I am aware that during the river or mountain biking trip (and associated basecamp or other activities such as lodging, camping, kayaking, mud obstacle course, hiking, swimming, horse riding, climbing, canopy tours, caving, ropes course, paintball, snow tubing, ATV, lake activities, including Aqua-Jump, etc.) in which I am participating under the arrangement of American Canadian Expeditions, Ltd., dba ACE Whitewater, aka ACE Adventure Center (and/or associated companies including but not limited to: Mountain Cove, Inc., Adventure Expeditions, Inc., Riverworks, Inc., Gauley Outdoor Center, Inc.), its agents, employees, associates, and equipment manufacturers, certain substantial risks and dangers may occur, including, **but not limited to:**

- hazards of traveling on a raft, canoe, or kayak in normal, rough or flooded river conditions,
- hazards of walking on railroad tracks (trains can be hard to hear in river gorges),
- attacks from wild or domesticated animals,
- hazards of jumping, diving, or being thrown into unfamiliar water with submerged hazards, undercut rocks, and man made hazards,
- hazards of rafts flipping or dumping guests,
- hazards of long, cold swims,
- hazards of being pinned under and/or against trees, rocks or other objects,
- contact with paddles, helmets, other guests or guides, food boxes or other containers,
- diseases from contaminated water,
- allergies from cleaning reagent,
- hazards of hiking, biking or horseback riding in rough terrain,
- disease,
- strains or sprains,
- fractures, or punctures,
- partial and/or total paralysis,
- loss or damage to personal property,
- snake bites, insect bites, and bee stings (ACE rarely carries medications),
- illnesses, or injuries in remote places without medical facilities,
- failure of or lack of communication equipment,
- failure or lack of safety equipment,
- injuries occurring in rescue operations (rafts may bump other rafts, ropes may cause entanglements, rocks may be slippery),
- entrapment in caves,
- falls from man-made and natural cliffs,
- hazards of entering and leaving the raft,
- hazards of loading or unloading people or materials from vehicles,
- hazards of the force of nature,
- falling limbs or trees,
- problems or hazards related to travel by automobile, bus, ATV or other conveyance (vehicle accidents),
- problems or hazards related to consumption of alcoholic beverages by anyone
- being struck by falling people,
- death,
- accidents,
- drownings,
- entrapment in rafts,
- slippery mud,
- eye injury including blindness,
- equipment malfunction (paddles may break, rafts may come apart, etc.),
- frostbite or other cold related injuries,
- heat stroke, sunburn,
- briars & thorns,
- lightning,
- explosions (gas grills),
- fresh water amoeba infection

and that these risks and dangers may be caused by the negligence of the owners, employees, officers or agents of the above listed companies, negligence of others, accidents, breaches of contract, the forces of nature, or other causes. **These risks and dangers may arise from foreseeable or unforeseeable causes including that a guide may misjudge terrain, weather, trail or river route location or water level and may be unaware of your fitness or abilities. Staff may give incomplete warnings or instructions. Decisions by guides or company staff are part of the inherent risk of rafting and of other activities.**

**Any alteration to this waiver will prohibit
the participation in all activities.**

PAGE 1 OF 4 PAGES - (READ & RETURN ALL 4 PAGES)

In consideration of and as part payment for the right to participate in such river and land activities and the services, food and alcoholic beverages, if any, arranged for me by American Canadian Expeditions, Ltd., its agents, employees, and associates, **I have and do hereby assume all of the above risks, and release, and will hold harmless, American Canadian Expeditions, Ltd.**, its agents, employees, associates and associated companies, or any other person from any and all liability, actions, causes of action, debts, claims and demands of every kind and nature whatsoever which I now have or which may arise out of or in connection with my trip or participation in any of the basecamp or related activity. I further give permission for use or sale of any photograph or video showing me without further compensation to me. The terms hereof shall serve as a release, contract, indemnification (allowing collection of legal fees from plaintiffs), indemnification by parents or guardians (reimbursement of awards and legal fees in a winning suit brought by the minor or other parent), and assumption of risks for my heirs, executors and administrators and for all members of my family, including, minor's parents, any minors accompanying me.

I certify that I will not hold American Canadian Expeditions, Ltd., its agents, employees or associated companies responsible for actions of independent or quasi-independent providers of activities which have been arranged for me by, or recommended to me by the afore listed entities. I am participating for enjoyment or thrills and understand that the activities require physical exertion and involves a challenge containing a potential risk of injury or death.

I certify that I will not hold American Canadian Expeditions, Ltd., its agents, employees or associated companies responsible for any harm occurring wholly or partially as a result of any existing health problems including, but not limited to:

- reactions to bee stings or the constriction of airways due to cold water or asthma,
- broken bones due to osteoporosis,
- hemophilia,
- heart disease,
- high blood pressure,
- pregnancy,
- loss of stamina or coherency due to diabetes.

If medical evacuation, including ambulance, Hi-railer, Helicopter, due to new or existing medical conditions is arranged by ACE, I agree to reimburse ACE for any charges.

I specifically understand that I am releasing, discharging, and waiving any claims or actions that I may have presently or in the future for the negligent acts or other conduct by the owners, agents, officers, or employees of the above listed companies.

This is a public area in which only minimal security may be provided; the same precautions against crime should be exercised here as anywhere else.

The venue of any dispute that may arise out of this agreement or otherwise between the parties to which ACE Whitewater or its agents is a party shall be the Fayette County Court in Fayetteville, WV. If any portion of this contract and release is found to be invalid, the remainder shall remain in full force.

I HAVE READ THE ABOVE WAIVER AND RELEASE/CONTRACT AND BY SIGNING IT AGREE IT IS MY INTENTION TO EXEMPT AND RELIEVE THE ABOVE LISTED COMPANIES & EMPLOYEES FROM LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE. I RECOGNIZE THAT I AM FREE NOT TO PARTICIPATE IN ANY ACTIVITIES.

PAGE 2 OF 4 PAGES - (READ & RETURN ALL 4 PAGES)

PARTICIPANT RESPONSIBILITIES

The West Virginia Whitewater Responsibility Act (WV Code 20-3B-1 through 5) imposes the following duties on participants in whitewater expeditions:

- (a) Participants have a duty to act as would a reasonably prudent person when engaging in recreational activities offered by commercial whitewater guides in this state.
- (b) No Participant May:
 - (1) Board upon or embark upon any commercial whitewater expedition when intoxicated or under the influence of non-intoxicating beer, intoxicating beverages or controlled substances; or
 - (2) Fail to advise the trip leader or the trip guide of any known health problems or medical disability and any prescribed medication that may be used in the treatment of such health problems during the course of the commercial whitewater expedition.

CHECK (✓) HERE

or IF NONE

- (3) Engage in harmful conduct or willfully or negligently engage in any type of conduct which contributes to or causes injury to any person or personal property; or
- (4) Perform any act which interferes with the safe running and operation of the expedition, including failure to use safety equipment provided by the commercial whitewater outfitter or failure to follow the instructions of the trip leader or trip guide in regard to the safety measures and conduct requested of the participants; or
- (5) Fail to inform or notify the trip guide or trip leader of any incident or accident involving personal injury or illness experienced during the course of any commercial whitewater expedition. If such injury or illness occurs, the participant shall leave personal identification, including name and address, with the commercial whitewater outfitter's agent or employee.

I understand that the Responsibility Act immunizes the outfitter from tort (legal) actions as long as the industry standard of care is met.

West Virginia Bicycle Riders' Responsibility:

1. West Virginia state law requires all bicyclists fifteen years of age and under must wear a helmet. Ace requires that ALL riders wear a helmet.
2. **Participants are responsible for all issued rental equipment including but not limited to damage to bicycle and its corresponding components and helmets. A credit card or other collateral will be held with rental form to cover any damage expenses.**
3. The trail map is a general guide only and is not to scale. Ace cannot be held responsible for inaccurate information or the condition of the trails.
4. **All rented equipment will be returned at the specified time and checked back in. If I fail to return by the specified time I will be charged for the additional time. I agree to wash bike when I return. After proper return, collateral items will be charged or returned.**
5. For rental bikes, Ace Adventure Center does not provide shuttle service. In the event that I become lost or the bike breaks down while riding and I request a pick up, and if driver & vehicle is available, then I will be responsible for any and all expenses that incur. If I do not return the bike to the Bike Check Out Area I agree to pay for replacement cost.

I HAVE BEEN ISSUED A HELMET AND AGREE TO WEAR IT AT ALL TIMES WHILE BIKING.

_____ INITIALS

PAGE 3 OF 4 PAGES - (READ & RETURN ALL 4 PAGES)

PLEASE COMPLETE ALL INFORMATION

FIRST NAME										INIT		LAST NAME									
ADDRESS																					
CITY															STATE			ZIP			
HOME PHONE						DATE OF BIRTH						DATE OF BEGINNING OF ACTIVITIES									
-		-				-		-		-		-		-		-		-		-09	
						MONTH		DAY		YEAR		MONTH		DAY		YEAR					

Has your address changed since your last visit to ACE? YES NO
 Would you be interested in receiving a E-mail newsletter containing discounts and specials? YES NO

MY E-MAIL ADDRESS IS:																					
@																					
PERSON IN YOUR PARTY THAT MADE YOUR RESERVATIONS																					
FIRST NAME										LAST NAME											

**NAME AND PHONE NUMBER OF PERSON TO CONTACT IN CASE OF EMERGENCY
 (Please list someone not on the trip with you).**

Name: _____
 Phone Number: (_____) - _____
 Relation: _____

If you found us on the web, what key word did you use to find us: _____

I agree to personally inspect my helmet, personal flotation device and paddle for any defects before leaving the basecamp.

**ACE does not carry medical insurance.
 I have read and agree to all the terms in this four (4) page contract.**

Signature of Participant (All Participants, Including Minors, Must Sign Here)

We, the parents or guardians, hereby certify that we have discussed the risks with our child and our child fully understands and comprehends ALL the risks.

Signatures of Both Parents If Participant is Less than 18 Years of Age

See next page for the Medication Instructions Form.

Complete the Medication form, if applicable.

CAMP BETHEL: MEDICATION INSTRUCTIONS

(complete ONLY if your camper takes medication.)

If you will be sending any medication for your camper to take during her/his time at camp, YOU MUST RECORD precise instructions here AND return this form to Camp Bethel. All camper medications must be checked in to our Medical Director upon your arrival at check-in. All medications are stored and dispensed by the Camp Medical Director unless special arrangements are made through the Medical Director and Camp Director. We suggest that you only send a one-week supply. Send medications in the original, labeled container with camper name, medication name & strength, and dosage instructions.

Medical Director's Notes:

Camper's Name _____
Last First

Housing/Unit _____
(will be filled in by Med Dir)

Counselor's Name _____
(will be filled in by Med Dir)

Schedule of Dosages

Please try to coordinate medication times with meal times and bed time, since it is difficult to keep up with odd schedules. Please make a large circle at each medication time (see example). The Medical Director will initial these circles each time the dosage has been dispensed. If medication must be dispensed at a different time, please note.

B = Breakfast, 8:00 a.m.

L = Lunch, 12:30 p.m.

D = Dinner, 6:00 p.m.

N = Bedtime, 9:30 p.m.

Medication Name	Dosage	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		D N	B L D N	B L D N	B L D N	B L D N	B L D
EXAMPLE: Children's Tylenol		<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Medication As Needed Instructions

Please identify medications you are sending in case they are needed and a description of the condition for which you feel they should be administered.

Medication Name	Dosage	Specific Conditions and Directions
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

See next page for Free T-Shirt offer.

**FREE
CAMP TEE - OR
\$100 CREDIT!**



**Recruit NEW* Camp Bethel campers and you each receive
FREE new Camp Bethel T-Shirts!**

Choose from available short-sleeved designs, sizes & colors! Details below.

THANK YOU for signing up for summer camp at Camp Bethel! You know the extraordinary, positive value of a Christian camp experience. We hope even more children and youth can experience camp. Please help us spread the word about our excellent programs to other families. Follow the five steps below:

1. Recruit a friend, classmate or relative to attend a camp program at Camp Bethel. Refer them to our brochure or our web site (www.campbethelvirginia.org) for information and a registration form. This camper does not have to attend the same camp week as you.
2. Have your parent complete your portion of the form below (#1), detach, and give it to your recruit. Have their parent complete their portion (#2), and have them send it to Camp Bethel along with their Camp Registration.
3. Once received, we'll add your name and your recruit's name to our Free Tee-Shirt List in the Trading Post at Camp Bethel. When the Trading Post is open, you get to choose a free tee from available short-sleeved designs/sizes/colors.
4. No limit! Print multiple copies of this form, and recruit as many new campers as you can. For each new* camper, you AND the new camper receive a free t-shirt. Tee-shirt offer counts for any summer camp program, June 4-August 6.
5. **Earn \$100 credit toward your camp fee** for each group of 5 new* campers you recruit! Print multiple copies of this form. Each \$100 credit for each group of 5 new campers is only applicable toward your camp fee(s). We track your recruits through these submitted "Recruit" forms; start today! See *notes* below for details and restrictions.

**Notes: A "new camper" is someone who has never attended summer camp at Camp Bethel OR someone who has not attended summer camp at Camp Bethel in the past 5 years. New camper must fully register for their camp choice. Tee-shirt offer counts for any new camper (including scholarship and Good-As-Gold recipients) enrolled in any summer camp program. The \$100 credit offer counts only if new campers meet these two qualifications: (1) New camper is fully enrolled in week-long resident camps, 3-day resident camps, or week-long day camps; and (2) new camper is NOT receiving scholarship funding from Camp Bethel or Good-As-Gold funding from a Virginia congregation. Since on-line registration requires full payment, the \$100 credit offer, when applicable, will be reimbursed to on-line registrants after August 7.*

Return this completed form to Camp Bethel along with new camper's registration form. Revised 02.23.10

1. To be filled out by the recruiting camper's parent:

Name of camper who recruited the new camper below: _____
Last name, First name

Mailing address of camper who recruited the new camper below:

Number, Street or PO Box

City State Zip

2. To be filled out by the new camper's parent:

Name of new camper recruited by the person above: _____
Last name, First name

Mailing address of new camper:

Number, Street or PO Box

City State Zip

Return this completed form to Camp Bethel along with new camper's registration form. Print more copies at www.campbethelvirginia.org/summer.htm.