



328 Bethel Road, Fincastle, Virginia 24090  
 phone: 540-992-2940  
 CampBethelOffice@gmail.com  
 www.CampBethelVirginia.org



## 2017 Elementary Day Camp Confirmation Packet

Dear Camper and Parent,

We received your registration! Your spot is confirmed! Thank you for signing up for Day Camp at Camp Bethel!

Arrive at Camp Bethel between **7:50am-8:00am each morning** Monday through Friday. Check-in begins at 7:50 each morning at the Ark Dining Hall. Please drive slowly through camp, following the directional signs to the Ark Parking Lot. On Monday, parents should accompany their camper through check-in and meeting their group's counselors. The camp's Trading Post will be open from 7:30-8:00am on Monday morning with our newest Camp Bethel shirts, hats and water bottles available. Parents: grab a FREE cup of coffee before you leave each morning!

Camp Bethel will provide breakfast, lunch and dinner each day (8:00am, 12:30pm, 5:30pm). Pick up time is **6:45pm on Monday, Tuesday, Wednesday, Thursday & Friday at the Ark Dining Hall.** Friday pick up time is **6:30pm.**

On **Friday** evening, we will have a special all camp closing dinner and celebration. Pick up time is **6:30pm, Friday.** 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 Monday's check-in. At Friday's dinner, please bring a donation to offset the cost of your meal(s). If you are not eating Friday dinner, arrive at 6:00pm to the pond-side of the Dining Hall to join in our singing and Closing Celebration through 6:30. Our Closing Celebration is an important and meaningful ceremony for your camper and their group, so *we will not dismiss campers until 6:30pm.* The Trading Post camp store beside the Ark parking lot will be open 6:30-7:15pm.

This packet includes "**Preparations for Your Time at Camp**" with a specific list of items to pack daily, rules and information about your camp week, forms, and detailed check-in procedures. Write your name on every item you bring to camp. Note that we require modest swimwear. Please consider donating toward our Summer Offering, (see #6 on page 4 for details). Carefully read all the enclosed information.

Along with this packet, we sent you a document with your camper's name and program in the title. That document is your "**Final Payment and Forms Due for Camp Bethel**" which lists your balance due (if any) and any forms and waivers due. **Return all forms and payments to Camp Bethel at least 14 days before your first day of camp, including:** (1) Your complete balance is due at least 14 days prior to your camp date or you will forfeit your reserved spot. (2) Your front-to-back completed "Camper Health Form" and "Medication Instructions Form." (3) Waivers specific to your program if you paid for any "Add On" activity.

Even Day-Campers LOVE receiving letters from you! Send postal mail to campers (c/o Camp Bethel) at the camp mailing address above. Send postal mail several days early to ensure contact; or you can leave a pack of letters addressed to your camper with Jenna for daily delivery. You can also send daily e-mailed "Bunk Notes" with Bunk1 paid-service, (see #10 on page 6). In extreme emergency, contact Jenna Stacy, Program Coordinator at 540-992-2940. For after-hours emergency, call the office phone, 540-992-2940, to be prompted to our on-call staff number.

Camp keeps getting better and better, and we have an exciting, active, on-the-go camp week planned. Our summer theme is "**Branching Out: Connected through Christ.**" *Romans 8:38-39: "I am convinced... nothing in all creation will separate us from the love of God that is revealed in Christ Jesus."* It is amazing to learn that indeed *nothing* can separate us from God's love for us! Like Paul and the disciples, we have tools for reconnecting with God. Living and learning together strengthens our connection to God and to each other. Together we will branch out and try new things, grow in faith, and find the joy of living connected to-and-through Jesus.

Between now and camp, stay informed with announcements, and news by subscribing to our E-News at [www.CampBethelVirginia.org/subscribe](http://www.CampBethelVirginia.org/subscribe). Contact Jenna at [CampBethelOffice@gmail.com](mailto:CampBethelOffice@gmail.com) with questions.

We look forward to seeing you at camp!

Together, in Christ our hope,

*Barry, Beth, Brigitte, Jenna, Mickey and the Summer Staff of Camp Bethel*

# 11 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. Trading Post & Photo Flash Drives.
6. Summer Offering.
7. Driving directions to camp.
8. Daily check-in procedures.
9. Friday pick-up procedures.
10. Communicating with your camper during the camp day/week.
11. Health Form & Medication Instructions & waivers (if any).

\* \* \* \* \*

## #1: What to pack: Day-Only Camper's Gear List:

**Please put camper's name on ALL items!** It helps to pack your camper's gear into two bags or packs that are easily identifiable to your child: one for DRY stuff, and one for WET stuff. Each camper will have a daily storage place/cubby in their group cabin to unload their daily gear. Pack lightly enough so that the camper can easily carry all gear by herself/himself. *If you paid for an "Add-On Activity" then you will see "additional things to pack" listed with your waiver information.*

- |   |   |
|---|---|
| <input type="checkbox"/> Wear active clothing, socks and tennis shoes.  | <input type="checkbox"/> If it's a rainy day, bring a rain poncho/jacket w/ hood; no stopping for rain!                                   |
| <input type="checkbox"/> Light jacket or sweatshirt.  | <input type="checkbox"/> Lifejacket or floaties for non-swimmers.   |
| <input type="checkbox"/> 1-piece swim suit & beach/pool towel (lifejacket if needed).   | <input type="checkbox"/> Hat (with brim to block sun) or bandana.   |
| <input type="checkbox"/> A plastic bag for wet swim suit or wet shoes.  | <input type="checkbox"/> Sunscreen (waterproof and at least 30 SPF).  |
| <input type="checkbox"/> Pair of strap-on sandals, water shoes or old shoes to get wet (wear for creek play or the pool; NO flip-flops or Crocs). | <input type="checkbox"/> Small or old Bible, small notepad, pen or pencil.  |
| <input type="checkbox"/> A daypack/fanny pack big enough to carry your water bottle and a sack lunch on a hike.                                   | <input type="checkbox"/> A non-glass, screw-top water bottle (Camp Bethel Nalgene water bottles available in Trading Post for \$15 each). |
|   | <input type="checkbox"/> Offering money to be given at check-in on Monday or the first day you attend.                                    |

**Optional to bring:**  wristwatch  swim mask/ear plugs  bug repellent  digital camera

*Camp Bethel provides all necessary program, camping, first aid & safety gear, and all cabins have A.C. units and fans.*

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

- camping chairs (like "soccer Mom" chairs) for the Adventure Villages
- window unit air conditioners
- digital cameras
- new (in-the-box) bike helmets and/or horse helmets
- canoes & paddles
- kayaks & paddles
- new lifejackets
- brooms/dustpans
- new tents/tarps
- music instruments
- backpacking supplies
- S'mores supplies
- new 1<sup>st</sup> aid kits & 1<sup>st</sup> aid supplies
- craft supplies & tools
- box/window fans

### Things **NOT** to bring:

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> money, jewelry, valuables of any kind  | <input checked="" type="checkbox"/> alcohol, tobacco or nicotine products, drugs, smoking/vaping paraphernalia  |
| <input checked="" type="checkbox"/> food, drinks, candy, snacks, gum   | <input checked="" type="checkbox"/> weapons, knife, fireworks, matches, lighter   |
| <input checked="" type="checkbox"/> clothing that has inappropriate language/images or is too revealing including girls' bikinis or boys' speedos. | <input checked="" type="checkbox"/> cologne, perfume, scented products, hairspray, because these attract biting insects AND many persons have allergies to scented products |
| <input checked="" type="checkbox"/> cell phone/smart phone (see info below), I-pod/I-pad, electronics, CDs/DVDs, video games, pets, toys           | <input checked="" type="checkbox"/> flip-flops, Crocs, skateboard, hair dryer, curling iron   |

## #2: Camp rules and policies:

### 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 Unit.
6. Obey your counselors.

### Behavior Policy:

By requesting enrollment into Camp Bethel programs, you have agreed to abide by our 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, detrimental to the group 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. Should it become necessary for your child to return home because of unmanageable behavior, homesickness or other reason, you have agreed to accept the Director's decision and arrange for transportation.

### No Camper Cell Phones or Gadgets: A matter of TRUST:

Aside from the fact that phones and gadgets are expensive, can get lost, and the physical camp environment is rough for such items, the main reason we don't allow campers to have phones/gadgets is TRUST. We TRUST that campers who come to camp WANT to be here, and choose to temporarily disconnect from their constant phone/internet communications in order to be FULLY present with us at camp. When children/youth come to camp they (and you) are making a leap of faith, temporarily transferring their primary TRUST from their parents to their counselors. This is a growth-producing, yet challenging aspect of camp. As children/youth learn to TRUST other caring adults, they grow and learn, little by little, to solve some of their own challenges. *This emerging independence is one of the greatest benefits of camp!* Let your child/youth know that they can always reach out to their counselor and camp leaders. The Camp Director WILL contact you

if your child/youth is experiencing a challenge while at camp, and the Camp Director WILL contact families in case of any emergency. Counselors do carry charged phones in their backpacks as tools for emergency use if needed. We encourage bringing an inexpensive camera to camp, but you may NOT bring a phone to use as your camera. Thanks, and also read #5 about photo DVDs and #10 "Communicating With Your Camper..."

### **Camper Medications:**

If you send 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 medications must be checked in to our Health Coordinator at check-in. All medications are stored and dispensed by the Camp Health Coordinator unless special arrangements are made through the Health Coordinator and Camp Director. We suggest that you only send a one-week supply. **Medications MUST be in the original, labeled container with camper name, medication name & strength, and dosage instructions.** Place all this into a gallon zip-lock bag with camper's name on it to speed the registration process.

### **Cancellations, Late Arrivals, Early Departure:**

Please notify the camp office 540-992-2940 or [CampBethelOffice@gmail.com](mailto:CampBethelOffice@gmail.com) in advance if your camper will not attend this session OR if your camper cannot come on any particular day. 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. (1) Your \$50 deposit is non-refundable unless Camp Bethel cancels the camp program. (2) A \$20 processing fee must be added if you choose to switch or reschedule your camp date. (3) If complete payment of the camp fee (or scholarship approval or Good-As-Gold form) is not received 14 days prior to your camp date you will forfeit your reserved spot. (4) There are no refunds for cancellation of reserved spot in camp within 14 days prior to your camp date. (5) There are no refunds for partial camp attendance or early departure for any reason unless Camp Bethel cancels the camp program.

### **Caring for Campers:**

We take the safety and care of your children (our campers) very seriously. Allowing us to care for your child is perhaps the greatest act of trust a parent can engage in. That makes Camp Bethel not just a fun place, but also a sacred one. We do everything we can to honor your trust, including our voluntary adherence to over 300 standards of health, safety and programming through our accreditation by the American Camp Association. We know we cannot do this without our excellent counselors who, by joining our summer staff community, are trained and committed to providing a safe and fun week of learning and growth. If a camper is sad or if there is an issue, illness, injury or emergency the Director WILL contact parents. Parents may view Camp Bethel's policies and procedures at [www.CampBethelVirginia.org/ACA.html](http://www.CampBethelVirginia.org/ACA.html).

### **Emergency Preparedness and Parent Notification During the Camp Week:**

Using smart phones, our directors and staff receive instant updates on summer storms or emergencies, and your counselors are trained for camper safety during storms and emergencies. In the case of any emergency in which we are requesting parent action, our office will contact you via e-mail and phone. Otherwise, NO NEWS IS GOOD NEWS, and the camp community is safe. In case of family emergency that must be communicated to your camper, contact Jenna Stacy or Barry LeNoir at 540-992-2940 or e-mail [CampBethelOffice@gmail.com](mailto:CampBethelOffice@gmail.com). For after-hours emergency, call the office phone, 540-992-2940, to be prompted to our on-call staff number.

### **Visitation not allowed during camp day from 8:10am-6:25pm:**

DO NOT arrive at camp unexpectedly! Our site is closed to visitors/guests during camper days. While supervising campers, all staff are trained to stop and question anyone they don't recognize on site. If you need to visit camp prior to the official pick-up time (see "Pick-Up Procedures"), you must call ahead AND check in at the camp office when you arrive.

## **#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:**

1. Day campers rarely need to take showers during their camp day, but in case there's a need to, remember: no bathtubs here, only individual showers. For some younger campers, this might be their first experience taking a shower. Prepare your camper for showering on their own.
2. We have several bathrooms around main camp. **Campers should come to camp able to use the bathroom and clean-up on their own.** Let your camper know that she/he can ask her/his counselor to use the bathroom ANY TIME. Hikes on camp property often venture away from bathrooms, so encourage your camper to "go" before they go; counselors will also remind campers.
3. Living all day in a group with 6-10 other persons might challenge our need for individual privacy. Knowing what your camper is used to, discuss how she/he might adapt to a week of living daily with others.
4. We walk everywhere, and we're on-the-go most of each day. Comfortable (dry) shoes & socks are very important. Teach your camper about foot care, and prepare your camper for a highly active week.
5. 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 remind your camper 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 eating meals together.
2. Make new friends: Even if coming with friends (campers WILL be paired with their choice of cabin mate from their registration forms), encourage your camper 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. Family units are grouped by age. Otherwise, your camper should expect to share their group with children 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.

- 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).
- 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 Day-Camper daily schedule:

7:50-8:00am	Check-in & Breakfast at the Ark Dining Hall
9:30-11:30	Unit activities, Bible Study, Nature lesson or "Add-On" adventure outing
12:30	Lunch/songs/announcements

1:30-5:15	Unit activities: swimming, hiking, games, creek-play, archery, climbing wall, crafts, etc.
5:15	Pack up; clean up cabin area/cubbie
5:30	Dinner & singing in the Ark Dining Hall
6:45pm	Parent pick-up at the Ark Dining Hall (except Friday)

## #4: Preventing homesickness:

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

- Set realistic camp expectations based on our information and the activities listed in the brochure. Reinforce positive camp aspects; encourage new learning.
- In the months before camp, practice overnight sleep-overs with friends and relatives.
- With your child, come and visit Camp Bethel. Call us to arrange a self-guided pre-tour.
- Don't force a child to camp who has no desire to go. Only send a willing-and-ready child to back-to-back camps.
- Don't tell campers how much you will miss them. Instead encourage new learning, new friends and new experiences.
- Don't tell campers they can call home; if a camper is sad or if there is an issue, injury, illness or emergency the Director WILL contact parents.

#### **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:

- All staff will do everything possible to address the cause and to encourage the camper.
- If symptoms persist, the Director will call home to discuss options before you speak with your child.
- 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: Trading Post (camp store) open Monday 7:30-8:00am & Friday 6:30-7:15pm:

Parents can shop with campers in the Trading Post from 7:30am-8:00am prior to check-in on Monday and 6:30-7:15pm on Friday after dismissal. Camp Bethel t-shirts cost \$8, \$10, \$12; hats \$10; bottles \$15; photo Flash Drive \$20; blankets \$28; carabineers \$2, and other items range from \$2 to \$35. Trading Post earnings directly support the programs and ministries of Camp Bethel.

Each summer our counselors and coordinators photograph the fun of each camp week, and we compile each week's images, videos and video clips into an excellent keepsake. We encourage campers to bring a camera (inexpensive) and to add their shared photos to our weekly batch (shared at lunch on last day of camp). We compile ALL photos from all groups/programs during this week onto one 16GB USB Flash Drive. Flash Drives have 1000+ photos, videos, and video clips of your week at camp and cost only \$20 each. Use the USB Flash Drive in your home computer or device to view, print and creatively share your favorites.



Photo Flash Drives 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 help offset summer program costs for supplies, energy and staffing, so PLEASE support your camp in this way. After ordering, we will mail your USB Flash Drive to you within 2 weeks of your camp week. Order at the Trading Post, on line at [www.CampBethelVirginia.org/photos](http://www.CampBethelVirginia.org/photos), OR after camp by sending us a \$20 check.

## #6: Summer Offering 2017:

"SEED, SCATTERED and SOWN: Reaching Beyond This Generation" is the mission resourcing campaign for Camp Bethel and our Virginia District now through 2020 to fund specific improvements at Camp Bethel and several mission projects of the Virginia District. Camp Bethel projects include our RV Family Village, road improvements, two new cottages, Ark Dining Hall improvements, and developing new trails. Virginia District mission projects include renewed children, youth and young adult programs, grants to smaller congregations for building improvements, efforts to call set-apart leadership for the ministry, and assisting multi-cultural and ethnic new church development.

We encourage your family to donate toward our summer offering (Seed, Scattered and Sown: Reaching Beyond This Generation). 100% of your monetary gift goes directly to "Seed Scattered and Sown." Place your gift into the OFFERING BOX at check-in, (checks payable to "Camp Bethel Summer Offering").

*Note: Your gifts in 2016 totaled \$2,256, half for school-supply backpack kits and half for Camperships. Your gifts provided 67 children with school-supply backpacks AND Campership assistance to 17 children!*



## #7: 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 1/10<sup>th</sup> 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.

## #8: Daily Check-In Procedures:

1. Check-in will is between **7:50-8:00am each morning at the Ark Dining Hall**. Enter camp cautiously: there are children and counselors at play! Camp speed limit is 5mph; watch for pedestrians. Families are welcome to come to camp earlier, but staff is unavailable until 8:00am, and entry into the Ark Dining Hall is not allowed without your counselors. **Families should park in the Ark Parking Lot for unloading**, (follow directional signs).
2. Please tag or label all bag/pack/gear with your camper's name. PLEASE pack lightly enough so that you and your camper can easily carry all gear.
3. Proceed to the check-in table in the Ark Dining Hall. Check-in and turn in offering donations. Here, you will meet your counselors and your Family Unit.
4. You will receive a CAMPER PICK-UP CARD for use at pick-up each afternoon. Keep this card and bring it with you, OR pass it on to the person you have designated to bring your camper(s) home. Also, you may reserve your place in Friday's dinner for our closing celebration. We accept donations at Friday's dinner to offset the cost of your meal(s).
5. Give any medication and any updates to your Health History Form to our Health Coordinator. Place your medication in a zip-lock bag with camper's name on it to speed along the registration process.
6. Parents: Take time meet the counselors and other campers. After you are comfortable, say your good-byes as your campers begin a great day at camp with a delicious breakfast and singing.
7. Parents: Drive 5 mph to leave, watch for pedestrians, follow One-Way Loop signs through camp to the exit road.
8. These procedures have been established to address issues of camper safety and supervision, to reduce vehicle traffic through camp, and to ensure the security of staff and campers' belongings. Thank you for your understanding!

## #9: Daily Camper Pick-Up Procedures (note Friday change):

1. Pick-up time is **6:45pm on Monday, Tuesday, Wednesday and Thursday** at the Ark Dining Hall. Bring your CAMPER PICK-UP CARD. In the absence of your CAMPER PICK-UP CARD, only adults listed as authorized may pick-up the camper AND only with a valid driver's license. **Friday pick-up is at 6:30pm; see #3.**
2. Campers will be dismissed at 6:45pm (Mon-Thurs) to their parents' care. In the absence of your CAMPER PICK-UP CARD, only adults listed as authorized may pick-up the camper AND only with a valid driver's license. Any campers whose parents are not present by 6:45 (Mon-Thurs) will remain with their counselors at the Ark Dining Hall until their parents arrive. Again, dismissal on Friday is at 6:30pm after the meal and singing.
3. *On Friday evening*, we will have a special all camp closing dinner and celebration. Bring your CAMPER PICK-UP CARD. **Meet campers and staff at the Ark (pond side)**. Families wishing to eat our Friday dinner at the Ark Dining Hall with their campers may come at 5:20 pm. You must reserve your dinner(s) in advance at check-in. At Friday's dinner, please bring a donation to offset the cost of your meal(s). 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.
4. If you're not eating dinner on Friday, arrive at 6:00pm to the Dining Hall and join in our Closing Celebration until 6:30pm
5. **Our Closing Celebration is an important and meaningful ceremony for your camper and their group, so we will not dismiss campers until 6:30pm on Friday.** Campers are dismissed at 6:30pm to their parents' care.
6. To "claim" your child Friday at 6:30pm, present your CAMPER PICK-UP CARD to your child's counselor. In the absence of your CAMPER PICK-UP CARD, only adults listed as authorized may pick-up the camper AND only with a valid driver's license.
7. In the absence of your CAMPER PICK-UP CARD, only adults listed as authorized may pick-up the camper AND only with a valid driver's license.
8. If your camper has medication, pick up meds or containers IMMEDIATELY after dismissal from the Health Coordinator.
9. *At the Trading Post from 6:30-7:15, lock in this year's rate for next year's camp (and immediately get a **free tee shirt!**) by taking advantage of our "Closing Day Pre-Registration Form." It's a great new way to reserve your spot in your favorite camp program and your chosen camp dates. More information is at [www.CampBethelVirginia.org/parentinfo](http://www.CampBethelVirginia.org/parentinfo).*
10. Parents: Drive slowly as you leave, 5 mph; watch for pedestrians; follow exit signs out of camp.
11. 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 phones/tablets are NOT allowed by campers at camp, here's how to keep in touch with your camper:

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 1 or 2 days before their camp week begins so they reach your camper while s/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!



### **TO GET STARTED TODAY:**

<p><b>Returning Parents:</b></p> <ol style="list-style-type: none"> <li>1. Go to <b>www.Bunk1.com</b> or click the "Bunk Notes" image at the bottom of the page at <a href="http://www.CampBethelVirginia.org">www.CampBethelVirginia.org</a>.</li> <li>2. Enter your email address &amp; password in the space provided.</li> </ol> <p><b>NOTE:</b> You are logging into the same account that you used last year. If you have forgotten your summer password, click "<a href="#">Need to reset your password?</a>" You will be prompted to enter your email address and will be sent a link to reset your password. If you do not receive an email, please also check your spam folder.</p>	<p><b>New Parents:</b></p> <ol style="list-style-type: none"> <li>1. Go to <b>www.Bunk1.com</b> or click the "Bunk Notes" image at the bottom of <a href="http://www.CampBethelVirginia.org">www.CampBethelVirginia.org</a>.</li> <li>2. Click "<a href="#">Need an Account or have an invitation code</a>" at the top of the page.</li> <li>3. Complete the basic form to create your account. Use our "Invitation Code" <b>BETHEL24090</b></li> <li>4. Only share the code with persons YOU approve.</li> </ol>
<p style="text-align: center;"><b>SENDING BUNK NOTES</b></p> <p><b>Step 1:</b> Purchase your Bundle of Bunk Note Credits. 1 note = 1 credit. Minimum package is 6 credits for \$6.57. Please note that adding features to a note (photos, puzzles, borders, etc.) will utilize/cost additional credits.</p> <p><b>Step 2:</b> Submit your note <b>before 8:30am</b> for same-day delivery at lunch. Select your camper's name and Cabin name (provided in your Parent "Camper Pick Up Card", write your message, then hit the "Send Bunk Note" button.</p>	

**NOTICE:** Do not use "free" or "sponsored" sign-ups unless you specifically want magazine subscriptions or featured products.

### **FREQUENTLY ASKED QUESTIONS ABOUT BUNK NOTES:**

#### **Who do I call if I have questions or problems?**

Call Bunk1 at 1-800-465-2267 or e-mail [support@bunk1.com](mailto:support@bunk1.com). Do NOT call the camp office about Bunk Notes.

#### **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 and distribute to campers. It also protects us from computer viruses and allows us to easily manage these emails. 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!

#### **Can other relatives use these services?**

Yes! In your "Quick Links" you will select "Invite Family Members," enter their details and they will be sent an email. PLEASE NOTE: this will prompt them to set up their own account. It does not provide them access to your account OR your Bunk Note Credits.

**Bunk1.com** website is mobile optimized. The three lines atop the screen is the Bunk1 menu. Click this to navigate to Bunk Notes.

**The Bunk1 app** is available for iPhone in the Apple Store. (Coming soon to Google Play.)

#### **Lost username and password?**

Click "Need to reset your password?" to be prompted to enter your email address and will be sent a link to reset your password. If you do not receive an email, please also check your spam folder.

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## #11: Camper Health Form; Medication Instructions Form; and Waivers (if any):

Complete the Camper Health Form (page 7) and the Medication Instructions form (page 8) with exact instructions for any medications. OR complete the Camper Health Form on-line at: [www.CampBethelVirginia.org/health](http://www.CampBethelVirginia.org/health).

Complete & sign any adventure waivers (if applicable). Mail/submit ALL at least 14 days BEFORE camp to:

**Camp Bethel Registrar, 328 Bethel Road, Fincastle, VA 24090**

# Camp Bethel 2017 Camper Health Form revised 01.07.2017 Complete this on-line at [www.CampBethelVirginia.org/health](http://www.CampBethelVirginia.org/health)

A parent or legal guardian must complete and sign this form (grey signature \*box\* at bottom of form). Information from this form will be held confidential by the directors, health coordinator and camp counselors. The intent of this form is to provide the camp director and health coordinator the information needed to provide appropriate emergency care. Keep a copy of this completed form for your records. Attach additional pages or descriptions as needed. Provide changes to this form to the health coordinator at check-in on the first day of camp. Please PRINT. **If you have it, attach a copy/scan/image of your family medical insurance card.**

Camper name: \_\_\_\_\_ last name, \_\_\_\_\_ first name m.i. Gender: M / F Birth date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ month day year

Name of parent/guardian: \_\_\_\_\_ City & State of residence: \_\_\_\_\_

Parent/guardian cell: (\_\_\_\_\_) Home phone: (\_\_\_\_\_) Work phone: (\_\_\_\_\_) \_\_\_\_\_

Name of who to call if unable to contact parent/guardian: \_\_\_\_\_ Their relation to camper: \_\_\_\_\_

their cell phone: \_\_\_\_\_, their home phone: \_\_\_\_\_, their work phone: \_\_\_\_\_.

Who will pick up your child? List all adults who are authorized to drive the camper home from camp: \_\_\_\_\_

**INSURANCE INFORMATION:** (Camp Bethel provides only limited secondary medical insurance for participants. Insurance is not required for camp attendance.)

If you have insurance, attach or e-mail a scan/image of the front & back of your medical insurance card and return it with this form. (Insurance is not required for camp attendance.)

Is the camper covered by family medical / hospital insurance?  Yes.  No. Is the camper covered by Medicaid?  Yes.  No.

Camper's Primary Care Physician: \_\_\_\_\_; Phone: (\_\_\_\_\_) \_\_\_\_\_;

Hospital affiliation: \_\_\_\_\_ Name & location of physician's office: \_\_\_\_\_

**ALLERGIES:** List all known allergies, describe your child's reaction and the best management of the reaction; use extra paper if needed.

Medication allergies: \_\_\_\_\_

Food allergies: \_\_\_\_\_

Other allergies: \_\_\_\_\_

**RESTRICTIONS:** The following restrictions apply to this camper; (attach additional paper if needed):

Dietary: \_\_\_\_\_ Other: \_\_\_\_\_

Explain any restrictions or exemptions to camp activities (what cannot be done; what adaptations or limitations are necessary): \_\_\_\_\_

**MEDICATION(S) BEING TAKEN THAT WILL BE NECESSARY DURING CAMP:** List ALL medications (including non-prescription) taken routinely that you will be transferring to our health coordinator at camp check-in. Keep medication in the original packaging naming prescribing physician, name of medication, dosage, frequency of administration, and bring just enough to last the camp week.

This camper takes NO medications on a routine basis

YES, this camper takes routine medication. (Complete the **Medication Instructions form** on the back of this page)

**PERMISSION TO ADMINISTER OVER-THE-COUNTER MEDICATIONS** (Check the box to the left of each medication allowed for your camper.):

Camp Bethel has a supply of over-the-counter medications to treat everyday aches and pains. In case of headaches, low grade fever, slight upset stomach, mild diarrhea, mild allergic reactions or cold symptoms, the Camp Bethel Health Coordinator has my permission to administer the following to my child:

<input type="checkbox"/> Tylenol (or comparable generic)	<input type="checkbox"/> Tums Antacid (or generic)	<input type="checkbox"/> Sudafed (or generic)	<input type="checkbox"/> Benadryl (or generic)	Others: _____
<input type="checkbox"/> Ibuprofen (or generic)	<input type="checkbox"/> Imodium AD (or generic)	<input type="checkbox"/> Cold/Cough Medicine	<input type="checkbox"/> Pepto Bismol (or generic)	

**IMMUNIZATION HISTORY:** Do you attest that all immunizations required for school are up to date for this camper?  YES, or sign\*\* (3) below.

If your child has been immunized, indicate details below. For families who voluntarily exempt their children from school-required immunizations OR who voluntarily exempt themselves from providing proof of immunization, the following information is not required for camp attendance, but you must sign the waiver (3) below if you did not check YES above and/or if you do NOT provide information in (1) below.

(1) **Tetanus immunization:** Due to the nature of camp, tetanus immunization is strongly recommended and may be helpful in case of emergency. Choosing one from the list below, write month and year of most recent tetanus immunization for this camper.  
DTP (diphtheria/tetanus/pertussis), month & year: \_\_\_\_\_ -OR- TD (tetanus/diphtheria), month & year: \_\_\_\_\_ -OR- Tetanus, month & year: \_\_\_\_\_

(2) Only provide the following optional information if it is easily accessed, dating last injection/ingestion. Has this camper had the following series? (circle yes and write date, or circle no)  
Varicella (Chicken Pox): yes / no date: \_\_\_\_\_ Hepatitis B: yes / no date: \_\_\_\_\_ Oral Polio (OPV) or Injectable Polio (IPV): yes / no date: \_\_\_\_\_  
Haemophilus Influenza B (HiB): yes / no date: \_\_\_\_\_ MMR: yes / no date: \_\_\_\_\_ OR each, separately below:  
Measles: yes / no date: \_\_\_\_\_, Mumps: yes / no date: \_\_\_\_\_, Rubella: yes / no date: \_\_\_\_\_

(3) **\*\*Immunization Waiver:** If you are choosing not to check YES above and/or not to provide information in (1) above, please sign the following statement:  
"I understand and accept the potential risks to one who is not fully immunized."  
Signature of parent or guardian: \_\_\_\_\_; Date of signature: \_\_\_\_\_

**MEDICAL HISTORY:** Describe any past or current injury, illness, disease, treatment, surgery, or affliction the camp should know in case of emergency:

**ADDITIONAL INFORMATION:** Describe other physical, emotional, or behavioral concerns or any conditions requiring medication, treatment, or special restrictions or considerations while at camp (use add'l paper if needed): \_\_\_\_\_

**\*THE FOLLOWING BOX MUST BE SIGNED FOR ATTENDANCE!\***

I verify that the information on this Health History Form is correct and complete as far as I know. This form may be copied for camp records.

\*Signature of parent or legal guardian: \_\_\_\_\_ \*Date: \_\_\_\_\_

\*Printed name: \_\_\_\_\_ \*Phone number: (\_\_\_\_\_) \_\_\_\_\_

# 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 Health Coordinator during check-in on the first camp day. All medications are stored and dispensed by the Camp Health Coordinator unless special arrangements are made through the Health Coordinator 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. Only send enough medication for the camper's time at camp.

Camper's Name \_\_\_\_\_ Last \_\_\_\_\_ First \_\_\_\_\_

## 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 below). The Health Coordinator 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, 5:30 p.m.      N = Nighttime, 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

Reason for taking: \_\_\_\_\_

**EXAMPLE: Penicillin 1 tab 2x daily**                          

Reason for taking: My child is getting over an ear infection. The full course of antibiotics will finish by Wednesday night.

## 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
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____