



328 Bethel Road, Fincastle, Virginia 24090  
 phone: 540-992-2940  
 CampBethelOffice@gmail.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 **Middle School Adventure 5 Canoeing + Caving + Climbing, Sunday July 10 at 4:00pm through Friday July 15 at 6:30pm.**

Please plan to arrive at Camp Bethel at or before **4:00pm, Sunday**. Check-in begins promptly at 4:00pm in the Deer Field Gym with important announcements and introductions for ALL families. Park in the Ark parking lot or in the Deer Field grass lot. Parents must accompany their camper through check-in and meeting their group's counselors. See the enclosed "Check-in Procedures" for detailed first day instructions. The Trading Post (camp store) will be set up inside the Gym from 3:15 through check-in. Dinner will be served to campers on Sunday evening after check-in.

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 Sunday's check-in. At Friday's dinner, please bring a donation to offset the cost of your meal(s). Families wishing to skip dinner but 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 before 6:30pm. Campers will be dismissed at 6:30pm Friday to their parents' care, and the Trading Post (camp store) will be open from 6:30-7:15pm.

Enclosed with this letter are "Preparations for Your Time at Camp" including check-in procedures, rules and information about your camp week, forms, and a specific list of items to pack. Write your name on every item you bring to camp. Note that we require modest swimwear. Please consider donating school supplies toward our Summer Offering/Service Project, (see # 6 on page 4). Carefully read all the enclosed information.

See the enclosed page titled, "Final Payment and Forms Due for Camp Bethel." This page lists your balance due (if any) and any forms and waivers due. **Forms and payments must be returned to Camp Bethel at least 14 days before your first day of camp:** (1) Your balance due (if any). If your complete camp fee is not paid at least 14 days prior to your camp date, you will forfeit your reserved spot; (2) Your front-to-back completed "Camper Health Form" and "Medication Instructions Form"; and (3) Waivers specific to your program or your "Add On" outing (if any).

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](http://www.CampBethelVirginia.org). Post-mail should be sent several days early to ensure contact; or you can leave a pack of letters addressed to your camper with Jenna for daily delivery. In case of extreme emergency, contact Barry LeNoir, Camp Director, or 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.

We have an exciting camp week planned for you including a day canoeing on the historic James River, one day of caving and one day of rock climbing, both with Wild Guyde Adventures outfitter Lester Zook! 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 "**Not Afraid, Not Alone. Courage in Community.**" Living together as God's people requires courage and also provides courage: the courage to show up, to trust, to forgive, to stand and do justice, to change, and to connect. Together we will hear stories and explore activities that will inspire us to be the best people we can be in God's community and in the world.

Between now and camp, stay informed with announcements, news and "*all things Camp Bethel*" by subscribing to our E-News at [www.CampBethelVirginia.org/subscribe-to-e-news.html](http://www.CampBethelVirginia.org/subscribe-to-e-news.html). If you have questions contact Jenna or Barry at **CampBethelOffice@gmail.com** or 540-992-2940.

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*

# 12 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 & Camp DVDs.
6. Summer Offering.
7. Driving directions to camp.
8. Sunday check-in procedures.
9. Friday pick-up procedures.
10. Communicating with your camper during the camp week.
11. Additional things to pack for Canoeing + Caving + Climbing, and safety for our Adventure day trip.
12. Health Form & Medication Instructions forms & waivers.

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

**Write your name on ALL items!** 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!

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| <ul style="list-style-type: none"> <li><input type="checkbox"/> Light-weight, carry-able sleeping bag <b>or</b> blanket/sheet for Hut &amp; camp-out.</li> <li><input type="checkbox"/> Small pillow for Hut or camp-out use.</li> <li><input type="checkbox"/> Bath towel(s), washcloth &amp; beach/pool towel.</li> <li><input type="checkbox"/> Hygiene items: toothbrush/paste; soap; etc.</li> <li><input type="checkbox"/> Clothing (for 6 days): 1 pair of long pants; long sleeved shirt; shorts; tee shirts; 1-piece swim suit(s) (<i>no bikinis or speedos</i>); underwear; socks &amp; extras; light jacket; sleepwear; (<i>Remember, hot days &amp; cool nights.</i>)</li> <li><input type="checkbox"/> Everyday dry shoes (closed-toe active shoes for running, hiking, games).</li> <li><input type="checkbox"/> Pair of strap-on sandals, water shoes or old shoes to get wet (for creek play, rain hikes or pool; NO flip-flops).</li> <li><input type="checkbox"/> Large plastic bag for dirty clothes &amp; wet shoes.</li> <li><input type="checkbox"/> Daypack/backpack for carrying water bottle &amp; sack lunch on a hike or gear for camp out.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Rain jacket/poncho with hood; no stopping for rain!</li> <li><input type="checkbox"/> Hat (with brim to block sun) or bandana.</li> <li><input type="checkbox"/> Small flashlight &amp; extra batteries.</li> <li><input type="checkbox"/> Sunscreen (waterproof and at least 30 SPF).</li> <li><input type="checkbox"/> Small or old Bible, small notepad, pen or pencil; (<i>Need a Bible? Tell your counselor; we have extras.</i>)</li> <li><input type="checkbox"/> Water bottle: quart-sized, non-glass, screw-top (<i>Available in our Trading Post</i>).</li> <li><input type="checkbox"/> Completed and signed Health Form (enclosed or on-line).</li> <li><input type="checkbox"/> Signed forms/waivers, if applicable (enclosed if applicable).</li> <li><input type="checkbox"/> Summer offering money to be placed in the Offering Box at check-in (checks to "Camp Bethel Summer Offering").</li> </ul> |
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**Optional to bring:**  watch  swim mask  bug repellent  digital camera  hammock w/ rain fly  school kit donations (see page 4)

*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:

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> loose money, jewelry, valuables of any kind</li> <li><input checked="" type="checkbox"/> food, drinks, candy, snacks, gum</li> <li><input checked="" type="checkbox"/> clothing that has inappropriate language/images or is too revealing including girls' bikinis or boys' speedos.</li> <li><input checked="" type="checkbox"/> cell phone/smart phone (see info below), I-pod/I-pad, electronics, CDs/DVDs, video games, pets, toys</li> </ul> | <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> alcohol, tobacco or nicotine products, drugs, smoking/vaping paraphernalia</li> <li><input checked="" type="checkbox"/> weapons, knife, fireworks, matches, lighter</li> <li><input checked="" type="checkbox"/> cologne, perfume, scented products, hairspray, because these attract biting insects AND many persons have allergies to scented products</li> <li><input checked="" type="checkbox"/> flip-flops, Crocs, skateboard, hair dryer, curling iron</li> </ul> |
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## #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 family 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 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 Health Coordinator upon your arrival 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. 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 week:**

DO NOT arrive at camp unexpectedly! Our site is closed to visitors/guests during camper weeks. 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 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 6-10 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. Huts have mattresses and bunk beds. You are also welcome to bring your hammock.
4. 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.
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 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. 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 Resident Camper Day:** (Also see your individual program descriptions in the Summer Camps Brochure.)

7:30am	Unit 1 sets tables	12:15pm	Unit 2 sets tables & hosts meal	8:00	All-camp special activity
7:45	Morning Watch at the Spring	12:30	Lunch/songs/announcements	9:00	Campfire vespers: worship/songs
8:00	Breakfast in the Ark; Unit 1 hosts	1:30-5:30	Unit activities: swimming, hiking, games, High-ropes, crafts, showers!	10:00	Lights out for Elementary camps
8:30	Singing/announcements	5:15	Unit 3 sets tables & hosts meal	11:00	Lights out for Middle/High camps
9:00	Cabin clean-up & daily duties	5:30	Dinner/songs/announcements		
9:30-12:30	Unit activities, Bible Study, etc	7:00	Unit activities: Games, etc.		

#### #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. With your child, come and visit Camp Bethel. Call us to arrange a self-guided pre-tour.
4. 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.
5. Don't tell campers how much you will miss them. Instead encourage new learning, new friends and new experiences.
6. 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:

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: Trading Post (camp store) open Sunday 3:15-4:30pm & Friday 6:30-7:15pm:

Parents can shop with campers from 3:15-4:30pm in the Gym prior to check-in and 6:30-7:15pm in the Trading Post on Friday after dismissal. Camp Bethel t-shirts cost \$8, \$10, \$12; hats \$10; bottles \$15; hoodies \$25-\$30; blankets \$28; carabiners \$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 photograph the fun and magic of each camp week, and we compile each week's images into an excellent keepsake. We allow campers to bring a camera (inexpensive) and encourage campers to add their shared photos to our weekly batch (shared at lunch on last day of camp). ALL photos from all groups/programs during this week are on one DVD. Photo DVD-ROMs have over 500 photos of your week at camp and cost only \$15 per DVD. Use the DVD in your home computer to view, print and share your favorites.

These 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 help offset food, energy and staffing costs for the summer program, so you are encouraged to support your camp in this way. DVDs will be mailed to you within 2 weeks of your camp week. Order at the Trading Post, OR after camp by sending us a \$15 check.



#### #6: Summer Offering 2016:

Monetary offerings will be divided 50% for Camperships and 50% to purchase school kit supplies.

##### "Campership" Fund helps needy children attend camp

50% of any monetary offering provides Campership funding for needy children. For decades, hundreds of caring individuals and groups have given funds and always enabled Camp Bethel to provide a week of camp for every child who needed funding. In 2015, 120 children received partial or full "camperships." A suggested gift is \$150 or half of the subsidized fee for one week of regular resident camp. We are hopeful for BIG donations to once again provide "camperships" to ALL needy campers in 2016.



##### School Kits for kids in our Community

We encourage you to bring/donate NEW or UNUSED school supplies or a monetary donation toward supplies. 50% of any monetary offering will purchase supplies so that campers can assemble School Kits during Bible Study as our weekly 2016 Service Project. Each Friday morning after breakfast, campers will have a celebratory "send off" when the Camp Directors deliver the assembled kits to our partner area agencies (Botetourt Resource Center, Roanoke Rescue Mission). New/unused supplies needed include: book bags, loose leaf paper, 1" and 2" 3-ring binders, spiral notebooks, pocket folders, pens, pencils, pencil pouch, erasers, colored pencils, crayons, Crayola makers, glue sticks, and safety scissors.

100% of your monetary gift goes directly to our offering projects: 50% to the Campership Fund and 50% to school supplies; 0% administration fees! Place all offering donations into the OFFERING BOX at check-in in the Gym, (checks payable to "Camp Bethel Summer Offering").

Note: Your gifts in 2015 totaled \$3,913, half of which provided Camperships to dozens of campers! The other half was added to our "New Cabin Fund" which awaits (1) additional funding of \$1,950 for viability and (2) final approval of plans and location by Botetourt County.



## #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: Sunday Check-In Procedures:

1. Check-in begins promptly for everyone at **4:00pm Sunday** at the Deer Field Gym with important announcements and introductions for all families. Arrive at or before 4:00! Registration does not begin until 4:00; cabin entry is not allowed without your counselors. The Trading Post (camp store) will be set up inside the Gym from 3:15 through check-in. Park in the paved Ark parking lot or in the grass Deer Field lot beside the Gym. Follow directional signs; 5mph; drive carefully.
2. LUGGAGE: Carry your gear inside the Gym and find your name (listed alphabetically) at your designated luggage spot:
  - Resident Camp Girls: Place your gear on the girls' luggage wagon behind the orange tractor.
  - Resident Camp Boys: Place your gear along the back wall of the Gym.
  - Adventure Camp Boys and Girls: Place your gear on the Adventure Wagon behind the small green tractor.
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 FIRST check-in table you will receive your CAMPER PICK-UP CARD. This card has (1) your Family Unit number, (2) your counselors' names, (3) your cabin/lodge, (4) Bunk Notes instructions, (5) Friday pick-up procedures, and (6) where to meet your counselors and your group. Parents: Keep your CAMPER PICK-UP CARD and bring it with you Friday evening, OR pass it on to the person you have designated to bring your campers home.
6. At the SECOND check-in table, you will (1) reserve your places in Friday's dinner for our closing celebration, (bring a donation on Friday to offset the cost of your meals, (2) turn in any adventure waivers or forms due (extra blank waivers will be available), (3) update or add any names of adults who are authorized to drive the camper home from camp, and (4) answer a few quick Health Screening questions (fever? achy? sore throat? cold/flu symptoms?).
7. Give any medication and any updates to your Health 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. See #2 "...policies: Camper Medications"
8. 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.
9. Parents: Drive slowly as you leave, watch for pedestrians, and follow exit signs out of camp.
10. Once the entire Family Unit has arrived and after a few "get-to-know-you" games, the boys will carry their gear from the Gym to their cabin beside the Gym. The girls will walk across camp to find the luggage wagon outside their cabin area.
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!

## #9: Friday Camper Pick-Up Procedures:

1. Families who reserved Friday dinner at the Ark with their campers may come at 5:20pm. You must reserve your 5:20pm dinner spots in advance at Sunday's check-in. Please bring a donation of \$10/person to cover your meal cost.
2. Dismissal/Pick-up is **Friday at 6:30pm**. Bring your CAMPER PICK-UP CARD. Meet campers and staff at the Ark (pond side).
3. 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. To skip dinner and 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 6:30pm.**
6. To "claim" your child 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. If you arrive after 6:30, your camper will be in the Gym with their counselors. Present your CAMPER PICK-UP CARD to your child's counselor to "claim" your child. 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 6:30pm dismissal from the Health Coordinator.
9. After 6:30pm dismissal, campers and parents will find their luggage inside the Gym along the walls grouped in order of Unit number. The Trading Post will be open from 6:30-7:15pm. Families may enjoy Camp Bethel until sundown.
10. *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).*
11. Parents: Drive slowly as you leave, 5 mph; watch for pedestrians; follow exit signs out of camp.
12. 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 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!

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

##### **Returning Parents:**

1. Go to [www.bunk1.com](http://www.bunk1.com) or click the "Bunk Notes" image at the bottom of the page at [www.CampBethelVirginia.org](http://www.CampBethelVirginia.org).

2. Enter your email address & password in the space provided.  
**NOTE:** You are logging into the same account that you used last year. If you have forgotten your summer password, click "[Need to reset your password?](#)" 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.

##### **New Parents:**

1. Go to [www.Bunk1.com](http://www.Bunk1.com) or click the "Bunk Notes" image at the bottom of [www.CampBethelVirginia.org](http://www.CampBethelVirginia.org).
2. Click "[Need an Account or have an invitation code](#)"
3. Complete the basic form to create your account. Use the 2016 "Invitation Code" **BETHEL24090**
4. NOTE: Only share this code with persons YOU approve.

#### **SENDING BUNK NOTES**

**Step 1:** Purchase a "Family Bundle" or "Bunk Note Credits". A Bunk Note Credit costs \$1 and packages of various sizes are available. Please note that adding features (photos, puzzles, borders, etc.) will utilize/cost additional credits.

**Step 2:** Send your note **before 8:30am** for same-day delivery. Select your camper's name and Unit Number (provided in your Parent "Camper Pick Up Card", type in your message, then hit the "Send Bunk Note" button.

**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 1-800-216-9472 or e-mail [support@bunk1.com](mailto:support@bunk1.com). Don't 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 out 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! Bunk Note credits cost \$1 each and are purchased in packs of various sizes.

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

Yes! As soon as you login, you will notice a button under the heading "Quick Links" to "Invite Family Members". Click that button, 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.

##### **Accessing Bunk1 from a mobile device?**

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

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

If you have forgotten your summer password, click "Need to reset your password?" 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.

**Google Chrome is the preferred web browser for using the Bunk1 System.** You can download Google Chrome for free by visiting: [www.google.com/intl/en/chrome/browser/](http://www.google.com/intl/en/chrome/browser/).

**FOLLOW US!** News! Photos! Video! Penguins!!! [www.CampBethelVirginia.org/subscribe-to-e-news.html](http://www.CampBethelVirginia.org/subscribe-to-e-news.html)



## #11: Additional Items to Pack for Canoeing, Caving, Climbing, plus Safety for our Adventure day-trip:

**Canoeing & Caving & Rock Climbing:** *(All things taken into the cave will get muddy!)* For caving & climbing WILD GUYde Outfitters will supply helmets, emergency equipment and guides. For canoeing, Twin River Outfitters provides canoes, paddles, PFDs. Camp Bethel provides lunches for all outings.

- Swim trunks or shorts for swimming to wear in the canoe.
- 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
- 2 water bottles
- Twin River (canoe) & Wild Guyde (cave & climb) participant waivers, mailed back or given to Camp Bethel registrar at check-in.
- Boots (hiking style, work boots, or military) to get muddy.
- Backpack or book bag.
- Blue jeans or work pants, two long sleeve shirt layers, or coveralls (able to be muddied).
- Change of clothing to travel home in.
- 1-2 large plastic trash bags.
- Headlamp AND extra batteries.
- Change of footwear for travel (sandals, sneakers).
- \*Disposable or waterproof camera with flash & strap optional.

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

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 a staff member and/or driver. 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.

## #12: Camper Health Form; Medication Instructions Form; and Waivers:

**Forms provided must be completed and returned no later than 2 weeks before your scheduled camp. Complete the Medication Instructions form with exact instructions for any medication at camp. You can also complete the Camper Health Form on-line at: [www.CampBethelVirginia.org/health](http://www.CampBethelVirginia.org/health). Complete & sign the attached adventure waivers. Mail/submit ALL at least 14 days BEFORE camp to:**

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

## Recruit a NEW camper for \$10 in the Camp Bethel Trading Post!

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. Follow the 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](http://www.CampBethelVirginia.org)) for a registration form. This camper does not have to attend the same camp week as you.
2. Have your parent complete Part 1 of the form below, detach, and give it to your recruit. Have their parent complete Part 2, and have them mail it to Camp Bethel.
3. Once received, we will mail you a \$10 coupon good toward anything in our Camp Bethel Trading Post. The Trading Post is open before and during check-in on the first camp day and after check-out on the last camp day. Remember to bring your coupon!
4. No limit! You may copy this form and recruit as many new\* campers as you wish. For each new camper, you AND the new camper receive \$10 coupons. This offer counts for any 1-week or 3-day camp program, June 12-July 29.

**\*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. The new camper must fully register for their camp choice. Coupon offer counts for any new camper enrolled in any 1-week or 3-day summer camp program including Good-as-Gold campers.

*Cut along this line.*

**To be eligible for your \$10 Trading Post coupon, return this completed form to Camp Bethel along with new camper's registration form, or mail to the address below.**

### Part 1. To be filled out by the recruiting family:

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*

### Part 2. To be filled out by the new camper's family:

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*

**NEW Camper's family will return this completed form to:  
 CAMP BETHEL REGISTRAR, 328 BETHEL ROAD, FINCASTLE, VA 24090**



# Camp Bethel 2016 Camper Health Form revised 02.02.16 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: \_\_\_\_\_ Gender: M / F Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
last name, first name m.i. 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: \_\_\_\_\_

**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)

**PERMISSION TO ADMINISTER OVER-THE-COUNTER MEDICATIONS:**

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:

(Check the box to the left of each medication allowed for your camper.)

<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 tetanus, 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: (\_\_\_\_\_) \_\_\_\_\_

If you have medical insurance, attach or e-mail a scan/image of the front and back of your medical insurance card and return it with this form.

**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: \_\_\_\_\_

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

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

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

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
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Complete and return ASAP to: Camp Bethel Registrar, 328 Bethel Rd, Fincastle, VA 24090**



# JAMES RIVER BASIN CANOE LIVERY

**D.B.A. Twin River Outfitters**

653 Lowe Street, Buchanan, VA 24066

Phone: 540-261-7334 Internet: canoevirginia.net Email: tro@canoevirginia.net

**OFFICE USE ONLY**

Trip \_\_\_\_\_  
# Boats \_\_\_\_\_  
Launch \_\_\_\_\_  
Take Out \_\_\_\_\_

## PARTICIPANT RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

**\*\*\*\*READ BEFORE SIGNING\*\*\*\***

Name of Participant/Camper: (print) \_\_\_\_\_ D.O.B.: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Last, First MM DD YR

Dates of camp participation (Ex: July 24-29): \_\_\_\_\_

IN CASE OF EMERGENCY CONTACT: Barry LeNoir, Camp Bethel Director NUMBER: 540-992-2940; C: 540-797-3149

**In consideration of James River Basin Canoe Livery leasing equipment to me, I hereby assume all LEGAL responsibility for the inherent risks and dangers of the agreed to activities. I do hereby agree to the following conditions:**

1. I understand that there are inherent risks involved with these activities including, but not limited to the potential for sunburn, sun stroke, heat exhaustion, dehydration, insect / animal bites, cuts, scrapes, broken bones, drowning, permanent paralysis, and death. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISK, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation.
2. I agree to wear my life jack at all times while on the water and will comply with all Federal, State and Local laws. I understand that consumption of alcoholic beverages is unsafe for any water activity and illegal in public (Which includes on the river and at public boat landings), and not approved by the Livery.
3. I UNDERSTAND that there are unseen and unseem dangers associated with this activity. I understand that severe storms or Acts of God may arise at a moment's notice and I will immediately remove my party from danger. I understand that all trips are self guided and that I am personally accountable for self rescue of my party. I willingly agree to comply with the terms and conditions. If I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately.
4. I agree to indemnify and hold harmless and agree not to sue JAMES RIVER BASIN CANOE LIVERY, its officers, officials, agents and/or employees, other participants, sponsors, volunteers, advertisers, and if applicable, owners and lessors of land or premises used to conduct the event (RELEASEES), from any and all claims, damages, losses, injuries, and expenses arising out of or resulting from participating in these activities.
5. I hereby agree to return all equipment at the mutually agreed set time, date, location in the same condition as it was received. I also agree that the boat will only be taken on the waters agreed to prior to the trip.
6. I represent and warrant that I, and any person accompanying me are capable Swimmers, who are at least six years old, and are in good physical condition to participate in this trip.
7. I agree to report all damage or lost items immediately at the end of the trip and pay for them at that time, plus any collection attorney's fees that the Livery incurs though my failure to do so, according to the following schedule:  
 Boat damaged beyond repair, (Includes during Recovery) Up to the following amounts, \$850 Canoe / \$500 Kayak / \$2000 Raft  
 Broken / Lost Thwart (Includes during Recovery) \$25, Broken / Lost Seat (Includes during Recovery) \$40  
 Hull torn or punctured (Includes during Recovery) \$20 per inch, Hull crushed or wrinkled (Includes during Recovery) \$50  
 Paddle Lost, Broken, or unreturned \$20 canoe paddle / \$40 kayak paddle, Life jacket lost \$20  
 Boat recovery (When possible & convenient & safe) \$20 each man hour, \$45.00 Min  
 Pick up after 7 PM \$15 per boat

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

\_\_\_\_\_  
Signature of Participant/Minor (Camp Bethel Camper) Date

FOR PARENTS/ GUARDIANS OF PARTICIPANT OF MINOR AGE (UNDER 18 AT TIME OF REGISTRATION) This is to certify that I, as parent /guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

\_\_\_\_\_  
Signature of Parent / Guardian Date

**COMPLETE THIS FORM AND RETURN ASAP TO:  
Camp Bethel Registrar, 328 Bethel Road, Fincastle, VA 24090**

**WILD GUYde Adventures AGREEMENT TO PARTICIPATE:** *Caving AND Rock Climbing*

In agreeing to participate in this *WILD GUYde Adventure* experience, ***I recognize*** that the activities of hiking, canoeing, caving, and rock climbing might involve some or all of the following:

- Strenuous travel in rugged natural terrain
- Load carrying (for myself and others)
- Route-finding and navigation challenges in remote areas
- Climbing, crawling, swimming, and walking in places that are high, dark, cold, wet, exposed, or constricted
- Access to advanced medical care that is limited, delayed, or completely absent

***I also acknowledge*** that certain dangers and risks exist. These include, but are not limited to emotional discomfort or bodily injury or death from:

- Equipment failure
- Drowning; water that is fast or cold activity sites
- Human error or negligence
- Weather-related disaster (lightning, cold, heat, high wind, etc.)
- Slips, falls, and other gravity-related mishaps (loose rocks, unstable terrain, treacherous trails)
- Accident while traveling to or from activity sites
- Assault by creatures of nature (snakes, insects, rodents, etc.)

***I understand*** that types of injuries and discomforts may include but are not limited to:

- Minor or major bone fracture
- Scrapes, abrasions, lacerations
- Muscle, tendon, or ligament strains or sprains
- Allergic reactions, sickness or disease
- Illnesses and infections
- Burns (cooking, rope)
- Head or body bumps and bruises
- Hypothermia and frostbite
- Heat-related conditions (heat exhaustion, heat stroke, sunburn)

***I acknowledge*** the need to follow instructions, to obey rules, to learn thoroughly the practices and precautions of the various activities, and to participate in holding group members accountable to those practices.

***I also acknowledge*** the need for specialized equipment (see equipment and clothing list), and am prepared to outfit myself accordingly. Furthermore, ***I have honestly disclosed*** to *WILD GUYde Adventures* any relevant physical or medical conditions (via the copy of the Camp Bethel Health History Form).

***My signature below indicates my understanding of the inherent risks in this experience, and my continued willingness to participate.***

\_\_\_\_\_  
Printed Name of Camper

\_\_\_\_\_  
Signature of camper Date

\_\_\_\_\_  
Printed name of Parent/Guardian

\_\_\_\_\_  
Signature of Parent/Guardian Date

Staff Review (initials and dates): \_\_\_\_\_