



328 Bethel Road, Fincastle, Virginia 24090

phone: 540-992-2940

CampBethelOffice@gmail.com

www.CampBethelVirginia.org



2018 POTP Middle School Adv. Confirmation Packet

Dear Camper and Parent,

Thank you for signing up for Adventure Camp at Camp Bethel! Your spot is confirmed! Thank you for signing up for our special **Presbytery of the Peaks Middle School Adventure Camp 2, Sunday, June 17 at 4:00pm through Friday, June 22 at 6:30pm.**

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 you need to hear. 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 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 at 5:30pm after check-in.

Pick up time and camper dismissal is **6:30pm, Friday**. Families who reserve Friday dinner with their campers may arrive at the pond-side of 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). Our Closing Singing and Celebration from 6:00-6:30 is an important and meaningful ceremony for your camper and their group, so **we will not dismiss campers until 6:30pm**. The Trading Post store beside the Ark parking lot will be open 6:30-7:15pm.

This packet includes "**Preparations for Your Time at Camp**" with your packing list, 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 forms and payments to Camp Bethel 14 days or more before your first day of camp, including:** (1) Your completed "Camper Health & Information Form." (2) Waivers if you paid for any "Add On" activity. (3) Your fee balance is due 14 days or more prior to your camp date or you will forfeit your reserved spot.

Campers LOVE receiving letters from you! Send postal mail to campers (c/o Camp Bethel) at the camp mailing address above and 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 case of extreme emergency during the camp week, contact Jenna Stacy, Program Coordinator, or Barry LeNoir, Camp Director, at 540-992-2940, (after-hours you will 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. 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**. If you have questions contact Jenna or Barry at 540-992-2940 or CampBethelOffice@gmail.com.

We look forward to seeing you at camp!

Together, in Christ our hope,

*Barry, Beth, Jenna, Mickey, Wes
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. Sunday check-in procedures.
9. Friday pick-up procedures.
10. Communicating with your camper during the camp week.
11. Health Form & Medication Instructions & waivers (if any).

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

Write your name on ALL items! Pack lightly enough that you can easily carry all gear by yourself. Remember, you will be sleeping in your cabin all week, and your space is limited. Cabins have window-unit air-conditioners if needed. Keep your packing 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! *If you paid for an "Add-On Activity" then you will see "additional things to pack" listed with your waiver information.*

- Light-weight, small, carry-able sleeping bag **or** blanket/sheet for cabin bunk & camp-out.
- Small pillow for cabin bunk or camp-out use.
- Bath towel(s) & washcloth.
- Pool/beach towel.
- 1-piece swim suit(s), *no bikinis or speedos.*
- Hygiene items: toothbrush/paste; soap; etc.
- Clothing (for 6 days): at least 1 pair of long pants; at least 1 long sleeved shirt; shorts; tee shirts; underwear; lots of socks; light jacket; sleepwear; *Hot days, cool nights.*
- Everyday **dry** shoes (closed-toe active shoes for running, hiking, games).
- Pair of strap-on sandals or water shoes or old shoes to get wet for creek play, rain hikes or pool; *NO flip-flops or Crocs.*
- Daypack/backpack for carrying water bottle & sack lunch on a hike or for carrying gear to your camp out.
- Large plastic bag for dirty clothes & wet shoes.
- Rain jacket or poncho with hood; no stopping for rain!
- Hat with brim to block sun or bandana.
- Small flashlight & extra batteries.
- Sunscreen (waterproof and at least 30 SPF).
- Small or old Bible, small notepad, pen or pencil; (*Need a Bible? Tell your counselor; we have extras.*)
- Water bottle: quart-sized, non-glass, screw-top (*Available in our Trading Post.*)
- Summer offering to be placed in the Offering Box at check-in (checks to "Camp Bethel Summer Offering").

Optional to bring: watch swim mask/ear plugs bug repellent camera/GoPro hammock, straps & rainfly

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 ("soccer Mom" chairs)
- disconnected smart phones (w/ chargers) to use as camp cameras and video cameras
- window unit air conditioners
- digital camera or GoPro
- new (in-the-box) bike helmets and/or horse helmets
- canoes & paddles
- chest coolers w/ handles
- kayaks & paddles
- new lifejackets
- brooms/dustpans
- new tents/tarps
- music instruments
- backpacking supplies
- S'mores supplies
- new 1st aid kits & 1st aid supplies
- craft supplies & tools
- box/window fans

WISH LIST: Chest freezer; refrigerator; clothes washer & dryer; Mini-van; chest coolers w/ handles; LCD projector; gas grill; laptop computer (Windows 10); LED light bulbs; "Tree Cookies;" picnic tables. Gifts are tax-deductible! www.CampBethelVirginia.org/donate

Things **NOT** to bring:

- alcohol, tobacco or nicotine products, drugs, smoking/vaping paraphernalia
- weapons, knife, fireworks, matches, lighter
- money, jewelry, valuables of any kind
- food, drinks, candy, snacks, gum
- clothing with inappropriate language/images or is too revealing including girls' bikinis or boys' speedos.
- cell phone/smart phone (see "A Matter of Trust" below), tablet, electronics, video games, pets, toys
- cologne, perfume, scented products, hairspray, because these attract biting insects AND many persons have allergies to scented products
- 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 digital camera to camp, but you may NOT bring a "connected/serviced" phone to use as your camera. Thanks, and also read #5 about photo Flash Drives 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 Health Coordinator unless special arrangements are made through the Health Coordinator and Camp Director. Only send enough medication for the camper's time at camp. **Medication MUST be in the original, labeled packaging and container naming prescribing physician, camper name, medication name, dosage, and frequency 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 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.

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. For after-hours emergency, call the office phone, 540-992-2940, to be prompted to our on-call staff number.

Visitation is 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 in a cabin:

1. No bathtubs here, only individual showers. Before camp, teach your younger camper how to take a shower.
2. We have several bathrooms around main camp. Remember, you can ask your counselor to use the bathroom ANY TIME. Hikes on camp property often venture away from bathrooms, so remember to "go" before you go; counselors will also remind you.

- Living in a cabin with 11 other persons (same gender) may challenge our need for individual privacy, especially when changing clothes. Think of ways you can prepare and adapt to rooming with others.
- 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.
- 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. Cabins have window-unit air-conditioners if needed on the hottest days/nights.

Social/Behavioral/Spiritual expectations:

- Group living: We'll experience all our daily activities **together** as a Unit, including completion of our daily group duty and eating meals together.
- Make new friends: Even if coming with a cabin-mate, you are expected to be friendly, courteous and helpful to others in the group. 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.
- 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).
- 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 activity descriptions in the Summer Camps Brochure.)

7:30am	Unit 1 sets tables	12:30	Lunch/songs/announcements	8:00	All-camp special activity
7:45	Morning Watch at the Spring			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			11:00	Lights out for Middle/High camps
9:00	Cabin clean-up & daily duties	5:15	Unit 3 sets tables & hosts meal		
9:30-12:30	Unit activities, Bible Study, etc.	5:30	Dinner/songs/announcements		
12:15pm	Unit 2 sets tables & hosts meal	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:

- 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 & ready child to back-to-back camps.
- Don't tell campers how much you will miss them. Instead encourage new friends and new experiences.
- Don't tell campers they can call home. Instead, encourage your camper to talk to their counselor if they are sad. 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 our program style 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 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; photo Flash Drive \$22; blankets \$30; carabineers \$2, and other items range from \$2 to \$40. Earnings directly support the programs 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 \$22 each. Use the USB Flash Drive in your computer or device to view, print and 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, OR after camp by sending us a \$22 check.

#6: Summer Offering 2018 is for Program Supplies!

Your gifts this summer will directly benefit YOUR summer camps, including: one new 9-Square-in-the-Air game set; several new helmets for biking (10), horseback (12), and climbing (8); and construction supplies for a new (third) Adventure Village!

We encourage your family to donate. 100% of your monetary gift goes directly to supplies listed above. Place your gift into the OFFERING BOX at check-in in the Gym, (checks payable to "Camp Bethel Summer Offering").

Note: Your gifts in 2017 totaled \$1,731 for "Seed, Scattered and Sown: Reaching Beyond This Generation," the mission resourcing campaign for Camp Bethel and the Virlina District Churches. Thank you!

#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 1/10th mile to left onto bridge at Bethel Road (606).
6. Drive under rail-road trestle. Entrance to Camp Bethel is 0.3 mile straight ahead along Bethel Road on the right. Follow signs and park in Ark lot or Deer Field lot.

#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.
2. **LUGGAGE:** Carry gear inside the Gym and find your name (listed alphabetically) on any of many identical LUGGAGE SIGNS which list where to put your gear, (which is dependent on your program choice).
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 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 Health Form updates to our Health Coordinator. Place your medication in a gallon 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 Unit in the Deer Field. **Parents: Take time to meet the counselors and other campers** in the Unit, then say good bye as your campers begin a great week at camp with their group.
9. Parents: Drive slowly as you leave, watch for pedestrians, and follow exit signs out of camp.
10. Once the entire 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 Sunday's check-in) at the Ark with their campers may come at 5:20pm to the pond-side of the Ark Dining Hall. Please bring a donation of \$10+/person to cover your meal cost.
2. Dismissal/Pick-up is **Friday at 6:30pm**. Park in the Ark parking lot or in the grass Deer Field lot beside the Deer Field Gym. Bring your CAMPER PICK-UP CARD. Meet campers and staff at the pond side of the Ark Dining Hall.
3. **Our Closing Celebration is an important and meaningful ceremony for your camper and their group, so we will not dismiss campers until 6:30pm.** Campers are dismissed at 6:30pm to their parents' care.
4. 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.
- 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.
 - Pick up medication containers after 6:30pm dismissal from the Health Coordinator at the Trading Post.
 - After 6:30pm dismissal, campers and parents will find their luggage inside the Gym, usually in the same place you placed it at check-in. The Trading Post will be open from 6:30-7:15pm. Enjoy Camp Bethel until sundown.
 - 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.
 - Parents: Drive slowly as you leave, 5 mph; watch for pedestrians; follow exit signs out of camp.
 - 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:

- Provide your camper with a pack of home-addressed, stamped envelopes and a notepad.
- 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.
- Send your camper daily one-way e-mail through Bunk1's paid e-mail service described below.



TO GET STARTED TODAY with Bunk1's secure and easy PAID e-mail service:

<p>Returning Parents:</p> <ol style="list-style-type: none"> Go to www.Bunk1.com or click the "Bunk Notes" image at the bottom of the page at www.CampBethelVirginia.org. 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 don't get an email, check your spam folder. 	<p>New Parents:</p> <ol style="list-style-type: none"> Go to www.Bunk1.com or click the "Bunk Notes" image at the bottom of CampBethelVirginia.org. Click "Need an Account or have an invitation code" at the top of the page. Complete the basic form to create your account. Use our "Invitation Code" BETHEL24090 Only share the code with persons YOU approve.
<p>SENDING BUNK NOTES</p> <p>Step 1: 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>Step 2: Submit your note before 8:30am for same-day delivery at lunch. Select your camper's name and Cabin name (on your Parent "Camper Pick Up Card" at check-in), write message, then hit the "Send Bunk Note" button.</p>	

FREQUENTLY ASKED QUESTIONS ABOUT BUNK NOTES:

Who do I call if I have questions or problems? Call Bunk1 at 1-212-974-9112 or support@bunk1.com. Do NOT call the camp.

Why do I have to pay for Bunk Notes (one-way email)? The Bunk Notes system bundles and sorts the messages for us to print and distribute to campers. It allows us to easily manage these notes. Your payment helps us cover the cost of paper, ink, and labor.

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 via Google Play or the Apple App Store.

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

Complete the Camper Health & Information Form (page 7-8) and the Medication Instructions form (page 8) with exact instructions for any medications. OR complete both forms on-line at: 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 2018 Camper Health & Information Form v. 04.21.2018 Complete this online at CampBethelVirginia.org/health

A parent or legal guardian must complete and submit this form at least 14 days prior to your camp dates or as soon as possible. Keep a copy of this completed form for your records. The intent of this form is to provide information needed in case of emergency care. The directors keep information from this form confidential. Submit additional descriptions if needed via CampBethelOffice@gmail.com, attention Health Coordinator. Provide changes or updates to this information with the Health Coordinator at check-in on the first day of camp. Insurance is not required for camp attendance, and Camp Bethel provides only limited secondary accident insurance for participants. If you have insurance and you have plans to be away or unreachable during your child's camp time, you must e-mail a scan or image of the front & back of your family/child medical insurance card to CampBethelOffice@gmail.com. In any emergency, illness, or injury, we will immediately contact the parent/guardian. All answers on this form are **REQUIRED**.

Camper's FIRST name _____ Camper's LAST name _____

Check the dates that most closely match WHEN your child will attend camp.

June 10-15 (Week 1) June 24-29 (Week 3) July 8-13 (Week 5) July 22-27 (Week 7)
 June 17-22 (Week 2) July 1-6 (Week 4) July 15-20 (Week 6) July 29-August 3 (Week 8)

First & Last Name of custodial Parent/Guardian who is the primary contact for this camper _____
This is the parent/guardian(s) with whom the camper has primary residence and who is our primary contact.

City and State of residence _____

Main phone of custodial Parent/Guardian _____ include area code, (ex: 540-555-1234)

Other phone of custodial Parent/Guardian _____ include area code, (ex: 540-555-1234)

Emergency Contact Information: *If we need to give important information to parent/guardian.*

Who to call if parent/guardian is not available? _____ Relation to camper _____

Their main phone _____ include area code, (ex: 540-555-1234)

Their other phone _____ include area code, (ex: 540-555-1234)

Who will pick up your child? List the first and last names of all adults who are authorized to drive your camper home from camp.

ALLERGIES & RESTRICTIONS: List all known allergies and restrictions. Describe the severity of each including your child's reaction and the best management of the reaction. Describe the best accommodation, adaptations, or limitations of any restrictions. Attach additional paper if needed or send to CampBethelOffice@gmail.com. If none, leave blank or write NONE.

Food allergies _____

Medication allergies _____

Other or environmental allergies _____

Dietary restrictions for this camper _____

Restrictions or exemptions to camp activities _____

Other restrictions or health concerns _____

MEDICAL HISTORY: Describe any injury, illness, medical treatment, or surgery 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. Attach addition pages if needed.

PERMISSION TO ADMINISTER OVER-THE-COUNTER MEDICATIONS: In case of headaches, low grade fever, slight upset stomach, mild diarrhea, mild allergic reactions, aches and pains, or cold symptoms, the Camp Bethel Health Coordinator has my permission to administer the following to over-the-counter medications (or their generic) to my child: Benadryl, Cold/Cough Medicine, Ibuprofen, Imodium AD, Pepto Bismol, Sudafed, Tums Antacid, and Tylenol for Children.

YES to all. Yes, but with these exceptions: _____ NO.

MEDICATION NECESSARY DURING CAMP: If camper will require medication during camp (prescribed, over-the-counter, as needed), you must indicate YES* below AND complete the "Camp Bethel Medications Instructions" form on the next page.

This camper will NOT take medication during camp.

YES* this camper requires medication, and I will complete the Medication Instructions form on the next page.

IMMUNIZATION HISTORY -OR- WAIVER: Families who voluntarily exempt their children from school-required immunizations OR who voluntarily exempt themselves from providing proof of immunization must sign the waiver (#3) below if you do not check YES in #1 or provide tetanus date in #2.

1. Are all immunizations required for school attendance up to date for this camper? If you choose not to answer, you must sign the waiver in #3 below. YES, or I choose to sign the waiver in #3 below.
2. Month and Year of last tetanus shot. If you choose not to answer, you must sign the waiver in #3 below. _____/_____ (MM/YYYY), or I choose to sign the waiver in #3 below.
3. **Immunization Waiver:** If you did NOT check YES in #1 above or did NOT provide tetanus date in #2 above, please sign* and date** the following statement: ***"I understand and accept the potential risks to one who is not fully immunized."***

Parent/Guardian signature* _____, Date signed** _____

GETTING TO KNOW YOUR CAMPER: The following questions will help us ensure a quality camp experience for your camper. Get your camper's opinion, remembering that our program focus is relational small-group community living, and your camper will spend all day each day with her/his group. Attach additional pages of helpful information.

Check all that apply: Returning Camp Bethel Camper. *How many summers total, not including 2018?* _____
 1st time camper. 1st overnight away from home. Have attended other camp before.
 Can swim in deep water. Non-swimmer.
 Check here only if choosing NOT to sleep out for Home-in-the-Woods overnight. Call us for information.

Camper's personality when living, playing, & working with others: _____

Camper's interests, hobbies, likes: _____

As your camper thinks about camp, what excites her/him? _____

What concerns her/him? _____

What outcomes from this experience do you hope for your camper? _____

How did you learn about Camp Bethel and/or get this form? _____

I/We chose Camp Bethel because... _____

Church membership, if any (not required for attendance) _____

PARENT/GUARDIAN VERIFICATION OF CAMPER HEALTH & INFORMATION FORM:

The following box must be signed by parent/guardian for camper attendance:

"I verify that the information on this Camper Health & Information Form is complete as far as I know. This form may be copied for camp records. I will provide updates (if any) to this information at check-in on the first day of camp."

Parent/Guardian signature* _____, Date signed** _____

Printed name _____ Phone number _____

CAMP BETHEL MEDICATION INSTRUCTIONS (Complete ONLY if your camper takes medication during camp.)

If you will be sending any medication for your camper to take during her/his time at camp, YOU MUST RECORD precise time and dosage instructions below 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 Health Coordinator unless special arrangements are made through the Health Coordinator and Camp Director. Only send enough medication for the camper's time at camp. Medications MUST be in the original, labeled packaging and container naming prescribing physician, camper name, medication name, dosage, and frequency instructions.

Camper's FIRST name _____ Camper's LAST name _____

LIST ALL MEDICATIONS TO BE ADMINISTERED to this camper that you will be transferring to our Health Coordinator at check-in. List names of medications (including non-prescription) and the reasons for taking.

SCHEDULE OF DOSAGES: In the chart below, list the name of each specific medication. Under each medication, list the dose to give beside each day and specific time we should administer it to your camper. See the "Example Column." The Health Coordinator will initial the box for each specific time the dosage has been dispensed. The times listed in the chart correspond to meals: 8:00am breakfast, 12:30pm lunch, 5:30pm dinner; and bedtime 9:30pm.

		Medication #1		Medication #2		Medication #3		Medication #4		"Example Column"	
		Dose to give each time	Health Coord initials	Dose to give each time	Health Coord initials	Dose to give each time	Health Coord initials	Dose to give each time	Health Coord initials	Dose to give each time	Health Coord initials
Sunday	5:30 pm										
	9:30 pm										1 tablet
Monday	8:00 am										1 tablet
	12:30 pm										
	5:30 pm										
	9:30 pm										1 tablet
Tuesday	8:00 am										1 tablet
	12:30 pm										
	5:30 pm										
	9:30 pm										1 tablet
Wednesday	8:00 am										1 tablet
	12:30 pm										
	5:30 pm										
	9:30 pm										1 tablet
Thursday	8:00 am										1 tablet
	12:30 pm										
	5:30 pm										
	9:30 pm										1 tablet
Friday	8:00 am										1 tablet
	12:30 pm										
	5:30 pm										

MEDICATION AS NEEDED: List meds you are checking into the Health Coordinator in case they are needed AND a description of the condition for which you feel they should be administered plus the dosage.

River Tubing "Add-On" Information and Required Waiver

You should have already received (or downloaded) your Confirmation Packet for your chosen camp program. These two pages are IN ADDITION to your Confirmation Packet and includes "Additional Items to Pack & Bring," safety information, and your Tubing Waiver (Twin River Outfitters). Carefully read all the enclosed information. **This waiver must be returned to Camp Bethel at least 14 days before your first day of camp:**

Additional Items to Pack for Tubing, plus Safety for our Adventure day-trip:

Also Pack for Tubing Outing: Twin River Outfitters provides tubes, lifejackets and transportation. All participants will wear lifejackets at all times:

- Tubers must wear water shoes while tubing (strap-on sandals or old sneakers; NO crocs and NO flip-flops)
- Sunscreen: we lather before we leave camp
- 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
- Backpack or fanny pack
- *Camera (water-proof) with strap, optional
- Completed participant waiver mailed back or given to Camp Bethel registrar at check-in

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.

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 seen and unseen 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

Horseback Riding "Add-On" Information and Required Waiver

You should have already received (or downloaded) your Confirmation Packet for your chosen camp program. These two pages are IN ADDITION to your Confirmation Packet and includes "Additional Items to Pack & Bring," safety information, and your Equestrian Waiver. Carefully read all the enclosed information.

This waiver must be returned to Camp Bethel at least 14 days before your first day of camp:

Additional Items to Pack & Bring, plus Safety for our Adventure day-trip:

Additional Items to Pack and Bring for Equestrian Program: *For riding, Camp Bethel and Harmony Equestrian Center will provide helmets and instructors.*

- Horse riders must wear **long pants (jeans are best) & boots with a heel**
- Sunscreen: we lather up before we leave to our outfitter each day
- 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
- Backpack or fanny pack
- *Camera (water-proof) with strap, optional
- Completed Equestrian participant waiver mailed back or given to Camp Bethel registrar at check-in

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:

5. Passengers will remain seated at all times with hands and arms inside vehicle.
6. Seatbelts will be fastened – one person per seatbelt.
7. Noise level will be such as to not distract the driver. There will be no disruptive behavior.
8. 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.

SAFETY REGULATIONS FOR HORSEBACK RIDING AT REBA FARM INN:

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

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

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

Reba Farm Inn posts the following notice at their facility:

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

**Complete this waiver and return it ASAP to:
CAMP BETHEL REGISTRAR,
328 BETHEL ROAD, FINCASTLE, VA 24090**

Camper's name: _____

General Release for Participation in Horseback Riding:



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

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

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

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

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

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

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

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

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

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

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

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

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

VA Code 3.1-796.130:

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

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

PARENT/GUARDIAN/ADULT PARTICIPANT PRINTED NAME: _____

SIGNATURE: _____

TODAY'S DATE: _____