



328 Bethel Road, Fincastle, Virginia 24090

phone: 540-992-2940

CampBethelOffice@gmail.com

www.CampBethelVirginia.org



2021 Backpacking Trip Confirmation Packet

Dear Camper and Parent,

Thank you for registering for our Backpacking Adventure Trip! Your spot is confirmed, and we are excited to see you!

We are preparing for a fun and challenging hike together with common-sense safety protocols recommended by the Virginia Department of Health. Our trip will satisfy your adventure appetite! The hike will be very physically demanding, yet still suitable for those new to backpacking. We will section hike the A.T. near to our "neck of the woods" which includes some of the best of the entire A.T. in Virginia. *Like all other camps in Virginia, we have adapted our procedures for 2021*, including Sunday check-in and Friday pick-up, your packing list, and your pre-camp forms and preparations. We will update our plans as conditions improve. See page 3 of this packet for "Healthy and Ready for Camp" and visit www.CampBethelVirginia.org/covid19 for our site-specific plans.

Please plan to arrive at Camp Bethel **at or before 2:00pm, Sunday**. Check-in begins at 2:00 pm, Sunday in the Ark Conference Room (of our Ark Dining Hall). Please park in the paved Ark Parking lot or the grass "Volleyball Field" below the paved Ark Parking Lot. ONE PARENT (or adult relative) should accompany their camper through check-in, meeting their group's trip leaders, re-packing of all packs, and a "trail orientation" education session, (about 1 hour total). We ask unvaccinated persons to wear a facemask inside. Quart-sized Camp Bethel Nalgene water bottles will be available at check-in for \$15. Dinner will be served to campers late on the road or on the Trail on Sunday evening, so eat a big lunch to hold you until around 8:00pm.

Pick-up is 6:30pm Friday. **Arrive at Camp Bethel no earlier than 6:15pm and no later than 6:30pm** and park in the paved Ark Parking Lot, or the grass "Volleyball Field" below the Ark Parking Lot. After parking, **please walk** to pick-up your camper at 6:30pm at the Ark Dining Hall. Please only enter the Ark if you need a restroom. See the enclosed "Pick-Up Procedures" on page 5 for instructions. **Unfortunately for 2021, there will be no family dinner with singing and celebration.** Your camper WILL have eaten Friday dinner with their Unit prior to pick-up. Our Trading Post (camp store) will be open 6:30-7:15pm on Friday after you pick up your camper and their luggage, and we ask unvaccinated persons to wear a facemask inside.

Carefully read the enclosed "**Preparations for Your Time at Camp**" with your very specific packing list, information about your trip, behavioral expectations, health and safety preparations, forms, and detailed check-in procedures. *Write your name on or label every item you bring to camp.* Please consider donating toward our Wish List (page 2) and our Summer Offering Project (page 5). information. Note that we are asking campers to bring \$30 cash for meals while traveling if needed and/or post-trail Friday treats.

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 as early as possible before your camp begins and no later than 7 days before your camp begins, including:** (1) Your completed "Camper Health & Information and Medication Instructions Form." (2) Your 7-Day Symptom Screening Form which is due upon arrival at camp. (3) Waivers if you require any. (4) Your fee balance is due ASAP and at least 7 days prior to your camp date or you will forfeit your reserved spot.

It is important that you keep your total pack weight below 20% of your body weight! In addition you your own gear, you'll be helping carry lots of food and group gear. It's best for you to secure your own backpack sized for you. If you need to borrow one of our old loaner packs, call/e-mail our office ASAP and provide your height and weight for appropriate pack fit. We will have many daily challenging moments or difficult moments (lots of uphill hiking!). There will be days on the trail that will be very physically demanding; but the good news is that for every step up there is eventually a step down. Try to walk about 3-5+ miles daily for several days with a heavy pack as good preparation for our actual trip. Our daily mileage will range from 8-15 miles with heavy packs. We highly recommend bringing/using trekking poles..

In case of extreme emergency during the camp week, contact Jenna Stacy Mehalso, Program Coordinator, or Barry LeNoir, Camp Director, at 540-992-2940. After-hours, our answering machine message will prompt you to our on-call emergency staff number.

Subscribe to our eNews at CampBethelVirginia.org/subscribe for announcements, news and "all things Camp Bethel." Please encourage your friends and classmates to register for summer camp at Camp Bethel in Fincastle, VA! If you have questions contact Jenna, Spencer, or Barry at 540-992-2940 or CampBethelOffice@gmail.com.

We look forward to seeing you at camp!

Barry, Jenna, Mickey, Spencer, Wes, and the Summer Staff of Camp Bethel

14 PREPARATIONS FOR YOUR TIME AT CAMP:

1. What to pack: Gear list.
2. Hygiene rules to teach your camper.
3. Camp rules and policies.
4. Preparing for camp living.
5. Preventing homesickness.
6. Trading Post open Friday.
7. Summer Offering 2021.
8. Driving directions to camp.
9. Sunday check-in procedures.
10. Friday pick-up procedures.
11. Communicating with your camper during the camp week.
12. Safety on the Adventure Outing (if any)
13. Health Form & Medication Instructions & waivers (if any).
14. 7-Day Pre-screening Form.

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#1: What to pack: Backpacking Adventure Camp Gear List:

Write your name on ALL items and bags! Pack lightly! Remember, you will be sleeping in shelters or in hammocks w/ rain flies all week, and you will have to carry everything. Keep your pack weight at or below 20% of your body weight. If you are coming with a friend, plan to SHARE gear & products; anything to reduce your pack weight! When choosing gear, choose the least weight possible. Pack all clothing in Ziplock or plastic bags. Again, let us know if you need a pack..

- Backpack: comfortable & suitably sized for your body (large enough for 5-day supplies). We highly recommend you purchase your own pack. We have limited, old (clunkers) to loan if needed, call the office at 540-992-2940.
- \$30 cash for travel meals and/or post-trail treats.
- Lightweight camping hammock & straps.
- Hammock rain fly (with all the cords and/or stakes to match)
- Hiking boots or good hiking shoes: comfy & broken-in with good toe & heel protection and thick-firm soles for stepping on many rocks. Not too loose, not too tight.
- Light-weight, small sleeping bag that stuffs/compresses down to small size or a light-weight blanket suitable for the weather forecast; double bag this into 2 trash bags. Small pillow ONLY if it packs down small or can fit into sleeping back stuff sack.
- Light-weight strap-on sandals for creek swims & evening around shelters (no flip-flops or Crocs).
- Small ½ towel & washcloth or bandana.
- A light-weight poncho w/ hood or light-weight rain jacket.
- Small, lightweight headlamp. Be sure your batteries are new.
- If you have specific dietary allergies, contact Barry at the camp office ASAP to discuss bringing extra food stuffs.
- Clothing: Pack all clothing into gallon Ziplocks or sealed dry bags: At least 1 of each, (moisture-wicking clothing is best): One pair light-weight leggings (long underwear or UnderArmor is good); light-weight long sleeved warm shirt; 1-2 tee shirts; shorts; 1-piece swim suit; sock liners; underwear.
- 4-5 pairs of good socks (water-wicking; wool or synthetic; no cotton). If you choose wool, you should also bring hiking sock liners to wear beneath wool socks.
- Extra gallon Ziplock bags, plastic bags & trash bags.
- 1 bag/set of "leave behind" clean clothes to change into upon our return to Camp Bethel on Friday, plus shower supplies.
- Small toothbrush & small tube of toothpaste (to share). Some hikers, to reduce pack weight, saw the handle off their toothbrush. How are you reducing pack weight?
- 2 quart-sized, non-glass, screw-top water bottles OR "camel-back" hydration pack. Camp Bethel Nalgene bottles available at check-in for \$15 each. Do NOT bring squirt-top bottles.
- 2 trekking poles are HIGHLY recommended!
- 1 box of standard Band-Aids to give your counselor.
- 4 or 5 cloth reusable facemasks (easy-on & easy-off), OR 11 disposable facemasks. Masks must fit over nose and mouth.
- 1 bottle of hand-sanitizer for your backpack.
- 1 soft pack of disinfectant wipes for your backpack.
- Summer offering to be turned in at check-in (checks to "Camp Bethel Summer Offering").

Optional to bring:

- Watch
- Camera/GoPro
- Notepad or journal with pen or pencil.
- Some hikers like to bring deodorant
- Personal First Aid Kit
- Pack of baby wipes

Camp Bethel will provide all cooking, camping and safety gear, including: food & snacks; camp tools; trowel & TP; tarps; cook kits; soap; Bible pages; stoves & fuel; 1st aid kits; water filtration. MORE INFORMATION about the A.T. and preparing for a section-hike is at: www.appalachiantrail.org and link to "Explore the Trail" then "Hiking Basics" then scroll down to "Gear." Remember Camp Bethel provides all "essentials."

Please consider donating new and gently-used supplies. We ALWAYS need items listed in the Gear List above and: Clorox wipes, face masks, hand-sanitizer; disinfectant sprays; road-worthy mini-van or 15-passenger van (2015 or newer); clothes dryer; refrigerator (full or mini); chest coolers w/ handles; play parachute; digital cameras; GoPro video camera; portable LCD projector; gas grill; laptop computer (Windows 10); LED light bulbs; new (in-the-box) first-aid kits; new (in-the-box) bike helmets & horse helmets; working vacuum cleaners; brooms & dustpans; 3'x8' plyboards for under bunk mattresses (any thickness or quality); "Tree Cookies;" disconnected smart phones (with their charging cables) for use as cameras and video cameras. Please help our Amazon wish-list at: <https://a.co/5qG5JYq> or CampBethelVirginia.org/donate. Tax-deductible!

Things **NOT** to bring:

- cell phone/smart phone (see "A Matter of Trust" on page 3), tablet, electronics, video games, toys, pets
- vapes, tobacco/nicotine products, alcohol, drugs, cannabis, CBD products, smoking/vaping/drug paraphernalia
- weapons, knife, fireworks, matches, lighter
- money, jewelry, valuables of any kind
- clothing with inappropriate language/images or that is too revealing including short-shorts, string bikinis, or speedos
- food, drinks, candy, snacks, gum
- cologne, perfume, scented products, hairspray
- flip-flops, Crocs, skateboard, hair dryer, curling iron

#2: Hygiene Rules to Teach Your Camper:

1. Tell your counselor if you feel sick.
2. Cough and sneeze into your elbow or your mask or a tissue.
3. Wash your hands with soap and water after bathrooms, coughing and sneezing, or touching your face. Use hand sanitizer if you cannot wash your hands.
4. Keep space between you and others.
5. Wear your mask when your counselor says so.
6. Trail hygiene is challenging. Be clean and smart!

#3: Camp rules and policies:

The 7 Camp Rules to teach your camper:

- | | | |
|----------------------------|--|--|
| 1. Be kind and be helpful. | 4. No rough play. | 7. Walk on paths, pavement, or gravel. |
| 2. Stay with your Unit. | 5. Wear shoes always (except bed, shower, pool). | 8. Follow "Leave No Trace" guidelines as directed by your leaders. |
| 3. Obey your Counselors. | 6. Do not throw or kick anything | |

Good Behavior Requirement:

By requesting enrollment into Camp Bethel programs, you and your camper agree to our Behavior Policy and understand that good behavior is required. Your camper will be with other children/youth and their counselors all day each day. We stay together with our group during our entire trip and our time at camp. For 2021, campers and staff will wear facemasks occasionally each day at appropriate times (when near other Units, which will be rare, and not when eating, sleeping, swimming, etc.). **Bad behavior does not fit and cannot be tolerated.** Behavior deemed dangerous, inappropriate, intolerable, detrimental to the group, or unmanageable by the counselors or directors is grounds for dismissal from camp and might require ending our trip early. Examples include: not following the camp rules; hurting others (verbally, physically, or emotionally); possession of prohibited or harmful item; constant misbehavior; unsafe behavior; straying from your group; etc. We will call parents as needed. Should it become necessary for your child to return home because of unmanageable behavior, homesickness or other reason, you agree 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!* (AND, there's ample research proving that youth greatly improve their social and emotional growth while phone-free!) 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 (*charged, but OFF*) 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 #10 "Communicating With Your Camper."

Healthy and Ready for Camp:

We strongly recommend all eligible children and adults to get vaccinated against COVID-19 prior to your camp week and as soon as possible. We *do not require* vaccination, but unvaccinated participants will wear masks occasionally at appropriate times. Find your free and convenient vaccination at <https://vaccinate.virginia.gov/> or 877-829-4682.

The Virginia Department of Health recommends one of the following (A, B, or C) for camp attendance: (A) GOOD = A 7-day symptom screening form (for the 7 days prior to your first day of camp) for everyone in the camper's household, or (B) BETTER = Copy or image of proof of a negative COVID test administered within 5 days prior to camp (and within 3 days is even better), or (C) BEST = A copy or image of your Vaccination Record Card. Turn in your completed 7-Day screening form at check-in on the first day of camp. You can upload scans or images of (B) or (C) at our upload form at www.CampBethelVirginia.org/health, or you can email them as an attachment to us at CampBethelOffice@gmail.com, or you can bring printed copies to check-in on the first day of camp..

Teach your camper the "Hygiene Rules" on page 2. You should NOT send an injured or sick camper to camp, including any 7-Day screening symptoms present *within 3 days before camp*. Also ensure that your camper is free of headlice. Read our Health Plan and find links to FREE vaccination sites and COVID-19 testing sites at www.CampBethelVirginia.org/health.

Camper Medications:

If you send medication for your camper to take during the camp week, YOU MUST RECORD precise instructions on the enclosed "**Medication Instructions**" form. All medications must be given to our Medical Staff at Check-In on the first day of camp. Trip medications are organized and prepared for being off site by the Camp Health Coordinator. Trip Leaders will dispense medication as instructed during the trip. Send exactly 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.** Place all this into a gallon zip-lock bag with camper's name on it to speed the check-in process. If you have specific dietary allergies, contact Barry at the camp office to discuss bringing extra food.

Cancellations, Late Arrivals, Early Departure: 2021 No-Risk Policy:

If you paid for camp but later decide to keep your child home, YOU HAVE RISK-FREE OPTIONS:

1. Credit 100% of your payments toward another available 2021 program, or
2. Credit 100% of your 2021 payments to 2022 pre-registration, or
3. Donate part or all to help Camp Bethel adapt how we operate (and help ensure we're here for you in 2022), or
4. 100% refund. **We just need to hear from you at least 24 hours prior to the start of your camp**, and sooner if possible. Please notify the camp office 540-992-2940 or CampBethelOffice@gmail.com ASAP if your camper will not attend this session.

Because we are off-site all week, campers must attend this camp in its entirety. Late arrival is impossible and early departure is only allowed in case of emergency illness, family emergency or conditions beyond control, (and the camper family will have to drive across state to pick-up your child). We cannot provide pro-rated refunds for partial camp attendance before or after your camper has arrived unless Camp Bethel cancels the program. If complete payment of the camp fee (or Campership approval or Good-As-Gold form) is not received 7 days prior to your camp date you will forfeit your reserved spot.

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, staffing, and programming. 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. Consider supporting our counselors at www.CampBethelVirginia.org/adopt. If a camper is sad or if there is an issue, illness, injury, or emergency the Director WILL contact parents.

Emergency Preparedness and Parent Notification During the Camp Week:

Using smart phones, our directors and staff receive and communicate instant updates on summer storms or emergencies, and your trip leaders are trained for camper safety during storms or emergencies along the trail. In case of any emergency in which we request parent action, our office will contact you via e-mail and phone. Add CampBethelOffice@gmail.com to your contacts so our emails come to your IN box. Otherwise, **NO NEWS IS GOOD NEWS**, and everyone is safe. In case of family emergency you must communicate to your camper, contact 540-992-2940 or e-mail CampBethelOffice@gmail.com. For after-hours emergency call 540-992-2940, and our answering machine message will prompt you 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/wait at the camp office when you arrive.

#4: Preparing for camp living away from home:

Your trip leaders are trained to help guide your group safely and successfully through each trail day. Also, good parent preparation can give campers the knowledge they need to fully succeed during their camp week.

Physical expectations of living on the Trail:

1. There are no showers on the trail, so we'll learn to sponge bathe with water and our washcloths/wipes. Along the trail, most shelters have a privy nearby. Otherwise, we'll learn the Leave-No-Trace way to "squat" in the woods. Plan ahead.
2. Living in a tent or in the trail shelters with 2-6 other persons might challenge our need for individual privacy. Counselors will help, but think of ways you can prepare and adapt to this kind of week.
3. Obviously, we walk everywhere, and we're on-the-go most of each day. Comfortable hiking shoes/boots & socks are very important. Take good care of your feet, and prepare for a highly active week.
4. On hot summer days it's important to drink lots of water. Pack 2 water bottles: quart-sized, non-glass, screw-top (available at check-in for \$15 each), and remember to hydrate often. We'll pump & filter to re-supply our water bottles at springs and all stream crossings.
5. Camper should prepare for a very active week. There will be many daily (uphill) moments on the trail that will be very physically demanding. Try to walk 3-5 miles daily with a heavy pack in preparation. Our daily mileage will range from 8-15 miles with heavy packs. We highly recommend use of trekking poles.

Social/Behavioral/Spiritual expectations:

1. Group living: Every day, all day together, traveling and living as a family unit, including completion of all meal and camping tasks.
2. Even if coming with a friend, you are expected to be friendly, courteous and helpful to others in the group. Actually, you HAVE to be! This trip is co-ed. 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 & Trail Rules (on page 2) is essential to a safe and fun week.
4. Try new things: The trail is a great place to taste different foods, sing different songs, try and practice new skills, and grow in our relationships with God, with each other, and with Creation.

#5: Preventing homesickness:

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

1. Set realistic trip expectations based on our information and the activities listed in the brochure. Help your camper prepare physically for this active adventure trip! Reinforce positive camp aspects; encourage new learning.
2. In the months before camp, practice overnight sleep-overs with friends and relatives.
3. Don't force a child to camp who has no desire to go. Only send a willing & ready child to back-to-back camps.
4. Don't tell campers how much you will miss them. Instead encourage new friends and new experiences.
5. 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. However, for our trip, homesickness is not an option and there is no turning back!

Our counselors are thoroughly trained in methods to prevent homesickness, and the nature of an adventure trip 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 trip leaders will contact the Director.
3. The Director will call home to discuss options with you.
4. If all determine the best option is to pick up your child, because we are far away from camp, our only option is to recommend YOU travel to get your child. This may or may not be feasible until one or two days later. There are no refunds for campers who leave early, because staff, food and gear are already secured.
5. Once we leave camp, the camper obviously will not be brought back home unless in extreme emergency. Be sure your camper wants to attend before they come. This will be a GREAT trip!

#6: Trading Post camp store open Friday 6:30-7:15pm:

Parents can shop with campers from 6:30-7:15pm in the Trading Post on Friday after you pick up your camper. **Unvaccinated persons should wear a facemask when indoors OR around other people.** Camp Bethel t-shirts cost \$10, \$12, \$15; bottles \$15; blankets \$30; and other items range from \$2 to \$40. Earnings directly support the programs of Camp Bethel.

#7: Summer Offering 2021: "Tip" Your Counselors with our Summer Staff Adoption Fund

We LOVE our Counselors, and we strive to recruit the *best leaders* for Summer Staff ministry service. *It is a tough ask.* They commit eight-to-ten weeks of intense training and daily leadership to care for your campers. We pay them, but not as much as we wish we could and not as much as they need to afford college and textbooks. Some young adults want to serve, *but cannot afford to serve.* Families often ask, "Can we tip our counselors?" YES, by donating toward our Summer Staff Adoption Fund to help these young adults accept the call to serve in Outdoor Ministry! Donations toward our Summer Staff Adoption Fund are divided equally among all summer staff upon completion of their summer contract, and your gift is paired with congregations/groups/families/individuals who are "adopting" our staff with prayer support, letters of encouragement, care packages, additional funding, and church visits.



Please donate toward our Summer Staff Adoption Fund online at www.CampBethelVirginia.org/adopt or mail check payable to "Camp Bethel Summer Offering". 100% of your gift goes directly to this fund.

#8: Driving directions to Camp Bethel: Physical address is 328 Bethel Road, Fincastle VA 24090.

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 (southeast) 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 railroad trestle. Camp Bethel entrance is 0.3 mile straight ahead along Bethel Road on the right. Follow signs to Check-In.

#9: Sunday Check-In Procedures:

1. Check-in begins promptly at 2:00pm Sunday in the Ark Conference Room. Park in the paved Ark Parking Lot or the grass "Volleyball Field" lot below the paved Ark Parking Lot.
2. Carry your gear into the Ark Conference Room, and meet the staff and other backpackers. ONE parent or adult relative helps, and any unvaccinated persons must wear a facemask while indoors.
3. Please tag or label all luggage/gear with your name. We will have markers & tags available. PLEASE pack lightly enough so that the camper can easily carry all gear by herself/himself, (remember: less than 20% of body weight!).
4. Check in with the Registrar and provide: (1) Your completed "7-Day Screening Form" (see the enclosed Screening Form for info and other options); (2) Any forms you did not yet email or upload; (3) Any donation to our Summer Offering Project.
5. We will also perform a brief Camper Health Screening and temperature, so make sure you ride to camp in a cool car (not too hot).
6. Give any medication and any Health Form updates to our Medical Staff. All medication should be in its prescribed or original containers. Place all medication into a gallon zip-lock bag (or box if you need more space) with camper's name on it to speed along the check-in process. See #2 "...policies: Camper Medications"
7. Parents: Take time to meet the counselors and other backpackers, stay/listen to our gear orientation, ask any questions you might have, and then say your good-byes as your campers begin a great adventure with their trip leaders.
8. Once the entire Backpacking group has arrived and after orientation and a few "get-to-know-you" games, the group will load the van and depart for the trailhead. (Dinner on the road or at the trailhead.)
9. Parents: Drive slowly as you leave, watch for pedestrians, and follow exit signs out of camp. See you Friday!

#10: Friday Camper Pick-Up Procedures:

1. Friday pick-up is "park, walk to, and wait outside the Ark" style, and we must still minimize your camper's and our staff's exposure to persons from other households. Parents should NOT enter the Ark except to use the restrooms. Our counselors and campers will bring luggage outside of the Ark to the car. *Unvaccinated persons should wear a facemask when indoors OR around other people.*
2. Unfortunately (for 2021 only), there will be no family dinner with singing and celebration. Your camper WILL have eaten Friday dinner prior to pick-up, and the Trading Post WILL be open from 6:30-7:15 for parents and campers to shop together.
3. Pick-up time is at exactly 6:30pm Friday; arrive no earlier than 6:15 and no later than 6:30pm.
4. Park in the paved Ark Parking Lot, or the grass "Volleyball Field" below the Ark Parking Lot.
5. After parking, please walk to pick-up your camper at 6:30pm outside Ark. Please do NOT enter the Ark except to use the restroom. The counselors will help carry luggage outside to your car.
6. To "claim" your child at 6:30pm, present your PHOTO ID or DRIVER'S LICENSE to your child's counselor. Only adults listed as authorized may pick-up the camper AND only with a valid photo ID or driver's license.
7. If you brought medication, your camper's medication containers will be stored in your camper's luggage along with a copy of their completed/initialed dosage form. Please ensure that your camper's medication and dosage form is in their luggage.
8. Your counselors will double check to ensure all your camper's belongings are in your possession before you leave.
9. After 6:30pm dismissal, the Trading Post (camp store) will be open from 6:30-7:15pm. *Unvaccinated persons should wear a facemask when indoors OR around other people.* 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 way to reserve your spot for next year and save \$10-\$40. More information is at www.CampBethelVirginia.org/parentinfo.
10. Parents: Drive slowly as you leave, 5 mph; watch for pedestrians; follow exit signs out of camp.

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

Only emergency communications will be available with the Trip group. Trip leaders will carry cell phones for emergency use only. If you have an emergency that must be communicated to your camper, call the camp office at 540-992-2940. Upon returning to Camp Bethel Friday afternoon, campers WILL receive any Bunk Notes and mail sent to them during the camp week:

1. Write and send your camper hand-written letters or postcards. Mail these 3 or 4 days before their camp week begins so they reach your camper while s/he is here. OR leave 5 pre-written dated notes for your camper.
2. 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. <p>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 spam.</p> | <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 "New Here? Get Started" at the top of the page. Complete the basic form to create your account. Use our "Invitation Code" BETHEL21 Only share the code with persons YOU approve. <i>You will be prompted to select a bundle for access to your Parent Portal.</i> |
| <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 about \$7. 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, but your camper will receive their notes only on Friday. Select your camper's name and Cabin name (on your Parent "Camper Pick Up Info" packet given to you at check-in), write your message, then hit the "Send Bunk Note" button.</p> <p>Share with family members: Purchase "Bunk Notes Express and receive a unique email address to send your Bunk Note directly from an email account. All family members can send notes to the address and have them delivered to your camper as Bunk Notes. A credit is deducted from your account for each note and you must have credits on your account to use this feature.</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.

Can other relatives use these services? Absolutely! In your Quick Links you'll select Invite Family Members, enter their details and they will be sent an email. PLEASE NOTE this will prompt them to set up their own account. It does not provide them access to your account OR your Bunk Note Credits.

Bunk1.com is mobile optimized. The three lines atop the screen is the Bunk1 menu. Click those three lines to navigate to Bunk Notes. **The Bunk1 app** is available for via Google Play or the Apple App Store.

FOLLOW CAMP BETHEL! News! Photos! Video! CampBethelVirginia.org/subscribe**#12: Safety in the van for any Adventure outing:** (If applicable for your camp.) Campers receive a full safety orientation.

Vehicles used for transporting campers are equipped with a first aid kit and emergency accessories, 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. We will usually travel with windows open for ventilation. On hot days, we'll run the air-conditioning and wear masks.

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

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

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

Complete the enclosed Camper Health & Information Form (page 7-8) and the Medication Instructions form (page 9) with exact instructions for any medications. **OR** complete both forms **on-line** at: www.CampBethelVirginia.org/health.

Complete & sign any adventure waivers (if applicable). Email/submit ALL at least 7 days before camp or as soon as possible to: CampBethelOffice@gmail.com or Camp Bethel Registrar, 328 Bethel Road, Fincastle, VA 24090

#14: 7-Day Symptom Pre-Screening Form for all persons in your household.

Complete and bring the enclosed 7-Day pre-screening form (page 10) to check-in on the first day of camp.

To avoid the 7-Day screening process, provide us with either (B) or (C):

- (B) Copy or image of proof of camper's negative COVID-19 results with the test conducted within 7 days prior to camp. Where possible, request these results be emailed to you (so we can see your proof). **OR**
- (C) BEST = A copy or image of camper's Vaccination Record Card.

You can upload scans/images of (B) or (C) at our upload form at www.CampBethelVirginia.org/health, or you can email as an attachment to us at CampBethelOffice@gmail.com, or you can bring printed copies to check-in on the first day of camp.

Camp Bethel 2021 Camper Health & Information Form v. 05.22.2021 Complete this online at CampBethelVirginia.org/health

A parent or legal guardian must complete and submit this form at least 7 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 or updates if needed via CampBethelOffice@gmail.com, attention: Health Coordinator. Provide any urgent health updates 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, or upload the scan/image at www.CampBethelVirginia.org/health. In any emergency, illness, or injury, we will immediately contact the parent/guardian or the emergency contact. **All answers on this form are REQUIRED.**

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

Camper's Date of Birth _____ Camper's Gender _____

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

June 13-18 (Week 1) June 27-July 2 (Wk 3) July 11-16 (Week 5) July 25-30 (Week 7)
 June 20-25 (Week 2) July 4-9 (Week 4) July 18-23 (Week 6)

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: 540-555-4321)

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: 540-555-5678)

Their other phone _____ include area code, (ex: 540-555-8765)

Who will pick up your child? Only list the first and last names of any adults you authorize 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.

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.

VACCINATION & IMMUNIZATION HISTORY -OR- WAIVER: If you voluntarily exempt this child from school-required immunizations OR if you voluntarily exempt yourself from providing proof of immunization, you must sign the waiver (#4) below if you do not check YES in #2 or do not provide tetanus date in #3. (As of the writing of this form, COVID vaccines are not yet approved for children under age 12.)

1. Is this camper vaccinated against COVID-19? YES, or No, **or** I choose not to answer. (*Not required for attendance.*)
2. Are all immunizations required for public school attendance up to date for this camper? If you choose not to answer, you must sign the waiver in #4 below. YES, or I choose to sign the waiver in #4 below.
3. Month and Year of last tetanus shot. If you choose not to answer, you must sign the waiver in #4 below.
 / (MM/YYYY), or I choose to sign the waiver in #4 below.
4. **Immunization Waiver:** If you did NOT check YES in #2 above or did NOT provide tetanus date in #3 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 2021?* _____

1st time at this camp. 1st overnight away from home. Have attended other camp before.
 Can swim in deep water. Non-swimmer.

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 Medical Staff or 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 |
| Write medication names here ==> | | | | | | | | | | Penicillin: 1 tablet twice daily at breakfast and bedtime | |
| | | | | | | | | | | | |
| 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.

Camper 7-Day Pre-Screening Form, Camp Bethel, Summer 2021

You do not need to fill out this form **IF** you provide a copy/image (or forwarded email) of proof of your child's negative COVID test **OR** your child's Vaccination Record Card to CampBethelOffice@gmail.com, OR upload it at CampBethelVirginia.org/health, OR provide paper copy at check-in upon arrival. (As of the writing of this form, COVID vaccines are not yet approved for children under age 12.)

A parent or legal guardian must complete the chart and sign this form below. Fill in the left column with your camper's name and the first name of every member of your household OR close contact (ex: in-home childcare). If someone who is not a member of the household will be bringing your camper to Camp Bethel, they also need to be listed and screened.

For the 7 days before your child's arrival at Camp Bethel, **CHECK EACH BOX** in the chart below if your child, everyone in their household, and anyone transporting them to or from camp meets the following **THREE** criteria:

1. Experiencing NONE of these six known symptoms of COVID-19: No fever (temperature 100.4 °F or higher) that lasts more than 24 hours; No fever PLUS respiratory issue not resolved by antihistamine (allergies) that overlap or last more than 24 hours; No diarrhea, No vomiting, No new onset of severe headache especially with a fever; No loss of smell and/or taste (especially in children).

2. Have NOT had close, maskless contact with anyone diagnosed with COVID-19 or anyone displaying symptoms listed above.

3. Yes, you have adhered to your state and local guidelines regarding COVID-19 by masking when appropriate, physically distancing, washing your hands, and considering or getting a vaccination. Virginia state guidelines: <https://www.virginia.gov/coronavirus/>

| | 7 days before camp. Date _____ | 6 days before camp. Date _____ | 5 days before camp. Date _____ | 4 days before camp. Date _____ | 3 days before camp. Date _____ | 2 days before camp. Date _____ | 1 day before camp. Date _____ | First Day of Camp is: Date of first camp day: _____ |
|---|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|-------------------------------------|---|
| Camper's First & Last Name: _____ | | | | | | | | |
| Household Member #2: _____ | | | | | | | | n/a |
| Household Member #3: _____ | | | | | | | | n/a |
| Household Member #4: _____ | | | | | | | | n/a |
| Household Member #5: _____ | | | | | | | | n/a |
| Household Member #6: _____ | | | | | | | | n/a |
| Household Member #7: _____ | | | | | | | | n/a |
| Household Member #8: _____ | | | | | | | | n/a |
| Close Contact #9: _____ | | | | | | | | n/a |
| Close Contact #10: _____ | | | | | | | | n/a |
| <i>EXAMPLE ROW:</i> Uncle John S. _____ | Check | Check | Check | Check | Check | Check | Check | n/a |

What If? If your child or a person listed above does **not** meet the above criteria on **any** of the 7 days before camp, take one or both of these two steps: (1) Contact your child's primary care provider for your child to be cleared for camp attendance, **AND** (2) provide Camp Bethel with a negative COVID-19 test performed within 3 days of your camper's arrival at camp. If you cannot receive a negative COVID-19 test before arrival, contact us at CampBethelOffice@gmail.com to discuss options.

"By signing this form, I acknowledge that I completed this health screening fully, daily, and to the best of my ability for the 7 days leading up to my child's arrival at Camp Bethel. I understand that arriving at Camp Bethel in good health is necessary for my child's safety and the safety of the entire Camp Bethel population."

Parent or Legal Guardian's Signature

Date