



328 Bethel Road, Fincastle, Virginia 24090

phone: 540-992-2940

CampBethelOffice@gmail.com

www.CampBethelVirginia.org



2021 Kayaking Adventure Camp Confirmation Packet

Dear Camper and Parent,

Thank you for registering for Kayaking Adventure Camp at Camp Bethel! Your spot is confirmed, and we are excited to see you!

We are preparing for a FUN week together with common-sense safety protocols recommended by the Virginia Department of Health. *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. See page 3 of this packet for "*Healthy and Ready for Camp*" and visit www.CampBethelVirginia.org/covid19 for our site-specific plans.

Arrive **no earlier than 3:15pm and no later than 3:30pm Sunday**. Adventure Camp check-in will be "drive-through" style in the grass Deer Field. Have your completed forms and medication (if any) ready. See the enclosed "Check-in Procedures" on page 5 for our new (2021 only) instructions. After the drive-through check-in, your counselor will meet you, and your camper and counselor will carry luggage and load it onto the Adventure Luggage Wagon. *Only the camper should leave the vehicle on Sunday*, so it's important to pack minimally and lightly so the camper and counselor can easily carry gear. (If you need a restroom, the Cave Trail Bathhouse above the Ark Parking Lot is the designated Sunday "visitor" restroom.) Dinner will be served to campers at 5:45pm on Sunday.

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, or the grass Deer Field beside the Gym, or the grassy Heifer Shed area behind the Gym and behind the Craft House. After parking, **please walk** to pick-up your camper at 6:30pm outside the Gym. Please only enter the Gym 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 all the enclosed "**Preparations for Your Time at Camp**" including your packing list, "the 7 Camp Rules," 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).

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.

Campers enjoy receiving mail! 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 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.

We are very excited to resume summer camps, and we have an active, on-the-go week planned including 4 days of training and kayaking with wet exits with spray skirts, river reading skills, with paddling action on the James River. 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!

Together, in Christ our hope,

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: Kayaking Adventure Camper's Gear List:

Write your name on ALL items and bags! Try to pack all gear into one backpack or lightly enough so you can easily carry all gear by yourself. You will be sleeping in a bunk bed in your Hut all week, and your space is limited. Keep your packing simple and minimal. SHARE supplies with a camp friend (toothpaste, shampoo, sunscreen, etc.); anything to reduce your gear load! *If you registered for an Adventure outing(s) then "additional things to pack" are in your waiver info at www.CampBethelVirginia.org/packets.*

- Empty daypack or backpack for every-day use to carry your water bottle, hand-sanitizer & disinfectant wipes, and for carrying gear around campus, to the bathhouse, or on a hike.
- Light-weight, small, carry-able sleeping bag **or** blanket/sheet for Hut bunk & camp-out.
- Small pillow for Hut bunk or camp-out use.
- Bath towel(s) & washcloth and a pool/beach towel.
- Girls: 1-piece or "athletic" swim suit or tankini or dry-fit tank w/ shorts or suit bottom. *No string bikinis.*
- Boys: Swim trunks, shorts, or board shorts. *No speedos.*
- Bathroom supplies: toothbrush/paste; shower 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, climbing wall).
- For paddling days: Shoes to get wet and to wear while in the kayak. These should be closed toe shoes like low profile sneakers (ex: Converse low tops have a low profile); or "AquaSocks" with thick soles. These shoes can't be too wide or thick because they have to fit down into the kayak foot pegs or bulkhead.
- Strap-on sandals (w/ heel-strap) or water shoes to get wet for creek play, rain hikes, pool; *NO flip-flops or Crocs.*
- Large plastic bag for dirty clothes & wet shoes.
- Sunscreen (waterproof and at least 30 SPF).
- To wear while paddling: Quick-drying or synthetic shirt to wear under lifejacket.
- Shorts or swim trunks to wear in the kayak should be quick-drying, synthetic material. Girls will wear these shorts/trunks over top of their bathing suit while paddling.
- Rain gear for ON CAMP: jacket or poncho with hood; wear in combo with water shoes; no stopping for rain!
- Rain gear for ON RIVER: waterproof jacket and pants: we will still paddle in rain (but not thunderstorms).
- Water bottle: quart-sized, non-glass, screw-top.
- Hat with brim to block sun, or a bandana.
- 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.
- Small flashlight or headlamp & extra batteries.
- Summer offering to be turned in at check-in (checks to "Camp Bethel Summer Offering").

Optional to bring:

- Watch
- Shower caddie/bag
- Hammock, straps & rainfly
- Waterproof Camera/GoPro
- Notepad or journal with pen or pencil.
- Swim mask and/or swimming ear plugs
- Your own whitewater (sit-in) kayak and paddle.
- Your own paddling lifejacket and drybag.

Camp Bethel provides all boats, paddles, lifejackets, and river gear, plus all necessary program, camping, first aid & safety gear.

Please consider donating new and gently-used supplies. We ALWAYS need items listed in the Gear List above and: Clorox wipes, 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, because these attract biting insects AND many persons have allergies to scented products
- 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, and then throw the tissue away and wash your hands.
3. Sanitize or wash your hands with soap and water after bathrooms, coughing and sneezing, or touching your face.
4. Keep space between you and others.
5. Wear your mask when your counselor says so.

#3: Camp rules and policies:

The 7 Camp Rules to teach your camper:

1. Be kind and be helpful.
2. Stay with your Unit.
3. Obey your Counselors.
4. No rough play.
5. Wear shoes always (except bed, shower, pool).
6. Do not throw or kick anything.
7. Walk on paths, pavement, or gravel.

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 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. 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. The Director will call parents/guardians 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. All medications are stored and dispensed by the Health Coordinator unless special arrangements are made through the Health Coordinator and Camp Director. 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 (or a box if more space is needed) with camper's name on it to speed the check-in process.

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.

Late arrival and early departure is discouraged, but allowed if needed. However, because staff, food, and supplies are already secured, we do not 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 staff receive and communicate instant updates on summer storms or emergencies, and your counselors are trained for camper safety during storms and emergencies. 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 for a prompt to our on-call staff.

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:

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. Bathhouses and showers are located in main camp, about ¼-mile away from the Adventure Village. We'll visit the bathhouses every day. A port-a-john is located about 200 yards from the Adventure Village. Plan ahead.
2. Living in a Hut with 9 other persons (same gender) may challenge our need for individual privacy, especially when changing clothes. (Boys' hut is separate from Girls' hut.) We discourage nudity or disrobing directly in front of others. Each Hut will have a changing curtain. In a pinch, teach your child the "sleeping bag" clothes-changing method used for years by most children.
3. Huts have mattresses and bunk beds with mosquito netting. You can also bring your hammock and rain fly.
4. We walk everywhere, and we're on-the-go most of each day. Comfortable (dry) shoes & socks are important. Take good care of your feet, and prepare for a highly active week.
5. On hot summer days it's important to drink lots of water and apply sunscreen. Pack your water bottle: quart-sized, non-glass, screw-top, and remember to hydrate often and apply sunscreen 20 minutes before outdoor activity.

Social/Behavioral/Spiritual expectations:

1. You will be with other campers and your counselors all day each day. We stay together with our group during our entire time at camp, so we have little to no "alone time." Bad behavior does not fit and cannot be tolerated.
2. Group living: We'll experience all our daily activities **together** as a Unit, including our daily group duty and eating meals together.
3. Make new friends: Even if coming with a friend, you are expected to be friendly, courteous and helpful to others in the group. Huts are single-gender, but Units are co-ed unless we need to create an all-male OR an all-female group because one gender of campers registers more than the other. You will share your group with youth of different backgrounds and abilities. We believe Jesus' message of love and unconditional acceptance, and at camp, "Love your neighbor" is part of daily living.
4. You **MUST** learn and follow the Camp Rules and Hygiene Rules (page 2) to ensure 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 and quietly, (Bible study/worship, meals/announcements, counselor explaining an activity, bed/quiet hours).
5. 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 Adventure Camper Day: (Also see your individual activity descriptions in your Program Description or at CampBethelVirginia.org/camps)

7:30am	Morning Watch at the Spring	12:30	Lunch/songs/announcements	6:30	Unit activities: Games, etc.
7:45	Breakfast in the Ark; Unit 1 hosts	1:30-5:30	Unit activities: swimming, hiking, games, High-ropes, crafts, showers!	8:00	Special evening Unit activity
8:30	Singing/announcements	5:15	Unit 3 prepares for "hosting" dinner	9:00	Campfire vespers: worship/songs
9:00-12:00	Adventure outing, activities, Bible study	5:30	Dinner/songs/announcements	10:00	Lights out for Elementary camps
12:15pm	Unit 2 prepares for "hosting" lunch			11:00	Lights out for Middle/High camps

#5: Preventing homesickness:

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

1. Set realistic expectations for the camp experience based on our information and the activities listed in the program description (CampBethelVirginia.org/camps and CampBethelVirginia.org/ParentInfo). Reinforce positive camp aspects; encourage new learning.
2. In the weeks before camp, hold one or more "practice" overnight sleep-overs in another room of your home with your child.
3. With your child, come and visit Camp Bethel. Call us to arrange a self-guided pre-tour.
4. Don't force a child to camp who has no desire to go. Only send a willing & ready child to back-to-back camps.
5. Don't tell campers how much you will miss them. Instead encourage new friends and new experiences.
6. 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:

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

#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.** Shirts and items range \$2 to \$40. Earnings 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! 100% of 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, and additional funding. Donate online at www.CampBethelVirginia.org/adopt or mail check payable to "Camp Bethel Summer Offering".

**#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. Sunday check-in is a "drive-through" style in the grass Deer Field (beside the Gym) designed to minimize your camper's and our staff's exposure to persons from other households up until the time the camper joins their cabin "cohort." (*This is for 2021 only.*) For this reason, only the camper should leave the vehicle on Sunday. It's important to pack minimally and lightly so the camper and counselor can easily carry gear to the Adventure Luggage Wagon. If families need a restroom, the Cave Trail Bathhouse above the Ark Parking Lot and beyond the dumpster is the designated Sunday "visitor" restroom. *Unvaccinated persons should wear a facemask when around other people.*
2. Before you arrive at camp, write your name on or label every item you bring to camp AND your luggage. PLEASE pack lightly enough so that the camper can easily carry all gear by herself/himself.
3. Arrive no earlier than 3:15pm and no later than 3:30pm. The (new) Adventure drive-through check-in opens at **3:30pm Sunday** in the grass Deer Field beside the Gym. No Trading Post Sunday, but it WILL be open Friday (see "Pick-Up Procedures")
4. Follow directions into the grass Deer Field and pull up to the shortest check-in line.
5. Through the window of your car, give the following to our staff: (1) Your completed "7-Day Screening Form" (see the enclosed Screening Form for info and other options); (2) Any waivers or forms you did not yet email or upload; (3) Any donation to our Summer Offering Project.
6. We will also perform a brief Camper Health Screening and temperature check through the car window, so make sure you keep your car cool (not too hot) prior to check-in, and that the camper is seated beside a car window.
7. 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"
8. We ask that only the camper leave the vehicle. Our staff will then give you a packet with Parent Information about the camp week. The Counselor will approach your car, and you can meet the counselors. Through your open window tell the counselor any information they should know (in addition to the information you included on your Camper Information and Health Form). The counselors will help unload luggage and carry to the Luggage Wagon. Our staff will drive the Luggage Wagon to the Adventure Village for the Unit to unload.
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 Gym" style, and we must still minimize your camper's and our staff's exposure to persons from other households. Parents should NOT enter the Gym except to use the restrooms. Our counselors and campers will bring luggage outside of the Gym to the car. Friday "visitor" restrooms include the Cave Trail Bathhouse, the Gym Bathhouse, the Pool Bathhouse, and the Women's Bathhouse. *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 one of these areas: the paved Ark Parking Lot, or the grass "Volleyball Field" below the Ark Parking Lot, or the grass Deer Field beside the Gym, or the grassy Heifer Shed area behind the Gym/behind the Craft House.
5. After parking, please walk to pick-up your camper at 6:30pm outside Gym. Please do NOT enter the Gym 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:

Since phones/tablets are NOT allowed by campers at camp, here's how to keep in touch:

1. Provide your camper with a pack of home-addressed, stamped envelopes and a notepad.
2. 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.
3. 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:**

Returning Parents:	New Parents:
1. Go to www.Bunk1.com or click the "Bunk Notes" image at the bottom of the page at www.CampBethelVirginia.org . 2. Enter your email address & password in the space provided. NOTE: You are logging into the same account that you used last year. If you have forgotten your summer password, click " Need to reset your password? " You will be prompted to enter your email address and will be sent a link to reset your password. If you don't get an email, check your spam folder.	1. Go to www.Bunk1.com or click the "Bunk Notes" image at the bottom of CampBethelVirginia.org . 2. Click " New Here? Get Started " at the top of the page. 3. Complete the basic form to create your account. Use our "Invitation Code" BETHEL21 4. Only share the code with persons YOU approve. <i>You will be prompted to select a bundle for access to your Parent Portal.</i>

SENDING BUNK NOTES

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.

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 Info" packet given to you at check-in), write your message, then hit the "Send Bunk Note" button.

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.

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:

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.

#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 ==>											
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