



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



Dear Camper and Parent,

Merry Christmas and Happy New Year! Thank you for signing up for Winter Camp Youth and Kids' Retreat! We have received your registration and are now confirming your spot in **Winter Camp Youth and Kids' Retreat, Saturday, January 8 at 10:00am through Sunday, January 9 at 2:00pm.**

Arrive **no earlier than 10:00am and no later than 10:30am Saturday, January 8.** 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 instructions. After the drive-through check-in, you will drive your camper and their luggage to their cabin or lodge, meet the counselors, and the camper and counselor will carry luggage inside. *Only the camper should leave the vehicle*, so it's important to pack minimally and lightly so the camper and counselor can easily carry gear inside. (If you need a restroom, the Gym Bathhouse beside Deer Field is our open "visitor" restroom.)

Pick up time is **2:00pm, Sunday, January 9. Meet your camper at their cabin at 2:00pm to gather their gear.** Campers will be dismissed from their cabins at 2:00pm to their parents' or Youth Director's care, and the Trading Post will be open from 2:00-2:30pm in the actual Trading Post.

Enclosed with this letter are "8 Preparations for Winter Camp" including check-in/move-in procedures and a list of items to bring with you including neon/fluorescent clothes for our Glow-in-the-Dark Gym activities! Many of our activities are outside except in dangerously cold weather. Please write your name on every item you bring to camp. Carefully read all the enclosed information. If you will be sending any medication for your camper to take during Winter Camp, you must complete the **Medication Instructions** on page 6 of this packet.

We have a fun time planned for you as we wrap up the holidays - Camp Bethel style. Our reunited 2021 summer staff will serve as our unit counselors and leaders. We invite you to bring a friend along! Had a hard year? We got your back! For a full or partial scholarship, email us at CampBethelOffice@gmail.com.

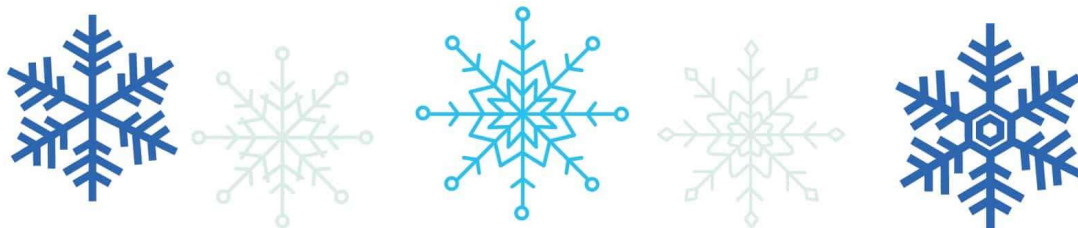
In the event of dangerous weather on December 29 or 30 or 31, call our office number (540-992-2940) or check our web site (www.CampBethelVirginia.org/winter-camp) for cancellation information. We hope for snow, but we hope it's already on the ground BEFORE this camp begins for sledding and snow fun!

If you have questions about fees, forms or any aspect of your time at camp, call Barry LeNoir at 540-992-2940 or e-mail at CampBethelOffice@gmail.com.

We look forward to seeing you at camp!

Together, in Christ our hope,

Barry LeNoir, Camp Director



8 PREPARATIONS FOR WINTER CAMP:

1. What to pack: Gear list.
2. Hygiene rules to teach your camper.
3. Camp rules and policies.
4. Driving directions to camp.
5. Trading Post (camp store).
6. Check-in procedures.
7. Pick-up procedures.
8. 7-Day Pre-screening Form.

#1: What to pack: Winter Camp Gear List:

Please put camper's name on ALL items! Pack lightly enough so that the camper can easily carry all gear by herself/himself. If sharing a cabin with a friend, consider sharing toothpaste, shampoo, etc.

- Pack according to weather/temperature forecasts for the Buchanan/Fincastle/Roanoke area.**
- Warm sleeping bag **or** blankets/sheet and small pillow for cabin bunk, (our cabins are heated).
- Bath towel & washcloth if you want to shower.
- Hygiene items: toothbrush/paste; soap; etc.
- Glow-in-the-Dark and/or fluorescent/neon clothes, hats and other items for our Saturday night activities!
- Winter coat, hat/stocking cap, gloves, socks, etc. Most of our activities are outside except in dangerously cold weather.
- Clothing for 2 days. **Dress for the weather because we WILL be outside, especially if there is snow on the ground!** We will, however, avoid outdoors if there is dangerously cold weather.
- If there is snow, pack your snow clothes (boots, gloves, etc) AND bring a sled/toboggan to share and a bike/skate helmet to wear during sledding.
- Everyday dry shoes for running, hiking, games.
- Backpack/daypack/bookbag for hiking around camp.
- Rain jacket/poncho with hood. If it rains, we still have to walk outside from our cabin to the activity buildings.
- Small flashlight & extra batteries. It gets dark at 5:00pm, but we still have lots of activities to do!
- Water bottle: quart-sized, non-glass, screw-top.

Optional to bring: watch camera extra glow sticks & glow items to share and add to our "glow party"

*Camp Bethel provides all activity, first aid & safety gear. **All cabins have heat.***

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

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](https://www.CampBethelVirginia.org/donate). Tax-deductible!

#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. 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.

#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. During Winter Camp, 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, 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.

Healthy and Ready for Camp:

We strongly recommend all eligible children and adults to get vaccinated against COVID-19 prior to Winter Camp 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 Winter Camp, 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:

We will fully refund your \$75 Winter Camp fee. **We just need to hear from you at least 24 hours prior to the start of your camp** (no later than 10:00am on January 7), 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 in case of illness, family emergency or conditions beyond control. However, because staff, food, and supplies are already secured, we cannot provide pro-rated refunds for partial camp attendance before or after your camper has arrived unless Camp Bethel cancels the program. If inclement weather forces us to cancel, your camp payment will be refunded.

Physical expectations of living at Camp:

1. No bathtubs here, only individual showers. For some younger campers, this might be their first experience taking a shower. Prepare your camper for showering on their own.
2. We have several bathrooms around main camp. Younger campers should come to camp able to use the bathroom and clean-up on their own. Let your camper know that she/he can ask her/his counselor to use the bathroom ANY TIME. Hikes on camp property often venture away from bathrooms, so encourage your camper to "go" before they go; counselors will also remind campers.

3. Living in a cabin with 10 other persons might challenge our need for individual privacy. Knowing what your camper is used to, discuss how she/he might adapt rooming with others.
4. We walk everywhere, and we're on-the-go most of both days. Comfortable (warm & dry) shoes & socks are very important.

Social/Behavioral/Spiritual expectations of living at Camp:

1. Group living: We'll experience all our daily activities together as a Unit, including completion of our daily group duty and eating meals together.
2. Make new friends: Even if coming with a cabin-mate, you are expected to be friendly, courteous and helpful to others in the group. Units are co-ed, unless we need to create an all-male OR an all-female group because one sex of campers registers more than the other. You should expect to share your group with youth of different backgrounds, gifts and abilities. We believe Jesus' message of life, hope, love and unconditional acceptance, and at camp, "Love your neighbor" is part of daily living.
3. Learning and following the Camp Rules (on page 2) is essential to a safe and fun week. Most of each day is active and boisterous. Also there are times and events during the day when we're expected to listen and participate calmly & quietly, (Bible study/worship, meals/announcements, bed/quiet hours).
4. Try new things: Camp is a great place to taste different foods, sing different songs, try and practice new skills, play new games, and grow in our relationships with God, with each other, and with Creation.

Our basic Winter Camp Schedule:

Saturday, January 8:

- 10:00 Check-In in Deer Field.
- 11:15-12:15 Initiatives & Group Games.
- 12:30 Lunch & Singing.
- 1:30-5:30 Group Activity Rotations: crafts, Bible study, group games, nature, etc.
- 5:30 Dinner & Singing.
- 6:30 Elementary Gym Black Light Games.
Middle/High S'mores at Hexagon.
- 7:30 Middle/High Gym Black Light Games.
Elementary S'mores at Hexagon.
- 8:30 Bon Fire Program
- 9:00 Worship for Elementary - Ark Conf Room.
Big Game & Snack in Gym for Middle/High School.
- 9:30 Worship for Middle/High School - Ark Conf Room.
Big Game & Snack in Gym for grades 3-5.

Sunday, January 9:

- 8:30am BREAKFAST & singing in the Ark.
- 9:00 Morning Worship.
- 10:00 Pack-up & clean-up.
- 11:00 Unit choice activities or complete rotations.
- 12:00 Game show & skits/talent show.
- 1:00 LUNCH & singing in the Ark.
Video & preview of 2022 Summer Camps.
- 1:40 Closing Circle.
- 2:00 Parent pick-up at cabins/depart.
- 2:00-2:30 Trading Post open in the actual Trading Post.

Questions?

If you have questions about fees, camperships, your registration or ANY aspect of Winter Camp, contact Barry LeNoir at 540-992-2940 or CampBethelOffice@gmail.com.

#4: Driving directions to Camp Bethel:

1. I-81 to Exit 156: At end of exit ramp turn towards Brughs Mill Store onto Route 640, Brughs Mill Road, and go 0.2 mile to stop sign at Route 11. Green "Camp Bethel" signs point you in from here.
2. Turn left (North) onto Route 11; go approximately 2 miles.
3. Mill Creek Church on left; just across from the church turn right onto Route 606, Blue Ridge Turnpike.
4. Go 1.6 miles on Blue Ridge Turnpike to stop sign at T-intersection.
5. Turn right onto Nace Road (640) and go less than 1/10th mile to left onto bridge at Bethel Road (606).
6. Drive under rail-road trestle. Entrance to Camp Bethel is 0.3 mile straight ahead along Bethel Road on the right. Follow signs and park in Ark lot or Deer Field lot.

#5: Trading Post open Monday 9:30am-10:00am & Tuesday 2:00-2:30pm:

Parents can shop with campers in the actual Trading Post from 2:00-2:30pm after dismissal. Make checks payable to CAMP BETHEL and we also accept credit cards. Trading Post earnings directly support the programs and ministries of Camp Bethel, and these funds are especially helpful as we work to strengthen our 2022 Summer Camps.

#6: Saturday Check-In Procedures:

1. Winter Camp 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." For this reason, only the camper should leave the vehicle. It's important to pack minimally and lightly so the camper and counselor can easily carry gear

- into the cabin. If families need a restroom, the Gym Bathhouse beside Deer Field is our open “visitor” restroom. Parking available in Deer Field. Unvaccinated persons should wear a facemask when indoors OR 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 10:00am and no later than 10:30am. The (new) drive-through check-in opens at 10:00am Saturday in the grass Deer Field beside the Gym. No Trading Post Saturday, but it WILL be open Sunday (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) and (2) Any forms you did not yet email or upload.
 6. We will also perform a brief Camper Health Screening and temperature check through the car window, so make sure you keep your car warm but 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. Our staff will then give you a packet and site map with highlighted directions to your assigned cabin or lodge. Drive your camper and luggage to the cabin or lodge to meet the counselors. The counselor will approach your car. 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). We ask that only the camper leave the vehicle. The counselors will help unload luggage and carry inside, and the counselors will help your camper make their bed and get settled/arranged.
 9. Parents: Drive slowly as you leave, watch for pedestrians, and follow exit signs out of camp. See you Sunday!

#7: Sunday Camper Pick-Up Procedures:

1. Pick-up is Sunday, January 9 at 2:00pm. We must still minimize your camper's and our staff's exposure to persons from other households. Parents must NOT enter the cabin or lodge. Our counselors and campers will bring luggage outside of the cabin. If families need a restroom, the Gym Bathhouse beside Deer Field is our open “visitor” restroom. Parking available in Deer Field. Unvaccinated persons should wear a facemask when indoors OR around other people.
2. Campers are dismissed at 2:00pm to their parents' care. Arrive no earlier than 1:50pm and no later than 2:00pm.
3. To “claim” your child, 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.
4. Campers whose parents are not present after 2:00 will be with counselors in the cabin until parents arrive.
5. We request that families WALK to move their camper out of their cabin to avoid mixing pedestrians with vehicles on our walkways. Please do not drive to the cabin unless it's pouring rain OR you are physically unable to carry the luggage.
6. 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.
7. Your counselors will double check to ensure all your camper's belongings are out of the cabin and in your possession before you leave.
8. The Trading Post will be open from 2:00-2:30pm (inside the actual Trading Post). Families are welcome to stay (Hike! Play! Bike! Sled!) and enjoy Camp Bethel until sundown.
9. Parents: Drive slowly as you leave, 5 mph; watch for pedestrians; follow One-Way Loop signs to exit.
10. These procedures were established to ensure camper safety and supervision, to reduce vehicle traffic through camp, and to ensure the security of staff and campers' belongings. Thanks for understanding!

See you here at 10:00am on January 8!



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

If you will be sending any medication for your camper to take during her/his time at camp, YOU MUST RECORD precise time and dosage instructions below and return this form to Camp Bethel. All camper medications must be checked in to our Health Coordinator during check-in on the first camp day. All medications are stored and dispensed by the Health Coordinator unless special arrangements are made through the Health Coordinator and Camp Director. Only send enough medication for the camper's time at camp. Medications MUST be in the original, labeled packaging and container naming prescribing physician, camper name, medication name, dosage, and frequency instructions.

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

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

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

Write medication names here ==>		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
Monday	12:30 pm										
	5:30 pm										
	9:30 pm									1 tablet	
Tuesday	8:00 am									1 tablet	
	12:30 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.
