

PARENT HANDBOOK

Please read through this handbook before dropping your child off at camp.

A NOTE FROM OUR SUMMER CAMP DIRECTOR

Dear Camp Families,

First, I'd like to thank you for allowing my staff and I the privilege of hosting your child(ren) at camp this summer. We are aware that you are trusting us with a grave responsibility and do not take this trust lightly. We are committed to providing your camper with a safe and fun camp experience that allows them to try new things, meet new friends while catching up with old ones, and grow in their faith and knowledge of God.

Secondly, I wanted to introduce myself in case I haven't had the opportunity to meet you in person. Hi! My name is Pastor Olga Falakiseni, also known as Pastor O, and I am the Associate Youth & Young Adult Director under Pastor Christian Ponciano, who is the Director of our department. I have been in Pastoral ministry here in Texas for the last ten years and am a proud alumnus of Southwestern Adventist University. My calling and passion is to help others discover two things: 1.) That they are known and loved by a merciful, wonderful God. and 2.) To help people walk in the purpose God has called them to. Both, I can see, are part of Summer Camp Ministry and I am excited to discover all that God has in store.

Lastly, before bringing your child(ren) to camp this summer, please read through this handbook. It is filled with great information that will help you and your camper prepare for their weeklong experience. Things such as camp expectations, answers to commonly asked questions, suggestions that will help with registration and pick up, what to pack, and much, much more. If after reading this through you still have unanswered questions, please don't hesitate to email us at summercamp@txsda.org.

I solicit your prayers for our Lake Whitney Ranch Summer Camp Staff as we prepare to be an extension of God's hands and heart this summer. Also, for each camper's safety and camp experience, too.

Thank you and God bless,

Pastor O

CAMP CONTACT INFORMATION

LOCATION 813 FM 2841, Clifton, TX 76634

PHONE (254) 622 - 2194

LWR DIRECTOR hectorperez@txsda.org

SC DIRECTOR olgafalakiseni@txsda.org

SC EMAIL summercamp@txsda.org



CAMP PROGRAMMING THEME

THEME: All In

SCRIPTURE: And whatever you do, in word or in deed, do everything in the name

of the Lord, Jesus, giving thanks to God the Father through Him.

COLOSSIANS 3:17

THEME SONG: All in – Matthew West

DESCRIPTION: A sold-out athlete never wavers in competition. A sold-out athlete

doesn't look back. A sold-out athlete is consumed by a single goal. When an athlete is "All In", body, mind and spirit, there are no limits

on what he or she can accomplish.



To be "All In" requires a few things. It requires total surrender of your plan. It requires a complete commitment to the goal. It requires absolute trust in the coach. It requires the courage to go big or go home. It requires a leap of faith. A sold-out relationship with Jesus Christ requires you to be "All In"—body, mind and spirit. Every thought, word and action is to glorify the Savior. No looking back! It's time to take a leap of faith and commit 100% to your Coach, Jesus Christ. When you are "All In" body, mind and spirit, there is no limit to what God can accomplish through you.

SUMMER CAMP WEEKS



Please note that registration for all camps open February 20, 2024, and will close on the day before the camp start date. i.e. Registration for Cub camp will be closed on June 8, 2024. At this time our Summer Camp can only hold 100 campers, 50 males and 50 females per week. These spaces will fill quickly! We encourage you to register your child(ren) as soon as possible. We look forward to seeing them this summer.

CAMPADMINISTRATION & STAFF GOALS

At Lake Whitney Ranch we have set reachable goals for our entire staff and volunteers to provide your camper with an experience that is:

SAFE Our Lake Whitney Ranch Director, Hector Perez, and Manager, Anabel Perez were key in making sure our camp was ACA (American Camp Association) accredited. What does that mean? As stated on their website, "ACA Accreditation means that your child's camp cares enough to undergo a thorough (up to 300 standards) peer review of its operation — from staff qualifications and training to emergency management. American Camp Association collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to assure that current practices at your child's camp reflect the most up-to-date, research-based standards in camp operation. Camps and ACA form a partnership that promotes growth and fun in an environment committed to safety."

SPIRIT-LEAD This summer we aren't leaning on our own efforts but on the strength and leading of the Holy Spirit. We know that camp can be exhausting and push us to our limits, but He who has begun a good work in us is faithful to carry it on to its completion. Our prayer is that He fills us and leads us so that all we do is done in the name of the Lord, like our key scripture says. So, whether we are having worship in our cabins or flying through the ropes course, JESUS is a part of it all.

SUPER FUN Our goal is to give you the BEST possible experience that we can offer! For that to happen it has got to be FUN. We have been brainstorming ways to spice up our activities and be creative in our programming so that your camper *wants* to get in on what we are doing. For example, our Nature track is going to study the awesome collection as we always do, however, we are adding a outdoor camping component that allows us to study the constellations and the caves on our property! We have also added a track called **Critical Thinkers** that will challenge you to complete a task, solve riddles, and include an Escape Room. Do you think your group can get out on time? LET'S SEE!

SET ON JESUS This is at the heart of all we do here at Lake Whitney Ranch. The activities, the skits, the funds that go into running this operation for the summer are all for this specific goal! We want to introduce campers who have never known Jesus to a friend who is dying to get to know them. We want to encourage those who know about Him to take a step towards knowing Him personally and accepting Him as their Savior. We want to strengthen those who have accepted Him as their Savior to walk in their purpose, which God has planned for them since before they were conceived. In other words, we want to help your camper take the next step towards being ALL IN for Jesus.

Please keep our staff in prayer. The enemy is aware of what God has called us to do and will try to interrupt His work anyway he can. Pray that we are able to stay encouraged in and connected to our Source of strength and power. Thank you in advance.

BEFORE ARRIVING AT CAMP

To help our registration process flow as smoothly as possible we ask that you do the following prior to arriving at camp:

- **READ THE PARENT HANDBOOK** This document is filled with information that will be helpful for all parents and campers. Please take time to read it through entirely. We are confident that the contents of this handbook will answer all your questions, but if it does not, please contact Pastor O. Her information is listed in the "Camp Contact Information" section.
- CHECK FOR A HEALTHY CAMPER Please remember that your camper will be in close contact with others and could possibly spread what they have to many! This includes our staff, who we are depending on to run camp. As hard as it may be to keep them home, please consider all others who could be affected.
 - o If your camper has a low-grade fever of 100.0 or above, keep them home until they are fever free (without medication) for 24 hours.
 - o If your camper has a "productive cough" keep them home. Let us re-register them for another week of camp.
 - o If your camper has diabetes or other chronic/long term disease requiring frequent medical care they will need to be approved by the Camp Health Supervisor prior to coming to camp.
 - Your camper will need to be lice free to attend camp. A head check will be required at registration.
- **CELL PHONE POLICY** We can appreciate the desire for parents and guardians to be in contact with their camper while they are at camp however the risks of allowing campers to have cell phones continue to outweigh the benefits in the camp community.

Because cell phones offer a distraction for the campers, it is our policy that summer camp is a **cell phone free zone**, not only for campers but for most of our staff as well. We know that technology is very important to society and communication with your child is important too. At the same time, we want your child to enjoy their week at camp and experience God's outdoors, and not be browsing online or texting other campers in the middle of the night.

We will have a phone available for your camper to call home if they need to. You are welcome to call but please be aware that for some campers, this can cause homesickness. A phone number and designated times to call will be given to you during registration. Other methods of communication are listed later in this document.

- LEAVE ALL VALUABLE ITEMS AT HOME We ask that you help your camper pack and encourage them to leave all valuable items at home. This could be expensive items, all electronics, or even things of great sentimental value to the camper. We cannot guarantee that things will not be stolen or broken at camp. It would be best for them to not bring things items to camp.
- PLEASE MAKE SURE YOUR CAMPER IS FULLY

 REGISTERED If you have registered but did not receive a confirmation email, it is likely your application did not go through or is incomplete. Please make sure you are confirmed prior to your arrival. Also, please make sure to have all necessary documentation!

REGISTRATION & ARRIVAL

Gates open **Sunday at 2:00 PM**. Upon entering, you will receive a folder with documents that need to be completed, a check-off list detailing our registration process, and a number that represents your place in line. We ask that you fill out all required documents prior to your number being called to help us get through registration within our two-hour window.



While waiting, please look over our check-off list to make sure all necessary documents are in hand and all medications are properly labeled and ready to be turned in. Just a reminder that NO MEDICATION is to be administered by the camper. They are to be turned in to our Nurse who will make sure they receive the appropriate dosage at the appropriate time.

We also encourage you to step out of your vehicles and join in on the fun activities brought to you by our **Hospitality Team.** Enjoy the warmth of the day while mingling with other families as you wait for your number to be called. Once your number is called you will move on to the next step in our registration process.

We have decided to allow parents to escort their camper to their cabin so they can help them get settled and meet their counselors. We are allotting **10 minutes** for each family to share this experience. While in the cabins, we ask that you keep your attention on your camper and their property only. Our counselors are happy to meet you all *briefly*. However, they are going



to be caring for their campers and helping them get settled at the same time. We ask that you are patient with them throughout this process.

Our Girls & Boys Directors will be offering shuttle rides to and from the registration booth and cabins. They will also help you remember when your 10 minutes are up. We thank you in advance for your cooperation and dedication to helping our registration process run smoothly.

CAMPER HEALTH, FORMS, & MEDICATION

YOUR CAMPER'S HEALTH HISTORY was completed upon registration of camp and must include immunization history, medications (both prescription and over the counter), allergies, diet restrictions, chronic/long term health conditions, any activity restrictions, and signed permission to treat. Though it will be reviewed at check-in, we ask that you review your online health forms prior to, to avoid any complications. If something has changed since you submitted your camper's health history form, please let us know. You may also log into your account at any time and update this form on your own. *Please include any new medication and any health information that has come to light since you filled out your health form*.

NOTE: If your camper is exempt from immunizations you will need to **provide a copy of that** waiver upon check-in to Lake Whitney Ranch.

CAMPER HEALTH & PARENT NOTIFICATION – Lake Whitney Ranch provides a full-time Camp Health Supervisor during our Summer Camp program, as well as additional nursing staff for each age group (Registered Nurse, Nurse Practitioner, Doctor, Paramedic, or an EMT), who live on site while camp is in session. The Camp Health Supervisor and camp nurses administer all medications to campers and assess/monitor any health concerns that arise during a camp session.

On occasion, during a camp session, a camper can become ill or injured during their stay at Lake Whitney Ranch. In the occurrence of this unfortunate event, the following steps are taken to ensure the health of the camper and keep parents notified of their camper's current condition. It is our process to contact parent(s), or emergency contact(s) if parent cannot be reached:

- If a camper is seen for the same complaint twice and there has not been any resolution (i.e. stomach aches, headaches, minor rashes, slight abrasions or cuts, minor dehydration, splinters, bruises and other minor health concerns are dealt with directly by the nurse)
- If a camper must stay in the clinic for more than 4 hours (Fever over 100.0 will be isolated until fever free for 24 hours without medication)
- Any concern that may require further medical treatment such as an injury needing an x-ray, a possible infection, need for stitches or other medical issues that haven't been resolved after two visits to the nurse.

In the event of an emergency, the closest 911 emergency response team is less than 5 miles from camp and is usually on camp grounds within 3-5 minutes.

CAMPER MEDICATIONS

- <u>ALL</u> medications including prescription medications, over the counter medications, AND any vitamins or herbal supplements must be turned over to the Camp Nurse during registration. Inhalers and EPI-pens must be turned in as well.
- If your camper has a condition that requires she/he to have an inhaler/EPI-pen immediately on hand (e.g. severe anaphylactic reaction or difficult-to-control asthma), we **REQUIRE** parents to provide an *additional* inhaler/EPI-pen that can be turned in to the nurse in case the camper loses theirs while at camp.

TURNING IN MEDICATIONS

- All medications must be in *original* medication container (anything less will be refused)
- All vitamins must be in *original* container (anything less will be refused)
- All herbal supplements must be in *original* container (anything less will be refused)
- When turning in medications, please place all containers in a "Zip-lock" bag with the camper's first and last name clearly written on it. If there are special instructions, please include that in your camper's account in the medications portion of the Health Form and the Medications section.
- If you are concerned about sending your child's entire supply of medication, please send enough medication for their stay, plus two or three extras (in case one falls on the ground, etc.)
- Lake Whitney Ranch stocks most over-the-counter medications needed at camp, so it is **NOT** necessary that you include these items in your camper's packing. Please make sure camper's name is on all items.

PICKING UP MEDICATIONS

- Your camper's medication will be returned with them at the end of their session(s).
- There will be a medication table in the pickup line for you to get the campers medication to take home.





LWR COMMUNICABLE DISEASE PLAN FOR COVID-19 EXPONSURE

We hope to avoid covid-19 within our campers and staff. In the event that we do have a confirmed case at camp or even a suspected case, the following steps will be followed.

- We will immediately inform parents/legal guardians about any potential contact their children/staff may have had with either suspected or confirmed cases.
- We will communicate with parents/legal guardians if their children/staff are experiencing any symptoms.
- The camper/staff member will be quarantined in a designated room for such cases with Covid and camper/staff will be observed for a short time.
- If a camper is suspected of having Covid, the camper's "cohort" or cabin will immediately be evaluated further.
- If camper/staff symptoms persist, our camp nurse practitioner will make the determination, in conjunction with our camp director, whether a parent/guardian will need to come pick up their child from camp.
- The camper/staff may be tested at a local hospital, clinic, or health department at the discretion of our medical and admin team. Contract tracing will also be done.

MASKS ARE OPTIONAL WHILE AT CAMP – We want to let our parents know that while we are taking precautions, masks are optional this year. If a camper wants to wear a mask throughout camp, please be sure to provide them with enough to last from Sunday to Sunday.

MENTAL & EMOTIONAL HEALTH – Our Summer Camp program strives to give campers the best experience we can possibly offer. Though structured, our program and counseling philosophy provide a good deal of freedom and variety. Our experience is that campers with special needs find these elements difficult to deal with and the experience to be very challenging.

If your camper has an IEP/IPP, or other significant concern, we ask that you inform us at least 30 days prior to camp in order to prepare our counselors and staff for optimal interaction and care. This gives us a chance to equip our team as best we can to care for your camper. We appreciate your cooperation.

CAMPER DIET – Campers must be able to eat a regular diet. If your camper has special dietary needs, please contact our office *30 days prior* to camp. This time is essential for us to create a plan to either accommodate their need or communicate that we unfortunately are not able to meet the need. All our meals are vegetarian. Salad bar, peanut butter & jelly sandwiches, and fruit are always available.

Snacks will be sold at our camp store during mealtimes and rec but will not be allowed to take the place of an actual meal. Campers may also bring their own snacks. If you choose to send your camper with snacks, it must fit in a container no bigger than a plastic shoe box (13x8x4) with the lid closed.

HOMESICKNESS

Most campers report homesickness on at least one day of camp. Our staff makes a concerted effort to help campers overcome homesickness by helping them learn to accept the natural feeling of missing family and friends. We welcome this opportunity to help youngsters grow in this area and we train our staff to handle homesickness in constructive and loving ways. With proper handling by the staff, campers, and parents, it can be overcome, and the camper can make a big stride in growing up. The following are tools to help you and your camper:

- **KEEP FREQUENT LETTERS/EMAILS CHEERY & NEWSY** in such a way that they will not make your camper homesick. Try to avoid phrases like "We wish you were here with us!" or "are you feeling lonely at camp?".
- **PRACTICE MAKES PROGRESS** Try having your child do overnights at friends' houses before coming to camp. Or invite a friend of theirs to join them at camp this year.
- **PERSONAL ITEMS** Pack a personal item from home that is familiar but wouldn't be devastating to lose. This will give them a piece of home to hang onto.
- AVOID "BAIL OUT" PLANS/REWARDS Telling your child that you will come and pick him/her up or telling them to call you if they don't like it can often set nervous children up for failure. They tend to focus on any reason not to like camp in order to go home, as per the deal. Bribing by promising something valuable if he/she makes it through camp can also send the wrong message. The benefit is your child's new confidence and independence. Going to camp can be an important developmental milestone.
- **SPEAK POSITIVELY** Have a conversation about the many activities there are at camp, and how the emphasis is on learning something new with their friends. Help them understand that it is ok for someone else to be "better" at some activities than they are and how to respond when that happens.
- HELP your child think of things they can do to cope with feelings of missing home.
- COUNSELORS Tell your child that their counselor is there to help them. If the child doesn't feel comfortable telling their counselor something specific for some reason, tell your child that he/she can go to the Boy's/Girl's Director or the Camp Director too.

In the event of severe homesickness, parents will be notified. This is not a medical concern, but it can have a large impact on the camper's experience.

BED WETTING Every effort will be made on our part to prevent accidents. Bedding is handled discreetly and is washed by our camp staff before being returned to a camper's bed. This is done quietly to protect the camper's privacy. Please send extra bedding if you think they will be needed and discretely inform the counselor upon dropping your camper off in their cabin so they can be on the lookout.

CONTACTING YOUR CAMPER AT CAMP

PHONE CALLS We can appreciate the desire for parents and guardians to be in contact with their camper while they are at camp, however, the risks of allowing campers to have cell phones continue to outweigh the benefits in the camp community.

Because cell phones offer a distraction for the campers, it is our policy that summer camp is *a cell phone free zone*, not only for campers but for most of our staff as well. We know that technology is very important to society and communication with your child is important too. At the same time, we want your child to enjoy their week at camp and experience God's outdoors, enjoy programming made intentionally for them, and seize the opportunity to meet new friends and reunite with old ones.

We will have a phone available for your camper to call home if needed. We welcome you to call but please be aware that for some campers, this can cause homesickness. The number will be shared with you during registration.

During your child's week at camp, we can assure you that a parent or guardian will be contacted if...

- Your camper is ill, with a fever over 100 degrees.
- Your camper needs medical treatment off-site.
- If there are questions regarding medications or healthcare of your camper
- Your camper is unable to function within the community of Lake Whitney Ranch in a healthy way.

*Any cell phone sent with campers will be held in the office until the end of the week. *

MAIL IN A MESSAGE Campers love to receive mail! No, really, they LOVE, LOVE to receive mail – even cool teenagers. We encourage you to write to your child at least once before camp begins. This will guarantee that your camper will receive at least one letter from home while he/she is at camp. These are distributed to them during dinner.

Please address mail this way:

CAMPER'S NAME LAKE WHITNEY RANCH 813 FM 2841 CLIFTON, TX 76634

If sending a letter through the mail isn't an option **MESSAGE VIA EMAIL** is another way for you to write your camper. Email can only be sent to your camper through their online account during the time they are at summer camp. Simply log into your account, click one-way email, and write your camper a special note.

Emails are printed out daily in our office and delivered to your campers during dinner. Campers cannot write back to emails, but LOVE to read notes from home! Here are some helpful tips:



DO

- Send frequent letters/emails. Postcards are good too.
- Send photos of family and/or pets.
- Have a grandparent write a letter.
- Have pets send messages (paw prints).
- Ask a few questions and allow your camper the opportunity for "self-evaluation."
- Send a letter before your

camper leaves for camp to make sure it arrives for the first day. Allow 4 to 5 days for mail (we'll save it for them if it gets here before their session starts).

• Provide your child with self-addressed, pre-stamped envelopes for sending letters home.

DON'T

- Don't encourage homesickness by emphasizing how much you miss your child.
- Don't write how much fun you are having on vacation while your child is at camp.
- Don't dwell on negative happenings. You can discuss real problems with your camper when he/she returns home.
- Don't send any references to outside media (magazines, electronics, etc.). Allow them the opportunity to disengage from media for this short period of time.



CARE PACKAGES Postal packages are VERY expensive to send these days, although we do not discourage them. However, Lake Whitney Ranch has a camp store that sells special (birthday) and pre-made (general) care packages that can be purchased. These packages have a variety of options and sizes available. These options will be updated on our website closer to summer.

CAMP FACTS & FUNCTIONS

CAMP ACCREDITATIONS & CERTIFICATIONS

- Adventist Association of Camp Professionals (AACP) Lake Whitney Ranch is a member of the Adventist Association of Camp Professionals (AACP), a network that work together to train camping professionals, set standards, and achieve the goals of the North American Division of Seventh Day Adventist churches.
- **Lifeguard Certification** Lifeguards are certified through American Red Cross in Life-Saving techniques, first-aid, CPR, and AED operation. Our Swimming instructors are certified Water Safety Instructors (WSI).
- EMW Certification Barn staff are certified through Equestrian Management Workshop
- Dietary Certification Food service employees are certified in food-safe handling

EMPLOYEE SELECTION, BACKGROUND CHECK, & TRAINING

Each potential staff member is individually interviewed by the Summer Camp and is prayerfully considered. Once the selections have been made, staff members are required to successfully pass the following VV Level 2 Advanced Criminal Locator Search, which includes:

- Social Security Trace
- Government Watch List Search (OFAC)
- 50 State DOJ Sex Offender Registry
- Advanced Criminal History Locator Search including:
- Nationwide Database search with primary source validation
- Current County or State of Residence Search
- Monthly Basic Criminal History Locator Search Updating for up to 1 year.

CABIN CAMPER TO STAFF RATIOS

Our requirements hold us to a camper to staff ratio of 1:8 for cub campers and 1:10 for Junior-Teen campers inside of the cabins. We have a minimum of 2 counselors per room here at Lake Whitney Ranch. Our rooms hold a maximum of 10 campers, which put our ratios at 1:5 every week of camp.

LODGING ASSIGNMENTS

As part of our registration process, housing is selected by the camper and/or their guardian. Early registration and communication between campers will be the best way to coordinate lodging. We are unable to disclose details about other camper's lodging and activities, therefore we will not be able to move campers around once they are locked in. You, on the other hand, can change the details of your reservation on your accounts. Please understand that we are restricted from making these changes. Thank you in advance for your cooperation.

CAMPER ACTIVITIES - This summer, Cub Campers will be rotating through their different activities as a cabin unit. We believe this is the safest way to rotate this age group and allow for a counselor to always escort them. Junior — Teen Campers will sign up for 4 activities they will participate in for the entire week during the registration process. We strongly encourage all campers to read through the activity descriptions before selecting which 4 they will choose. All our activities have awesome experiences in store! So don't be afraid to try something new.

CAMP STORE MONEY - We have a store that our campers, staff, and visitors can shop from throughout their time at camp. You'll find mini-sized toiletries, camp necessities, snacks, drinks, camp merch and more! Money for the store can be submitted electronically during the online registration process or cash can be given in person when your camper is dropped off. Unspent money will be given to each camper at the end of their week of camp.

LOST & FOUND - We highly recommend that you create a check list of all items your camper packed for camp and send it with them. This will be a great help for them to make sure they've got everything they brought with them.

We will make every effort to return lost and found items while your camper is at camp, but your camper can do more than anyone to ensure that nothing is lost. Please mark all items with a permanent marker or laundry label for easy identification. Remind your camper to check our dedicated lost and found area. Items found after your child's camp session may be claimed at the check-out location. Please be sure to check this area and identify your camper's items.

If you discover something is missing upon your return home, please contact us immediately. The more time that passes, the less likely it will be found. *After September 1st*, *all remaining items will be donated*. Lake Whitney Ranch and the Texas Conference is not responsible for lost, stolen, or damaged belongings. All unclaimed funds are donated to our worthy camper fund.

PARENT'S EVALUATION

We appreciate your immediate comments and feedback about our staff and program. If you see or hear of a problem with any part of our program or staff, please contact our Camp Director at olgafalakiseni@txsda.org so corrections can be made, and guidance given. Also, if you see or hear of anything that is positive with our program or staff, please contact her as well. This will give us an opportunity to speak life into our staff and encourage them to continue the great work in the weeks to come.

Shortly after the camping session, you will receive an email with a link to the Parents' Evaluation Form. Your sincere response is requested and appreciated. All feedback will help us grow and better our program. Additionally, comments can be e-mailed to the director at any time at the email listed above.

FREQUENTLY ASKED QUESTIONS

CAN I VOLUNTEER FOR THE WEEK MY CHILD IS AT CAMP?

Let me begin by saying THANK YOU for your willingness to give your time to our camp. We appreciate the gesture deeply. We also sympathize with the desire to be near your child and the potential travel expenses that may come with commuting back and forth for them to have this experience. Unfortunately, we are unable to accept your offer. Here are some reasons why:

- We cannot offer this to every parent interested in volunteering during their camper's week of camp. We cannot house or feed the potential numbers this could bring in. Also, if we only offered it to a select few, it could be perceived that we were bias in our choosing and open a can of worms unnecessarily.
- It would be added work to find what work for you to do. Consistent, regular volunteers are needed. For example, individuals who come in every Sunday to help us get through registration or clean up the areas as we prepare for our next group. That would be greatly appreciated. But to have to stop and figure out what someone could do that isn't consistently here is added work to an already loaded summer.
- It could make it harder for your camper to fully embrace the camp experience if they know you are there and could easily find comfort with you.

These are just a few reasons. Once again, we are thankful for your willingness to help. However, in this setting, consistent help is best.

CAN OUR FRIENDS OR FAMILY VISIT US AT CAMP?

Unfortunately, they cannot. Our priority is SAFETY here at Lake Whitney. Everyone who is part of our staff and volunteers have gone through 2 different background checks and training on appropriate ways to care for campers. This is because we are dedicated to creating safe spaces, physically and emotionally, for our campers to spend their summer and learn about God. Therefore, visitors will not be allowed on the camp premises while Summer Camp is in session.

ONE EXCEPTION: BAPTISM On Sabbath afternoon we have the opportunity to witness young people choosing Jesus as their friend and expressing their desire to be ALL IN for Him through baptism. At 4:00 PM the gates will open permitting *friends and family of the baptism candidates* to enter. They will be escorted to the pond where our baptisms will take place. All visitors will be expected to remain in that area throughout the duration of their time here. No one is allowed to wander or explore surrounding areas! Anyone found doing so will be escorted off the property immediately.

Parents, you are responsible for communicating this information to all your guests.

At 6:00 PM all visitors, no matter the relation to the camper, will be escorted off campgrounds. Housing will not be made available as we cannot offer this to all who come. Please make arrangements to stay off campgrounds for the evening. We apologize for the inconvenience and thank you in advance for understanding that we are choosing the option that the most safe for our campers.

WHAT SHOULD MY CAMPER PACK?

Please Note: This is only a suggested list – you are the final authority. Please pack in one suitcase or bag. It is advisable that children bring old, but usable clothes rather than new clothing or sneakers. The Camp DOES NOT launder clothing. Pack enough for the length of your child's camp stay and possible "weather change" conditions, e.g., rainy days.

- Bible
- A Good Attitude
- Bedding
- Pillow with a case
- Towels (Shower, Swim, & Washcloth)
- Toiletries; toothpaste, toothbrush, soap & deodorant (as needed)
- Two modest swimsuits
- Water shoes/flip flops
- Shorts
- Pants
- Appropriate T-shirts
- Underwear
- Pajamas
- Socks

- Flashlight
- Closed toed shoes
- Water bottle
- Cap/Hat
- Sunscreen
- Paper/Notebook and pen
- Self-addressed stamped envelopes
- Plastic bag for wet/dirty clothes
- Raincoat/Sweater
- Bug Spray
- Sabbath Clothes
- Outfit for Agape Feast
- Western Outfit for Barnival
- Snacks in plastic shoe box
- Wristwatch

WHAT SHOULD MY CAMPER LEAVE AT HOME?

Parents, we ask that you thoroughly check your camper's bag before bringing it to camp. We greatly appreciate your cooperation.

- Cell Phones
- All Electronics
- Anything of great value
- Two-piece bathing suits or speedos
- Inappropriate clothing (see section on appropriate dress)
- Weapons of any kind
- Non-prescription drugs
- Alcohol
- Any type of Contraband
- Lasers

Handy Hint: Pack the check list in your child's luggage so they know what to bring home!

WILL THERE BE A BANQUET AT TWEEN/TEEN CAMP THIS YEAR?

We will not be hosting a separate banquet program this year at camp. Rather, we have designed our Friday & Saturday schedule to provide ample opportunities for our campers to mingle and get to know each other. These include the Rodeo, Art Gallery, Talent Show, Agape Feast, Sabbath Worship, and Barnival. We hope to encourage getting to know each other in a setting that is fun and inclusive.

We encourage all campers to give this a try and share their feedback with us once camp is through.

WHAT IS THE DRESSCODE AT CAMP?

Our goal is to be dressed modestly and appropriately for the activity we are participating in. Campers who are not dressed accordingly **WILL BE ASKED TO CHANGE**. To avoid the embarrassment of that request, we ask that parents approve all clothing before it is packed.

- No White, two-piece bathing suits, or speedos
- No gang affiliated or demeaning clothing/accessories
- No midriff shirts or see through attire (we should not see your abdominal area)
- No spaghetti straps. All straps must be at least 2 inches thick over the shoulder
- No low-cut shirts/blouses/dresses/etc., front or back
- Button down shirts must be buttoned unless you are wearing a t-shirt or tank top under
- No short, shorts (MEN & WOMEN!)
 - Our rule for shorts this year is to take four fingers of one hand and place them on your thigh with your pinky touching the top of your knee. There should be no spaces between your fingers. Where your pointer finger lies is where your shorts must be. NO EXCEPTIONS
- Skirts and dresses must be knee length or longer
- No sagging
- No leggings or yoga pants
- No Jewelry or Chains
- Make-up should look natural
- Holes in pants must not be excessive or expose areas that are above our "shorts" standard
- Clothing must not be too tight or too loose

If your camper isn't sure about a piece of clothing, ask your counselors, boys/girls directors, or summer camp director. This would be better than being sent back to your cabin to change.

HOW MUCH SHOULD WE PUT IN OUR CAMPER'S STORE ACCOUNT?

All meals are provided by our wonderful Chef Sualua and his crew. We are confident that your camper will be well fed this year at camp, so all funds put into the store are for snacks and gear. You are welcome to put in any amount however, we recommend that you put \$15-\$25 in your camper's account.

WHEN'S PICK UP?

Pick up will be the following Sunday between $9:30 \, \text{AM} - 11:30 \, \text{AM}$. Please make sure the person picking up your camper is authorized to do so and has a physical ID with them. We will not be able to release your camper into their custody without it.

Also, don't forget to go by the Lost & Found and the Camp Store before you leave. Any items left behind will be found in the Lost & Found and any funds turned in but not spent at the camp store will be returned.

ANY QUESTIONS NOT ANSWERED IN THIS HANDBOOK – If you have read this through and still have questions, please don't hesitate to reach out to our Summer Camp Director, Pastor O. She will gladly reply to you at her earliest convenience.

We are looking forward to a super safe, fun filled, God centered summer together. Please meet us in prayer as we continue to plan and prepare for the calling God has given us.

God Bless, LWR Summer Camp Staff 2024