

CAMP MACK

Parents' 2016 Summer Camp Information Booklet



PRIOR TO CAMP

You will need the following forms for registration for your child's weeks of camp. These are available on the Camp Mack website at www.campmack.org

A. Medical Information and Release

To be signed by parent/guardian

B. Over the Counter Medications

To be checked and signed by parent/guardian

C. Pick-up Authorization (in confirmation letter)

To be signed by parent/guardian

D. Offsite Travel Release (see website for a list of camps that travel offsite.) To be signed by parent/guardian

E. Camper Internet Permission Form

To be signed by parent/guardian

A. Medical Information and Release

To assist us in providing for the health of your child please complete the Medical Information and Release as accurately and completely as possible. Please note: It is not necessary for a camper to have a physical prior to coming to camp, but it is encouraged.

The health care staff will review your child's health information at registration. It may be shared with other staff on a need-to-know basis in effort to safely support your child's participation. We can only be effective if you share information with us. We are not responsible if you fail to disclose something.

If your child is on behavioral modification medications during the school year, we encourage that your child remain on these meds during his/her camp experience. Please talk with your physician regarding dosing requirements which may be different for camp than for school.

In an effort to protect campers from unauthorized use of medications, all medications, both prescribed and over the counter, are turned in to the health care staff at registration. Please send your child's medication in their original packaging so the physician's directions are available. The health care staff dispenses medication according to written instructions on the containers.

B. Over the Counter Medications

The **Over the Counter Medication Form** lists those medications that have been authorized for use through standing orders issued by our physician. A parent's signature is necessary for those items to be dispensed to your child by the health care staff.

C. Pick-Up Authorization

In an effort to provide for the safety of your child, we have provided a Pick-up Authorization form for your use. This is found on the bottom of your confirmation letter. It needs to be completed for each child before you leave camp on the day of registration. You or the person picking up your child will be asked to show a Photo ID and sign the form again at the time of pick-up. This form is also needed for any daily departures that may be necessary.



ARRIVAL AT CAMP

Your confirmation letter will advise you of the time for registration. Please follow instructions for parking after you arrive at the camp. Use appropriate safety precautions when driving through the camp.

Watch for children at play!

We encourage you to take time, slow life down, and enjoy your surroundings while at Camp Mack. Visit your favorite place and share stories with your child.

REGISTRATION

Registration will be held in the John Kline Welcome Center. Enter the building using the East entrance. Luggage can be left in your vehicle until registration is complete. As a reminder, at registration you will need the completed **Medical Information & Release, Over the Counter Medications, Camper Internet Permission Form, and Pick-Up Authorization.** Your cooperation is necessary to make registration move smoothly.

If a child has not had immunizations for most communicable diseases, a **Medical Release and Exemption Form** is available via download from the camp website/can be requested from the camp office.

Please note, a camper will not be accepted for a camp if a compromising health condition is present.

REFUNDS

If a registration must be canceled, refunds will be issued from the camp office after September. A processing fee of \$25.00 will also be charged on all refunds. No refunds will be issued for less than \$10.00

- Cancellations received 30 days or more before your child's camp date will be given a full refund less the processing fee.
- Cancellations received less than 30 days before your child's camp date will be given a 50% refund less the processing fee.
- If a child does not show up for the week that he/she is registered, for reasons other than health or family emergencies, all registration fees are forfeited.
- Last-minute registration changes can be made if slots are available, at no additional charge.
- In the event of sickness or an accident that leads to a shortened stay, the refund will be prorated.
- A refund will not be available for campers sent home due to personal conduct or for lack of immunizations in the event of a disease outbreak.

INSURANCE

Your family's health insurance will be the first insurance used to cover the cost of any necessary medical treatment for your child during camp.

HEALTH CONCERNS

One of the realities of being in the out of doors is insects. While campers and staff have a greater exposure to the risk of mosquito bites than the general population, the actual likelihood of infection is low. Your assistance is needed in educating your child in the use of insect repellent (containing 10-30% DEET). Repellent should be sprayed on clothing rather than on the skin when feasible. We encourage body cover (long pants, shirts, socks, hats) as appropriate for the weather and activity.

In the event of an accident or illness, the parent/guardian shall be contacted by the Health Care Provider or Program Director to advise of the situation or concerns. Due to the recent measles outbreak in the U.S., camp will pay close attention to immunization records. Please provide accurate information on health forms so parents/guardians can be easily reached in case of an accident or illness.



PARENTAL CONSULTATION

Our intent is to work with you child to keep him/her involved, encouraging him/her to try new experiences and to have a meaningful week at camp. There are times when it becomes necessary for staff to talk with parents. The Program Director, Health Care Provider or Team Leader will notify parents/guardians in the event of personal conduct issues, illness, or accident. In the event of an illness, injury, or acting out of behavior that is deemed detrimental to the overall atmosphere of the camping experience for your child and others, you will be invited to help find a solution that works for all parties involved.

CAMPER SAFETY

The safety of your child is of utmost importance for us. We work at this in several ways. The first is the personnel whom we hire or who volunteer for us.

- We check references and conduct background investigations on all employed staff and volunteers.
- We train all staff and volunteers in appropriate behavior when working with children.
- We provide supervision in all levels of operation.
- We review and evaluate staff on their performance.

Our second way of working at safety concerns is by providing a program that meets the standards of the American Camp Association. The ACA is the primary professional organization that provides operational standards contributing to a quality experience for your child. Camp Mack has been a continuously accredited camp since 1985.

www.acacamps.org

PERSONAL PROPERTY

Indiana state law prohibits the use of tobacco, cigarettes, drugs or alcohol on camp property during summer camp. We ask you to please abide by this law.

Camp Mack is not responsible for injuries from or the loss of personal sports equipment brought by campers.

Any animal brought on site during registration must be restrained or kept in a vehicle.

Only personal aid animals are able to be on the property during camp.

Any handgun brought onto the site must be licensed and remain in a locked vehicle. All firearms must remain in a locked vehicle.

MEALS

We attempt to have meals that are well balanced. In effort to meet dietary guidelines for childhood obesity, we are serving cereals that do not have sugar as the number one ingredient, providing a salad bar at least once a day, reducing the use of sweetened beverages, and serving fewer desserts and more fruit. We are also proving a basic vegetarian option at each meal.



We are sensitive to food allergy issues, especially in the areas of groundnuts, such as peanuts. Camp Mack is attempting to be a peanut free area and we ask your assistance in maintaining that level of safety. Any dietary restriction for your child should be noted on the **Medical Information & Release**. We encourage you to contact us ahead of time to discuss any special needs to be sure that we can meet those needs.

HOMESICKNESS

Homesickness is a natural part of a child's experiences away from home. It is a known fact that 95% of all children have some level of homesickness. The intensity is affected by four factors: **EXPERIENCE**, which is related to age and previous separation experiences; **PERSONALITY**, which is related to children's control over their emotions and how attached they feel to their caregivers; **FAMILY**, which is related to whether they feel they are being forced to come to camp, whether parents have expresses anxiety or doubt about them coming to camp and/or worries over situations at home; and **ATTITUDE**, which is related to low expectation about camp, negative first impressions of camp or thinking their homesickness will be strong.

We encourage you to consider these ways to help reduce the impact of homesickness in your child:

- Visit camp prior to your child's week of camp.
- Visit our website to get a view of the facilities and see pictures of other campers.
- Talk with your children about the normal feelings of missing those things that they love.

We also discourage you from getting caught up in the "pick-up" promise. Even though you mean to be supportive, you may be sending the opposite message that you don't believe they can be successful. As a last case scenario, we will work with you to negotiate a shortened stay if all other options fail.

OFFERING PROJECT

The Vine Ministry in Port-Au-Prince Haiti provides, food, shelter, the word of God, microloans for the unemployed to start up a business and sponsorships for students to attend school. This year we will work with the Vine Ministry to sponsor children for school. School is not free in Haiti and costs \$360 a year for tuition and uniforms. We hope to sponsor 3 or more students this summer.



LOST AND FOUND

At the end of the summer, there is always a pile of camper's belongings left at camp. As a way to target the problem of lost belongings and a large lost and found closet, we are encouraging our campers to label all of their belongings.

If, however, your camper does leave something behind, you may inquire about lost items by calling the camp office. If we have found the item, you may then arrange to pick it up. Items not claimed in six weeks are donated to a worthy charity.



ACTIVITIES

Each camper will experience a range of activities that will work with multiple learning styles. The activities for camps held on the Camp Mack site include but are not limited to:

- Bible Study
- Boating
- Cabin Devotions
- Campfires
- Canoeing*
- Challenge Course*
- Climbing Tower*
- Cookouts*
- Crafts
- Hikes
- Kayaking*
- Nature Study
- Morning Dip
- Morning Watch
- Sailing*
- Service Project
- Swimming
- Vespers

*These events are limited to certain camps as part of our progression of activities. There is a separate list of activities from camps that go off site. These camps will require special permissions slips and releases that will be included with the lists of activities.

PROGRAM OUTCOMES

Campers will be exposed to a variety of experiences aiding them as they continue their journey in life. The following outcomes are guidelines used by program leadership in developing and implementing activities for children and youth.

Faith Outcome:

Campers grow in their understanding of God and the Christian faith while developing a joyful and disciplined practice of prayer, study, and worship.

- Each camper will have the opportunity to participate in prayer, worship, meditation, devotions, and Bible Study with the goal of increased knowledge of God's word and to grow in and experience acceptance of God, others, and self.
- Each camper will be provided opportunities to further his/her understanding of God through activities that are focuses in a variety of learning styles.
- Each camper will be exposed to Christian values and faith issues through the content of the program and through modeling of those values by the camp leaders.



Service Outcome:

Campers recognize responsible stewardship of God's gifts includes intentional service and giving.

- Each camper will have the opportunity to participate in a service project and/or service offering.
- Each camper will experience leaders who live a life of servant leadership.

Adventure/Exploration Outcome:

Campers explore new ideas and challenges with confidence.

- Each camper will be offered the opportunity to experience programs that provide personal challenge while being supported by encouraging leaders.
- Each campers will be invited to participate in leadership roles while being affirmed by supportive leaders.



Social Interaction Outcome:

Campers develop positive and caring relationships with others, learning how to work and play together in mutually satisfying ways.

- Each camper will have the opportunity to create, renew, and develop relationships with peers and leaders in a family and community setting.
- Each camper will have opportunities to experience and grow in understanding of sharing with others.
- Each camper will be treated with dignity and respect and will, in turn, be expected to treat others in the same manner.
- Each camper will have opportunities to develop friendships with other campers and staff while participating in a variety of fun and educational activities.

Safety Outcome:

Campers know they are safe at Camp Mack.

- Each camper will be in a safe and healthy physical environment during his/her stay at camp.
- Each camper will experience an affirming and accepting community.

Creation Outcome:

Campers appreciate the bounty of creation and make positive decisions in caring for the environment.

- Each camper will be exposed to the wonders of God's creation and ways to live in harmony with that creation.
- Each camper will experience environmental activities that can become part of a creation supporting lifestyle.

WHAT TO BRING TO CAMP

Bible
Postcards, envelopes, paper, stamps, pens/pencils
Water bottle
Flashlight & batteries
Sleeping bag or blankets and sheets
Pillow
Clothing for cool or wet weather
Two pairs of shoes, no flip flops as daily footwear
Bathing suit*
Towels, washcloth, and soap
Toilet articles (toothbrush, toothpaste, etc...)
Insect repellent (preferably with DEET), sunblock
Money for offering project and camp store
Water shoes (due to Zebra Mussels in lake)

*We reserve the right to ask a camper to wear a shirt on top of a bathing suit if we feel the bathing suit is not appropriate.

CLOTHING

As a faith-based summer camp, our faith leads us in our daily walk and decision making. Our faith also speaks to us of being in the world and not of the world. We understand this to apply to the clothing that we wear. We ask that clothing, both for everyday use and for swimming, be modest. Clothing that we would consider immodest includes low cut blouses and bathing suits, low ride shorts or jeans, tight fitting shorts or pants, etc... We reserve the right to ask a camper to change clothing if graphics or slogans are deemed as unfit for a Christian camp.

WHAT TO LEAVE AT HOME

These items are not to be brought to camp and will be retained by staff unless permission to use throughout the week is granted by a Team Leader.

Clothing with suggestive or negative slogans or language
Cell phones, tablets, or laptops
Digital Cameras
Candy, snack food, etc...
Radios, CD Players, iPods, MP3 Players, etc...
Electronic games
Squirt guns
Knives, weapons, or explosives

Any retained items will be returned to the camper prior to departure from camp.

CELL PHONES/TABLETS/LAPTOPS

In a world driven by instant communication and concerns over safety, we are aware of parents' wishes to be able to communicate with their children. We are also attempting to provide an experience where children can get away from those things that surround their lives, so that they can slow down a little and

spend time focusing on faith formation issues as well as on their camp community. We realize the wishes of parents and our goals may be in conflict with each other. But we do request that cell phones, tablets, and laptops be left at home during camp.

DIGITAL PHOTOGRAPHY

Digital photography is now available to almost everyone through cameras or video phones. The downside of this technology is that photos are no longer being developed by someone other than the photographer and therefore the moral and ethical framework of the subject of photographs has been eliminated. Photos are now being seen on the web without the permission of the subject. There are also images that are in extremely bad taste and invasive. Photos have been taken off the web and used in unacceptable ways. For those reasons, we are asking that only cameras using film are to be brought to camp. Please leave all digital photo devices at home.

CANDY/ SNACKS/ FOOD ALLERGIES

It is always a temptation to bring candy and snacks to camp. We ask you to resist this temptation for several reasons.

- Candy and other snack foods act as magnets for insects and vermin such as mice and can lead to infestations in cabins.
- Candy and snacks also present health concerns for children who overeat or have an unbalanced diet. If you are concerned that your child will not get enough to eat, rest assured that we provide all campers with three healthy meals and an evening snack every day.
- Each year more campers come with a variety of allergies. One of the most significant allergies is to peanuts. This allergy can sometimes be aggravated by peanut oils left on surfaces like doorknobs. We are working deliberately to eliminate peanut butter, peanuts, and peanut oils from our foods. Many snacks that campers might bring, however, contain peanut residues in various forms, even when peanuts or peanut oils are not listed ingredients. Please be sensitive to this serious issue and refrain from bringing snacks to camp.



Camp Mack attempts to limit the level of contact w/peanuts at our facility. We ask your assistance in maintaining that level of safety for our campers.

COMMUNICATION WITH CAMPERS

TELEPHONE CALLS & VISITORS

We believe that an integral part of growing up is the extended experience away from home. For this reason, we strongly discourage phone calls to campers and visits to camp. If there is need for coming to the camp, please come to the camp office in the John Kline Welcome center first for your ID badge. If there is an emergency, please call the camp office at (574) 658-4831.

MAIL

Campers look forward to hearing from family and friends. Write letters early in the week to allow for the time it may take mail to reach camp. Parents of Samplers or Beginners many wish to leave letters on the day of registration for delivery the next day. Mail should be addressed to the camper with the name of the camp sessions he/she is attending and then the camp address at P.O. Box 158, Milford, IN 46542.

Example:

Chris Camper
Seekers
PO Box 158
Milford, IN 46542

E-MAIL

You can also communicate with you camper through E-mail. We use **Bunk1.com** for this service. You can get information about this photo and E-mail service from a document on the camp website. Follow the instructions on that letter for E-mailing to campers. The cost of this service for E-mail and photo access is \$5.00. We do not have the ability for campers to respond via E-mail.

INTERNET COMMUNICATION POLICY

We see many positive ways in which your child can grow from the benefits of the Internet. We also see the potential for unhealthy activities on the Internet. Camp Mack views social networking sites (e.g. Facebook), personal websites, and blogs positively and respects the rights of campers and staff to use them as a medium of self-expression. A document regarding Camp Mack's electronic communication policy is available on the web. There is also a Camper Contact Permission that enables leaders to share e-mail addresses, etc... with your child. We encourage you to go over these documents with your child as he/she prepares for their experience at camp.



CAMP ALEXANDER MACK

A Sanctuary where People connect with God through
Faith Formation, Experiencing Creation, and Building Christian Community!