

CAMP MACK 2024

Summer Camp

Information Booklet

We are excited to meet you and your camper!
This booklet will help you and your camper feel prepared and ready for an amazing week of camp!



Prior to Camp: You will need the following form completed by check-in: This form is available at cammack.org/summer-camp in the Summer Camp Information section.

- **Camper Health Form**

- To assist us in providing for the health of your child please complete the **Camper Health Form** 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 an 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.
- 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.
- If the camper has not had immunizations for most communicable diseases, a **Childhood Vaccination Exemption form** is available on our website.

Check-
In

Check-in is from 2p-4p for all camps except Samplers, which is 3p-4p. Follow signs for check in upon arrival. All medications need to be brought to check-in. Camper belongings should stay in the car. The camp speed limit is 10mph. **Watch for children at play!**

Check-Out

During the registration process you will list those people who are authorized to pick-up the camper. Only those authorized may pick up the camper. Photo ID and a signature will be required at check-out.

Refund Policy: Any cancellations received 30 days prior to your camp start date will receive a full refund minus the \$75 deposit. Cancellations received less than 30 days prior to your camp start date will receive a refund of $\frac{1}{2}$ of the registration minus the \$75 deposit. If a child does not arrive for camp, all registration fees are forfeited.

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. Please provide accurate information on health forms so parents/ guardians can be easily reached in case of an accident or illness.

Parental Consultations: Our intent is to work with your 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.

Behavior Expectations/Essential Functions of a Camper: Camp is a place where even among the structure of a day, adapting to the environment is often needed. It is an active environment with a good amount of walking each day. Campers should be able to sleep in a room of 5-7 other people and fall asleep without assistance such as music or lights. They need to be able to maintain personal hygiene without assistance. Campers should be able to exhibit self-control, self-regulation, and self-calm following times that cause frustration, sadness, or anger. Camper should not be prone to wandering. Campers are expected to use appropriate language and interpersonal skills as they demonstrate respect for themselves, others, the environment, and the camp.



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. 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 service 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.

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 expressed 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.

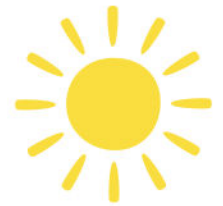


Program Outcomes: Campers will be exposed to a variety of experiences aiding them as they continue their journey in life. The following outcomes are guidelines used by program leadership in developing and implementing activities for children and youth. A complete list of program outcomes can be found in the Summer Camp Information section at campmack.org/summer-camp.

- **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.
- **Service Outcome:** Campers recognize responsible stewardship of God's gifts includes intentional service and giving.
- **Adventure/Exploration Outcome:** Campers explore new ideas and challenges with confidence.
- **Social Interaction Outcome:** Campers develop positive and caring relationships with others, learning how to work and play together in mutually satisfying ways.
- **Safety Outcome:** Campers know they are safe at Camp Mack.
- **Creation Outcome:** Campers appreciate the bounty of creation and make positive decisions in caring for the environment.



Camp Activities



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, Morning Watch, Vespers, Cabin Devotions
- Swimming, Boating Canoeing*, Kayaking*, Sailing*
- Campfires, Cookouts
- Nature Study, Crafts
- Challenge Course*, Climbing Tower*

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



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 will be donated.



Food at Camp Mack

Sample Meals

The Camp Mack kitchen works hard to provide a variety of family-friendly food. Here are a few meals that may be served at camp.

Breakfast: Pancakes, scrambled eggs, sausage links, cereal, fruit, yogurt, oatmeal

Lunch: Spaghetti and meatballs, breadsticks, broccoli, pudding, salad bar

Dinner: Chicken quesadillas, rice, black beans and corn, cake, salad bar

Snacks: Examples: Popcorn, fruit, s'mores, popsicles, etc

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 providing a basic vegetarian option at each meal.



Food Allergies: 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 Camper Health Form. We encourage you to contact us ahead of time to discuss any special needs to be sure that we can meet those needs.

Candy/Snacks: 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 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 with peanuts at our facility. We ask your assistance in maintaining that level of safety for our campers.

What to Bring to Camp

Bible

Postcards, paper and envelopes, stamps

Water bottle

Flashlight and batteries

Pillow, sleeping bag or blanket and sheets

Clothing for wet or cool weather

2 pair of closed toe shoes (no flip flops as daily footwear)

Bathing suit

Towels, washcloth, toiletries

Insect repellant (preferably with DEET)

Water shoes due to zebra mussels in lake

What to Leave at Home

Clothing with negative/ suggestive content

Cell phones, tablets, laptops, etc

Digital cameras

Candy, snacks, food, etc

Electronic games and music players

Squirt guns

Knives, weapons, explosives

***Any retained items will be returned to the camper at the end of camp.**

Cell Phones: 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 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.

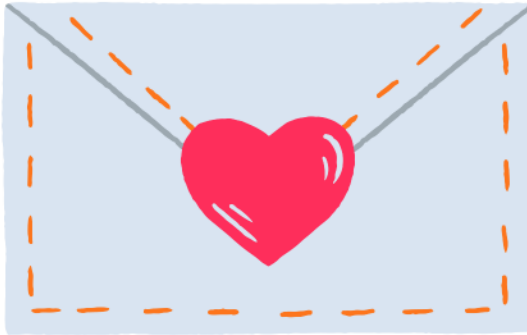
Digital Cameras: Digital photography is now available to almost everyone through smart phones. This technology provides the opportunity for people to have their pictures taken without their permission and to be shared through social media and the internet. To protect the privacy of others, only cameras using film are to be brought to camp. Please leave digital cameras at home.

Clothing

Clothing: Our intention for clothing is that it is functional for the activities offered at camp with knowledge that it will get sweaty and dirty. Campers should bring clothing for a variety of weather situations as a week can be hot and sticky or cool and rainy. Clothing can help prevent sunburns, insect bites, poison ivy, etc... For all challenge course activities, closed-toed shoes are required and clothing is suggested that covers skin that harnesses may rub. At the waterfront, swim wear should stay in place during all activities. Lifejacket straps rubbing, bare skin and sun burns are best avoided by functional swim wear and coverage.

Communication With Campers

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 may 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 session they are attending and then the camp address at P.O. Box 158, Milford, IN 46542.



Example:
Chris Camper
Seekers
PO Box 158
Milford, IN 46542

Bunk 1 Service: Bunk 1 offers a photo album where we post pictures throughout the week. You can also communicate with your camper through purchased Bunk 1 messages and replies. You can get information about this photo and email service at check-in. Follow the instructions on that letter for sending messages to campers. Messages are sent and received once per day.

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. During the registration process you will find a Camper Contact Permission that allows you to choose whether leaders share e-mail addresses, etc... with your child. We encourage you to go over these documents with your child as they prepare for their experience at camp.

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.

Mission Statement: Camp Alexander Mack provides a sanctuary where all people are welcome to connect with God, experience creation, and build Christian community.