



CAMP KERITH

**DAY CAMP
INFO PACKET**

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DEAR PARENT/GUARDIAN,

We are so excited to have your child joining the Day Camp Kerith Community! We are enthusiastically looking forward to your child joining us for Day camp! It is our goal to create a fun and safe environment where every camper can belong and take their next steps. We celebrate friendships made, personal goals achieved, and most significantly, spiritual growth. Check out the following page for more info about why we exist!

This packet should contain almost everything you need to know about Day Camp Kerith. To ensure the best experience for your camper, please read through this entire packet so you know what to expect and can help your child prepare for camp. **Take special note of the health forms.**

Please help your child prepare for day camp by encouraging them to practice good routines at home before they come so they can be safe and happy while they're here (see Appendix). You can also help your child prepare for day camp by praying for and/or with them as their camp session approaches. Pray about any fears or concerns they have related to attending day camp, for any friends they might be inviting, for the camp staff and volunteers, and for God to work in the life of each camper.

Pray for your campers while they are here at day camp as well. Pray for the friendships being made, for good bonding within each group, for fun times, and for a desire to listen and learn. We appreciate your prayers; they make a difference!

We hope this packet answers your questions, but if you have any other questions or concerns, don't hesitate to give us a call at (603) 744-6344. We'd love to help you out!

The Camp Kerith Office

office@berea.org // (603) 744-634

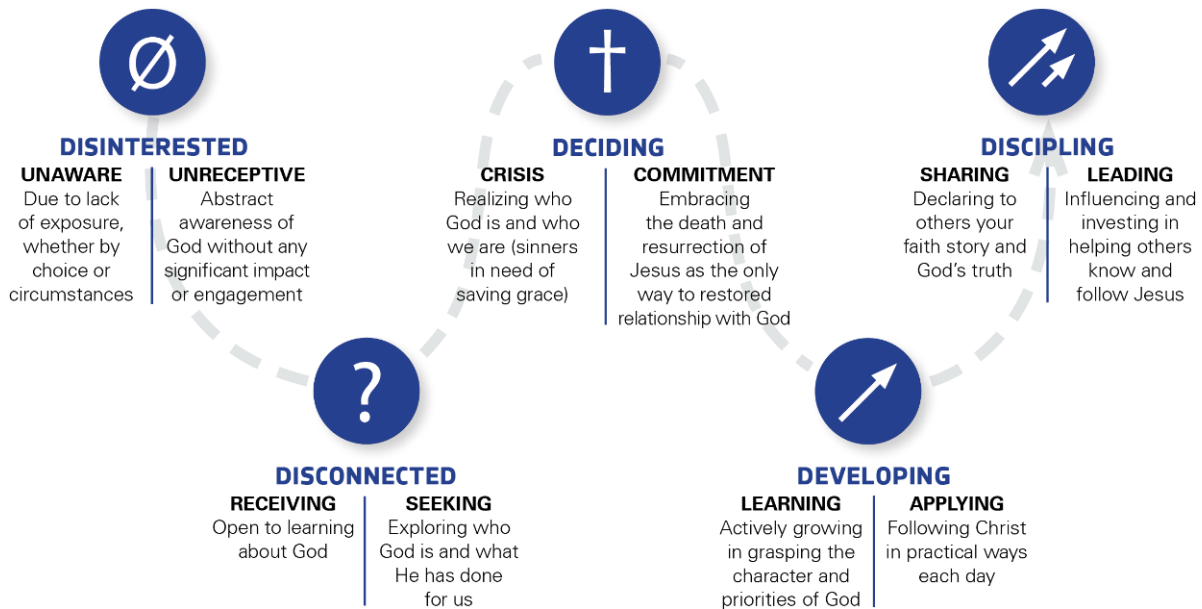
BEREA MINISTRIES



WHY WE EXIST: NEXT STEPS

Berea Ministries exists to help each person take their next step with Jesus. The Next Steps chart below shows the progression from an unawareness of God to the ability to disciple others towards Him. Every person falls somewhere on this spectrum.

While at Day Camp Kerith, every camper will have the opportunity to hear the Gospel. Salvation, while an amazing step, is not the only goal. Berea Ministries staff will help your camper to learn about God and deepen their relationship with Him. Examples of next steps include learning about God for the first time, becoming comfortable with prayer, learning how to begin a Bible study, etc.



HEALTH FORMS & POLICIES

Please review the following list of health forms and policies. All paper documents can be uploaded directly to our secure registration page. Simply navigate to kerith.camp/register, log in, click on “View details” under the Summer Camp season, and scroll down to the “Upload Documents” section. **(If you need to combine multiples pages into one document, try smallpdf.com.)** Any digital forms that need to be completed can be found in the “Forms” column on the right side of the registration page.

Physical Exam & Immunizations

Day Camp Kerith recommends that all campers provide a physical exam signed and dated by a physician. A physical exam helps Camp to provide quality care for your child while at camp. (Must upload yearly even if using the same physical as previous camp year.)

Immunizations: If the physical does not include your camper’s latest record of immunizations, you will need to upload that separately in the “Upload Documents” section. If your camper does not have immunizations (due to religious beliefs,) upload the “Immunizations Waiver” that can be found under the Summer Download section at kerith.camp/forms.

Health Insurance

Please upload a copy of the **front AND back** of a health insurance card. If **for any reason** you are not able to provide a copy of a health insurance card, you must fill out the Health Insurance Waiver instead (found under the “Forms” section on the righthand side of your camper’s registration page.

Online Health Form

Please complete the Online Health Form **at least 14 days prior to your camper’s arrival**. This is different than the physical exam and must be filled out annually. You will find this form under the “Forms” column of your camper’s registration page.

Medications

If your child will be taking **ANY medication** (prescription, over the counter, or vitamin) at Day Camp, please have it ready to turn in at the Health Center check-in station along with clearly written instructions for the nurse. All medications (including over-the-counters) **must come in their original container with its original pharmacist label instructions and have the child’s name on it. No medication is allowed to be kept by a camper or group leader.** Please only send meds your child has already taken prior to camp. **No meds in weekly pill containers will be accepted.**

EpiPens and Inhalers

Any campers requiring the potential use of an EpiPen/Inhaler while at camp have two options: 1) leaving their EpiPen/Inhaler at the Health Center, or 2) bringing two EpiPens/Inhalers and leaving one at the Health Center while carrying the other one with them. Either way, Berea Ministries must receive a completed EpiPen or Inhaler Authorization form signed and dated by a **parent/guardian AND physician**. Blank versions of these forms can be found under the Summer Downloads section at kerith.camp/forms. Completed forms must be uploaded to the “Upload Documents” section of the camper’s registration page.

Parental Notification

We believe that you should be notified if your child stays in the Health Center, if they require evaluation by an MD, if their temperature is over 102°F, or in the event of an emergency. If you receive a call regarding a medical issue, don’t be alarmed; it is likely just a courtesy call. If we do not reach you directly and there is a time-sensitive issue/emergency with your child, we will indicate this in the message.

Pick up of Medications

Your child’s medication will be returned to you during end of week pick-up.

Thank you for your cooperation in helping us make your child’s camp experience as positive and healthy as possible. See Appendix for helpful practices that promote a fun and safe time at camp.

DIETARY RESTRICTIONS

If your child has any dietary restrictions, make sure to note those on the Online Health Form. If your child has an unusual or severe allergy or dietary restriction (e.g. something other than a nut, gluten, or dairy allergy), feel free to connect with our Day Camp Director. You may contact the Day Camp Director by calling the Berea Ministries Office at (603) 744-6344 and asking to be transferred to the Kerith Director.

Note that camp's kitchen is nut-free (peanut and tree nut) except for coconut. However, please be aware that foods containing nuts may be found in vending machines, brought by other campers, etc.

SPECIAL HEALTH NEEDS

If your child has any special health needs, please contact us directly to learn more about whether Day Camp Kerith is a good fit for your child. One of our directors will be happy to discuss our camp philosophy and practices and to work with you to ensure that your child's week at camp is the best week ever if you determine Day Camp Kerith is the right camp for them.

GROUP POLICY

Here at camp, we strive to create an environment of belonging. With that goal in mind, we deliberately assign Groups based on age.

It is our goal to make every camper experience a positive one, and we've found our age policy is a great step in achieving that. Our Group leaders customize and gear their Group discussions specifically toward the age assigned to their Group. We never want a camper to be in a Group where they find it difficult to relate to the level and topics of discussion going on. We strive to promote connection and to make sure that every camper feels comfortable and confident to participate in their Group.

Thank you for respecting the Group policy and working with us as we strive to make camp the best it can be for every camper.

GROUP REQUESTS

Individual Requests

Camp is full of fun and life change! What better way to experience that than with a friend? We encourage friends to attend camp together. Due to limitations of group sizes, differences in ages, and wanting to encourage new friendships and overall group cohesion, it becomes impossible for us to honor all the requests we receive. We also want to ensure that no camper is left out by being placed in a group where everyone else already knows each other. Our group leaders are well-trained and know strategies to build group unity and avoid cliques. There are times when groups of different ages will interact with each other.

ARRIVAL & DEPARTURE INFORMATION

You will receive an email with check-in details about a week prior to your camper's start date. You will receive a reminder email about pick-up details after your camper has checked in.

Please be aware of the 10 MPH Speed limit on Cedarbrook Way. It is important to keep everyone safe.

Arrival time is 7:45 AM to 8:30 AM – Please do not arrive early as our staff are preparing for the day and will not be able to care for your child until 7:45 AM.

Check out is 4:45 PM to 5:15 PM – Please make sure to arrive in time unless you have paid for PM Extended Care.

Please note: PM Extended Care is 5:15 PM to 6:15 PM – Please make sure to arrive before 6:15 PM to have your child checked out by 6:15 PM. Our staff have other duties after 6:15 PM.

VIRTUAL CAMPER BANK

During Day Camp, Camp Kerith uses a **cashless bank system**. This eliminates the need for campers to carry money with them as they can access their virtual funds at the **Snack Shop, Outfitters, etc.**

All programmed activities are free of cost. The camp store (Outfitters) is open for campers to buy Camp Kerith and Berea Ministries merch all week. We recommend \$40-\$100 for spending money for the week.

- **Outfitters:** \$5-\$45 for t-shirts/ hoodies, etc.
- **Snack Shops:** \$1-\$5 for snacks, etc.

Leftover Funds

If your camper has \$10 or more left in their virtual bank account at the end of camp, you will receive an email shortly after camp to notify you. The email will contain links allowing you to either get a refund or to donate the remaining balance. (If you take no action, any balances of \$10 or more will automatically get refunded to you.) Deposits made with a credit card or eCheck will be refunded to the same card or eCheck. Deposits made with cash, or a check will be refunded in the form of a check. Refunds can take 9-14 business days to process.

Note that a balance under \$10 at the end of a camp session will automatically be donated to our Campership fund unless we hear from you prior to the end of the camp session that you'd like it refunded.

Adding Funds

If you have not yet registered your camper, you will be able to deposit funds into your camper's virtual bank during the registration process.

If you have already registered your camper and are looking to check their balance or add funds, you can log into your Berea Ministries account at kerith.camp/register and click "View Details" under the Day Camp season at any time.

CLOTHING POLICIES

As we are preparing for campers to arrive at the camp, there are a few guidelines we wish to suggest. As a Christian camp, a goal of ours is to allow campers to get to know each other in a wholesome atmosphere where the importance of external appearances is minimized. Therefore, we have set in place certain values as an organization, for instance, a sense of modesty in our attire. This is something we ask both our campers and staff/volunteers to maintain.

To aid us in the support of these goals for the benefit of our campers, we would appreciate your help in assisting your child prepare each day. We understand that in today's changing fashion world it may be difficult to determine what type of clothing is suitable while s/he is with us at camp, which is why we've set forth some guidelines, listed below.

Clothing Guidelines

- **Shirts** should be full-length. (*If arm motion causes a show of midriff, it's too short.*)
- **Tank tops** should have a wide shoulder strap (*at least 1½ inches*); no dropped armholes.
- **Shorts** should have at least a modest 3-inch inseam and no holes in them.
- **Pants** should be worn in such a way to avoid *any* show of underwear.
- Acceptable **bathing suits** include swim trunks, one-piece suits, and tankinis with definite overlap. Bathing suits that are predominantly white are not allowed. A dark colored t-shirt and possibly shorts should be worn over bathing suits that don't fit these guidelines.
- **No mini-skirts.** What is considered a mini skirt is up to the discretion of the administration.
- **Shoes or sandals must be worn, at all times except at the waterfront. Sneakers must be worn for all games and activities.**
- We hope this will help as you prepare your son or daughter for his/her experience at camp. We are looking forward to a great summer!

Only by Grace,



Nate Parks President/CEO

WHAT TO BRING

Clothing

- Extra clothes and a swimsuit
 - **Please refer to the Clothing Guidelines on the previous page.**
- Sweatshirts some days it does get cool here!
- Sneakers-(**Must be worn for all games and activities.**)
- **Sandals**
- Raingear
- Cool weather jacket

**Please label your campers' clothing. This greatly helps cut down on lost items.*

Other

- Small backpack or drawstring bag for carrying items around camp
- Lunch and snacks as lunch will not be provided
- Bible, pen/pencil, notebook or journal
- Water bottle
- Bug repellent and sunscreen (that the camper can self-apply)
- Sunglasses/hat
- Swimming goggles
- Hand sanitizer and/or disinfecting wipes

What NOT to Bring

- Any electronics, including phones, smartwatches, laptops, iPads, iPods/MP3 players, radios, CD players, TVs, and electronic games
 - Any of these items that are brought to camp will be confiscated for the day and returned upon departure.
- Firearms or archery equipment, alcohol, tobacco, pets, and non-prescription drugs

We love the generous spirit amongst our campers. However, please remind your camper that Day Camp is not the place to share water bottles, hand towels, hairbrushes, etc.

Please note that campers are expected to bring their own lunches with proper cooling within them for lunches that need temperature regulation. We do not encourage campers to share lunches or snacks due to dietary restrictions.

Please note Day Camp staff will only assist campers in bug spray or sun screen application if the form is spray-on, not cream.

LOST & FOUND POLICY

Clothing and personal belongings left by a camper will be held for **two weeks** after the close of the session s/he attended. After that, all lost and found will be suitably disposed of. If you notice you or your camper has left something behind, call the Office at (603) 744-6344 to arrange pick up or delivery and pay the shipping cost. To ensure that your lost items can be identified properly, **don't forget to label them.**

Also, due to health reasons, Berea Ministries will immediately dispose of socks, toiletry items, etc.

PREPARING FOR CAMP (FOR CAMPERS & PARENTS)

DO:

Talk About the Week

- Use positive phrases like, “I love you,” “You’re going to have a great time,” and “What a fun place to make new friends!”
- Acknowledge that you love them, and that you are excited for them to have their camp experience. If they are worried about being homesick, remind them you will see them at the end of the day (but not before).
- Trust your child to be okay. If you think they will have a great time, your confidence will instill confidence in them!

Pack Together

- Your camper will feel more prepared going to camp and more comfortable while at camp knowing they have what they need.
- Make sure to go over the packing list and clothing guidelines so they don’t have to handle any surprises while at camp.

Go Over Guidelines

Walk your camper through camp basics:

- It’s important to follow all camp rules and to listen to staff. Breaking the rules will result in a follow up with Leadership staff, who may contact parents.
- It is expected that all campers will respect each other.
- Bullying is not allowed.
- If an issue comes up, campers should talk through the problem with each other, getting help from their Group leader or another staff member if needed.
- Camp is a special place that all staff and campers should help to take care of.

OTHER NOTES:

Medication Vacations

We encourage parents to *keep* their children on medications they take outside of camp while at camp. Camp is an incredible, immersive experience.

DON’T:

- Tell your camper they can call home.
- Promise to pick your camper up. We find that campers do best when fully immersed in camp and knowing that they’ll be seeing their family *at the end of the day*.
- Don’t allow your camper to pack any electronics, including phones. Campers have a more difficult time integrating into camp when they aren’t fully immersed, particularly if they have a way to contact home outside of camp policies.

While fun and safe, the change from a camper’s regular daily routine can be a lot. We find that “medication vacations” can make camp more difficult for your camper, as well as those around them. If you are considering changing your child’s medication routines while at camp, please call us to discuss details at 603-744- 6344.

Social Media Philosophy

We work hard to capture the essence of camp through our pictures and posts. Our photos are a good representation of the activities and excitement that make up camp, but we cannot guarantee that every activity or camper will be pictured. While we will post photos regularly, our staff are focused on what’s most important—your kids and running camp—so photos may not be posted daily or at the same time each day.

CONTACTING YOUR CAMPER

Campers may not use the Office phone, cell phones, email, internet, or any form of electronic communication at any time during their session. *Please help us to create this distraction-free environment by taking your camper's cell phone home with you. Any phones left with campers will be confiscated and held in the Office until departure time.*

Communication Tips

- Avoid saying you miss your camper, even though it's sweet. This can cause campers to feel homesick as they worry about those missing them at home. Instead, tell your camper you love them and that you're excited to see them *at the end of the day*.
- **If there is an actual emergency you need to reach your camper for, contact the Office at 603-744-6344 and we will connect you to your camper.**
- Ask questions so your camper can process what an amazing experience they're having. Remind them time away at camp is a special opportunity to take advantage of!
- Know that it is natural for your camper to miss home, especially at the beginning of the week or if it's their first time away from home. Do not be alarmed if your Child says they are homesick or sad the first day or two, as this is common in a new setting with new people. Talk with them about what they are enjoying at camp and how it is good that they miss home but that day camp is a wonderful opportunity for a lot of great things. Rather, if you are concerned, simply contact our Office at 603-744-6344 and we will check in on your camper and will make sure they are having a positive experience.

ACTIVITIES OFFERED

Water Sports

- Kayaking/Canoeing
- Tubing (Age 9 and up)
- Swimming

Band:	Qualifying Test:	Privileges:
White	Swim without assistance in a shallow area	Able to swim in the shallow area
Blue	Complete a loop that involves swimming and then treading water for 2 minutes	Access to the deep area, rafts, tubing, and wakeboarding/waterskiing
Green	¼ mile swim	Same as blue band privileges plus the ability to test for a red band
Red	Complete a practical canoe test (understand basics of canoeing and tip test)	Same as green band privileges plus the ability to test for a black band
Black	Pre-test: ¾-mile swim in less than 35 minutes Test: about a 1-mile swim across the lake	Ultimate bragging rights!

Target Sports

- Archery
- Archery Tag
- Gel Guns
- Riflery (Age 9 and up)
- Hatchets
- Slingshots

Team Building Ropes

- Team building – Available to groups for teamwork and trust-building exercises. Many elements require patience, teamwork, problem solving, and good listening to succeed.

Gym, Field and Rec Area Activities

- Ga-ga, soccer, carpetball, 9 square
- Many other organized games are run by our trained staff!

APPENDIX: HEALTHY KIDS MAKE HAPPY CAMPERS!

Health Starts at Home!

Teach your child at home so they're ready for camp!

- Wash hands with soap and water often, especially before and after eating and after using the restroom. Wash for 20 seconds—sing “Happy Birthday” twice!
- Keep hands away from face.
- Sneeze or cough into sleeve.
- Drink plenty of water and get plenty of sleep.

Let's Work Together!

Help us keep our staff and campers safe as we work to maintain a safe space for all!

Please keep your camper home (or contact the Health Center with questions) if your child:

- Had a fever > 100°F in the past 24 hrs
- Has thrown up twice in the past 24 hrs
- Is experiencing regular diarrhea
- Is experiencing aggravated nasal drainage and/or coughing/sneezing
- Is experiencing a moderate to severe headache and/or sore throat
- Is experiencing chills (especially with shaking) and/or muscle pain
- Is noticing a new loss of smell or taste
- Is experiencing new trouble breathing/shortness of breath
- Has been in contact with anyone with a communicable disease in the past 14 days
- Has travelled outside of the country or to an area with a communicable disease outbreak in the past 14 days

Our staff will work with you to approve a regular arrival, a delayed arrival, a session transfer, or a refund.

Please note that:

- Berea Ministries has the right to not admit a person who poses a communicable disease risk to others.
- While Berea Ministries does its best to mitigate the risk, a communicable disease outbreak is an inherent risk of a camp environment. You may be asked to pick up your child early in the case of illness at camp.

Equip your child to be a “happy camper”!

- Pack a reusable water bottle so they can stay hydrated!
- Instruct them to wear sneakers (closed-toed shoes) for activities (required).
- Pack layers (the temperature varies greatly from morning to afternoon).
- Remind them to apply sunscreen and/or bug repellent.
- Help them to get plenty of sleep! Camp is a weeklong, active experience. Unlike a one-day event, campers will need to conserve their energy for the whole week. Talk to them about this.
- Tell your child that camp is not the place to share drinks, towels, or other belongings with others.

How Berea Ministries is Creating a Safe, Healthy, and Welcoming Environment!

We care about you! We're all about creating a safe space where campers know they belong.

- All campers will go through a brief health screening upon arrival at camp.
- Bathrooms and buildings will be cleaned regularly using a sanitizing solution.
- Group leaders will be trained to make sure that everyone is washing their hands and following healthy practices.
- Handwashing stations are accessible around camp.
- Camp Kerith has a thorough response plan in place should a communicable disease affect camp.

Mental/Emotional/Social Health Challenges & Homesickness:

Communication is key! Help us to help your child have their Best. Week. Ever!

- If your child may have a difficult time at camp for any reason, please connect with camp before the session starts. Giving camp staff a heads up allows us to minimize if not eliminate the issues your child may face at camp. We can also provide you with info to help your child prepare for camp.
- Prepare your camper for their session by acknowledging that you love them and by reassuring them that you will see them at the end of each day. Build up their confidence by stoking their excitement about the fun activities, new friends, and growth they will experience. Give them a heads up that they will not have access to their phones or the internet but will get to come home each day.