

Dear Parents,

from the director

“First, let me thank you for entrusting us with the care of your child. It is a trust we work hard to keep. I have been involved in organized camping for over 40 years, but the most significant perspective change I experienced was the day I handed over my then 8-year-old daughter to her counselor at Girl Scout Camp. The Camp Director was a good friend and the camp had a stellar reputation, but that was MY child. I do my best to remember that feeling every time we welcome new campers.” – Tom Hussmann

This year especially, we know that as a parent you have difficult decisions to make regarding send your child to camp or anywhere “out into the world”. Know that we will respect your decisions, and if at any time you feel uncomfortable having your child with us, we will understand and make the refund process as simple as possible, so that it is not a factor in your consideration. We will do our best to keep your child safe and our facilities sanitized and clean. We will also do our best to provide space and activities that insure the least possible exposure to the virus. You will see changes in the way we check you in and out of camp, and many of our activities will be modified for safety. Most of our meals will be “al fresco” and we will be dining inside only in inclement weather.

But, we do hope that you will understand that the power of Camp Albemarle lies in the building of relationships – between campers and staff and campers and campers. We also know that our younger campers may struggle with social distancing. We will do our best to make it fun and just a part of the experience, but we know we will have challenges as the desire to connect with each other naturally occurs, especially at camp.

Camp creates amazing opportunities for children to be a part of a community that encourages and supports them as they “try on” being more independent and self-reliant. We encourage children to take on new challenges, try new things and make new friends. Most importantly, we encourage them to think deeply about their faith.

Our staff are trained not only to sail or climb trees, but to be intentional and focused on the physical, mental, social and spiritual needs of your children. From the important physical needs like keeping everyone hydrated and making sure they wear sunscreen, to making sure that they feel safe and accepted, our counselors work very hard every day to make Camp Albemarle a safe place for your child. . Following this letter, you will find some forms and information that will help us make camp a great experience for your child. Please take the time to look through and complete the information.

We may contact you during the course of your child’s stay at camp – If we are struggling to help your child overcome homesickness or if we need help understanding a behavior that your child is displaying, and of course, **we will contact you immediately regarding any health issue that is beyond the occasional stomach ache or small bump or bruise.** Our Healthcare Staff are encouraged to over communicate health issues. We know that getting an unexpected call from camp can be scary, but we also **know that your assistance in these matters is vital to helping us make sure that your child has a great experience at camp.**

Thank you again for allowing us to serve your child. Please do not hesitate to contact us regarding your thoughts and concerns about camp and your child’s experience. We will be sending out a short survey after your child’s stay with us, and we would be most grateful if you would take a few minutes with your child to let us know how we are doing.

In the meantime, please contact either one of us with any questions or concerns: tom@campalbemarle.org 252-422-4281 or the office 252-726-4848.

We are looking forward to seeing you this summer!
Sincerely,

Tom Hussmann
Executive Director

Brad Basto
Director of Summer Camp ministries

What Should I Do Now?

Before the Start Date of Your Camp Session Arrives

- o Carefully review the “Welcome to Camp” materials.
- o Complete and sign the Health History form online by June 1st
- o Have a healthcare provider complete and sign the MAR (medical administration record) form if your camper has medications.
- o Photocopy both sides of your Health Insurance Card.
- o Pay your camp fee balance by June 1st. Payments can be made online with credit card or by mailing a check to the camp office.

Day Camp:

-Check-In is from 8:30am-9:00am on the first day (Monday) of day camp and 9:00am every other day

-Check-Out starts at 4:00pm each day.

Check-In

- o **Due to the circumstances, we ask that you remain in your vehicle during the entire check in/out process.**
- o Drive to the end of Albemarle Dr., where a staff member will be stationed to check the temperature of your camper before they exit the vehicle.
- o Following a staff members direction, you will make a left, taking you in front of a building that says Day Camp on the side. This is where your camper will exit your vehicle with the assistance of a counselor.
- o During your campers exit, please sign them in and make sure to write the names of anyone allowed to pick your camper up.
- o After your camper has exited the vehicle and has been signed in, you will pull forward and to the side to drop off any medication with the health staff. If your camper has no medication you will continue forward and turn right, back on to Albemarle Dr. and exit through the main gates.

Check-Out

- o Follow check-in instructions on where to go for check-out
- o Have identification with you to verify that you are one of the approved persons who has permission to pick up your camper.

Friday Check-Out (The last day of the camp session)

- o **Due to the circumstances of this year we will not be having our traditional closing ceremony.**
- o Retrieve any medication turned in during check-in from the healthcare staff.
- o We will have a staff member with the balance of your camper’s camp store account, for if you would like to retrieve their balance.

Helpful Tips

Pack with Your Camper

Packing with your child is a great opportunity to build excitement about camp and to talk about any anxieties or concerns your camper may have about their upcoming camp experience. Plus, you can make sure they pack everything that they need to bring and leave at home the stuff that should stay at home.

What to Pack Your Things In

Pack your camper's things in a bag or backpack that will be easy for them to carry around throughout the day.

Label Everything

Put your camper's first and last name on everything using a permanent marker. Be sure to label your camper's luggage. If your camper loses something, it may turn up in lost and found. Unclaimed items are disposed of or donated to charity a week after your camper's session ends.

Pack Appropriate Attire for Camp

Pack clothing that is comfortable in hot weather, suitable for outdoor play, and has the potential to get wet and dirty.

Campers should not pack suggestive or revealing clothing or outfits nor articles of clothing that promote alcohol, tobacco, drug use, sexual behavior or contains inappropriate language.

A Note About Swimsuits

We prefer that female camper's wear modest one-piece swim suits or tankini suits while at camp and that male campers wear swim trunks or board shorts. Campers must wear a t-shirt or cover up if wearing swimwear outside the pool or waterfront area.

If You Are Bringing Medications to Camp

All medications (prescription, non-prescription, and over-the-counter) remain with and are dispensed by our Healthcare Staff. **Please pack your medications separate from your luggage in the original labeled containers so that you will be able to easily access them and turn them into the Healthcare Staff during Check-In.**

Don't Forget on the first day your camper will receive a t-shirt and water bottle!

What to Pack For Camp

Essential Items

- o Clean Change of clothes
- o Small day pack or Backpack
- o Swimsuit appropriate for camp
- o 1 pair of athletic style shoes (closed toe)
- o 1 pair of water shoes that has a heel strap
- o Beach Towel

Other “Must Have” Items

- o Bible
- o Sunscreen
- o Insect Repellent
- o Any medications you are taking (must be turned in to Healthcare Staff)

Optional Items

- o Sunglasses
- o Inexpensive or disposable camera
- o Hat
- o Rain jacket (according to the day’s weather forecast)

Things to Leave at Home

- o Pets
- o Cell phones, I-pad, I-pod, beeper/ pager
- o Food, snacks, or candy
- o Alcohol, drugs, tobacco products, firearms, fireworks
- o Clothes you would not want to get dirty
- o Expensive or sentimental items
- o Electronic Items, cell phones, videogames, digital music players, e-readers
- o Extra spending money, wallets, purses
- o Anything that would result in tremendous unhappiness if it were lost, broken, or got dirty.

What are the camp policies related to telephone calls and campers having cell phones?

During camp, we work hard to build a sense of community among campers. We design the program, activities, and experiences for campers so that they can “get away” from the distractions and “busy-ness” of the everyday world, and to be in a place that they can connect with the Holy Spirit in nature. Camp is also a time of self-discovery and testing out one’s independence. Experience has shown us that allowing campers to have telephone contact with friends or family in the “real world” detracts from the camp experience, is counter-productive to our mission goals, and disrupts our ability to build community at camp. **For these reasons we do not permit campers to carry cell phones or make or receive phone calls** (unless accompanied by a staff member after consultation with the Director).

Know that if a situation involving your child arises that warrants parental involvement, be it severe homesickness, a behavior issue, or a healthcare concern, we will contact you as soon as possible.

If you have an emergency and you need to contact your camper, please call the camp office at 252-726-4848

An Overview of Small Group Camping

At Camp Albemarle we focus on building community and the give and take that goes along with it. To that end, the small group is at the core of our program. Upon arriving at camp, children are placed in “family groups” that are typically comprised of 7-8 boys and 7-8 girls, and a male and female counselor. This group remains together for the duration of the camper’s time at camp, traveling to and from and participating in activities together. We find this model allows campers to form meaningful friendships and for the counselors to get to know their campers. A genuine sense of close-knit community forms along the way among the members of the group. Within the group, each person can find his or her role and contribute to the wellbeing of others. Campers learn to recognize and appreciate the uniqueness and value of everyone in the group. With the guidance of their counselors, campers learn to consider the needs, desires, and perspectives of all members of the group. Through check-ins with the group, team building challenges and other group building activities, counselors and campers learn to work together, reach agreement and create win-win situations when differing opinions and personal priorities are in play. Campers are encouraged to participate enthusiastically and to the best of their ability in all aspects of camp life, even if the activity or decision made by the group “is not their favorite”. Ultimately, while we do always require campers to remain with their group, no camper will be forced to participate in any activity they are not comfortable with. We call this “Challenge by Choice”.

Sample Day Camp Schedule

8:00am Early-Morning Check-In
8:30am Check-In
9:15am Morning Watch & Energizers
9:45am Bible Study
10:15am Sailing
11:30am Lunch
12:45pm Pool
2:00pm Canteen
2:45pm Tree Climbing
4:00pm Check-Out
5:00pm Late Check-Out

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5 Things You Can Do to Help Your Camper Succeed at Camp

1. Discuss the camp's policies with your camper beforehand

Make sure your camper understands what the policies are and that he or she must honor them.

2. Talk with your camper about his or her concerns and what he or she is looking forward to

Acknowledge your camper's concerns positively. Let them know that you understand that he or she is anxious, unsure, or nervous and that it is okay to feel that way. **Resist the temptations to "rescue" your child from homesickness. Acknowledge in a positive way that you will miss your camper and you are confident that he or she will be able to complete the camp session.**

3. Pack together with your camper

Pack things with your camper that they will be comfortable wearing.

4. Let your camper know that the camp staff is there to help them

Make sure they understand that if they have a problem, they should let their counselor know.

5. Prepare your camper for spending time away from home at camp.

Visit the website with your camper and look at pictures. Encourage your camper to ask question about camp. Practice being away from home overnight. Have a sleep out in the backyard or at friend's house.

Avoid Doing These 5 Things That Set Your Camper Up for Failure

1. Avoid making deals or bribes

For example, avoid saying, "If you don't like it, Mommy will come and pick you up" or "If you stay at camp, Daddy will get you a new bike when you come home.

2. Avoid statements or actions that conflict with camp policies

Avoid saying things like "If you get homesick, you can call me", camp has a policy that does not permit campers to call home, or allow your child to pack a music player, e-reader or cell phone please leave it at home!

3. Avoid sending your camper to camp during a disruptive home situation

For example, in situations where a Grandparent died last week, or parents just got a divorce, it is best to give your camper time to adjust. Check with us to see if it is possible to switch to a session later in the summer.

4. Avoid keeping helpful information from camp staff about your camper

For example, not letting staff know your camper is prone to bedwetting is counterproductive. By providing our staff with as much information as possible, you help us help your camper. Having information ahead of time saves us from having to "troubleshoot" a puzzling situation in search of a solution. Instead, we can be pro-active!

5. Avoid taking you camper off prescription medications for their week at camp

Camp is a less structured environment than your child may be use to at school. Children are more active and stay up later at camp. If your camper requires medication while at home under normal circumstances, it is beneficial for him or her to remain on those medications and continue with a routine that the body's metabolism is familiar with.