



**Camp Rock 2021
Parent Packet**

Dear Parents,

We are excited that you have decided to send your child to Camp Rock!

Camp will be held on July 20 – 24 for Session 1 and July 25 - 29 for Session 2 at YMCA Blue Ridge Assembly in Black Mountain, NC. We are looking forward to an amazing two sessions of fun and learning about God! We promise this will be a week your child will never forget! As always, we have a great team of staff and counselors, many of whom have served several years. We are looking forward to being used by God to impact your child!

You probably have some questions about camp, and hopefully this packet will answer all of your questions. If not, please feel free to contact Next Gen Events anytime between now and the beginning of camp. You can reach us at nextgenevents@foresthill.org.

Please be sure you go over the material in this packet with your child so that they understand what to expect at Camp Rock this year!

If you have anything that needs to be updated on your child's Medical Record or Camp Doc profile (you should have received an email about this) please make sure you log on to your account with Camp Doc and provide any updates and complete and missing information on your child's profile immediately. Our camp staff and nurses will be reviewing the information prior to camp to ensure we provide the best care for your child while they are at camp.

The check in process will be different this year. As you drive onto property, be sure to look for our Forest Hill Kids logo for directions. A staff member will greet you and will provide your child's rooming information and directions on where to go. You will then proceed to check in your child at the building they will be staying in. At this time, you will need to check in any medication, both prescribed and over the counter, so please have those ready to check in! **Please do not come on the property before check in, which begins at 1:30pm! If you find yourself arriving early, please go spend some time in Black Mountain while we put the finishing touches on camp!**

***This year we are doing a staggered pick up and drop off.**

Please make note:

5th grade check in at 2:00pm-2:30pm

4th grade from 2:30pm-3:00pm

3rd grade from 3:00pm-3:30pm

Our prayer is that your child will continue to build the foundation of Truth in their life for life long transformation.

Blessings,
Next Gen Team

Camp Rock FAQ's

When does Camp Rock begin?

Camp Rock begins at 2:00pm on Tuesday, July 20th for Session 1 and on Sunday, July 25th for Session 2. Please do not come on the property before then. This year we are asking parents to help us with social distancing by staggering drop off and pick up.

For Check In:

5th grade check in at 2:00pm-2:30pm

4th grade from 2:30pm-3:00pm

3rd grade from 3:00pm-3:30pm

Where do I check-in?

When you arrive on property, be sure to follow the Forest Hill Kids signs and we will have staff members greet you and they will give you the name of the building where your child is staying. (Please note, there is no place to wait in line in your car if you arrive early. As stated before, if you do arrive early, please take a stroll in Black Mountain!)

Can I drop my kids off early?

There are no early check-ins available. Counselors will be putting on the final touches for the campers and we will not be available to greet you and help your child get settled.

When does camp end?

Camp ends on Saturday, July 24th for Session 1 and Thursday, July 29th for Session 2. Pick Up Schedule will be similar to check in.

Pick Up:

3rd grade from 11:00am-11:30am

4th grade from 11:30am-12pm

5th grade from 12pm- 12:30pm

We ask that parents pick their camper up outside of the building they dropped them off at. Due to social distancing regulations we will not be having a closing ceremony, but we encourage parents to spend the drive home asking questions and listening to all the stories from your camper about their experience.

What if my child needs to take medication while at camp?

To ensure everyone's safety, all medications, both prescribed and over the counter, need to be turned in at check-in. We've included a medication authorization form in this packet. Please be sure to print and complete this form and turn in **AT THE TIME OF CHECK-IN ONLY** if your child has medication to take during Camp Rock. Please do **NOT** send this form in ahead of time!

This year we are also asking for each parent to fill out a COVID screening form that they must bring with them at check in. You will find that form at the end of this packet.

When do I find out who my child's counselor will be?

Counselors will be calling about a week before camp starts to introduce themselves and answer any questions you may have. They will also let you know who your child's roommates are.

What are the sleeping arrangements?

This year we have 3 buildings where our campers will sleep by gender. The sleeping arrangements range from bunk beds to double beds.

Who's watching my kids?

A team of counselors will be assigned to a cabin group, which consists of 3-4 campers. Our counselors are carefully selected and consist of teenagers and college students. Our counselor/camper ratio is 1:4. The counselors will work together to ensure that all children are cared for, all the time. All of our counselors have been background checked and have attended a mandatory pre-camp training.

In addition to our incredible team of counselors, Senior Counselors, and Staff we also have a representative from our Forest Hill Care and Counseling Team who will be onsite both weeks for our campers.

What does a day at Camp Rock look like?

Campers typically wake up by 7:30am every morning. After breakfast, they will have God time and then a more in depth look at the Bible lesson with their group. Then they will head for a morning full of games. After lunch, they have what we call FOB, which means flat on bunk, or also known as nap time! After a little rest, they have an afternoon of free time with their group, they can participate in a variety of activities including swimming, crafts, outdoor activities, creek time and ice cream time! After dinner, we head to Club Time which includes a time of worship and a Bible lesson from one of our storytellers! Then they will head back to their building to get ready for bed, and have a one on one with their counselor in a public space to debrief their day. Lights out will be at 10:00pm nightly.

Should I send my child with any money?

Blue Ridge operates a snack bar and has vending machines as well for drinks. Kids will only be allowed during the afternoons to purchase sodas. Please send them with \$1 bills ONLY - WE WILL NOT BE ABLE TO MAKE CHANGE! Also, Blue Ridge has a craft center. If your child would like to participate, the crafts cost \$1.00 - \$20.00 to make. AGAIN, PLEASE SEND ANY CASH IN \$1 DENOMINATIONS, as Blue Ridge has a difficult time making change for us. They will have a variety of crafts from which to choose.

What about the food?

Meals will be served in the Blue Ridge Center dining room. Each meal is balanced and a variety of foods are offered. However, if your child has special nutritional requirements or food allergies, you must let us know ahead of time! We will not be able to accommodate for “picky eaters” but will ask the food service for assistance with medical needs.

What about mail?

FOR YOU NEW PARENTS: MAIL CALL IS IMPORTANT! Because we don't allow kids to call home during camp, this is your way of saying “hello” every day! PLEASE WRITE LETTERS TO YOUR CHILD. Please make your letters cheerful and encouraging!

Keep your packages simple. Please remember that all of our campers come from all walks of life, and not everyone can afford to send extravagant care packages. We would ask that anything you send fit in a 9 x 12 manila envelope (no boxes, please – this will help you determine what to send!). We will distribute mail on the four full days of camp.

We would also ask that you minimize the amount of junk food sent. We do allow kids to snack during the afternoons, but we strongly encourage that they eat the food provided at mealtimes. This makes for a much happier camper! **Also, to accommodate kids with peanut allergies, please send peanut free snacks.**

Most parents hand us their mail when they check-in. However, if you have family and friends who would like to write, please have them send it to: Forest Hill Camp Rock, YMCA Blue Ridge Assembly, 84 Blue Ridge Circle, Black Mountain, NC 28711. PLEASE MAIL LETTERS AND PACKAGES NO LATER THAN FOUR DAYS PRIOR TO CAMPER ARRIVAL, TO ENSURE YOUR CHILD RECEIVES THEM BEFORE THEY LEAVE!

Can I call my child while they are at camp?

We do not let kids call home while at camp. We don't do this to be mean; it is our experience that kids are more content and less homesick when they aren't calling home. Trust us on this one and please contact us if you have questions about this policy. We will be sending an email daily with a link to a photo recap of the day for you to get a bird's eye view of camp during the week! Also, be sure to like our Facebook page, “Forest Hill Camp Rock.” Our staff will be posting pictures throughout the day there while at camp.

Can I send my child with snacks?

Please do! The healthier the better...but please, remember they are only at camp for 5 days and they won't starve, we promise! So please don't go overboard. We usually send home a large portion of the snacks sent! **Please keep all snacks nut free.** We'd appreciate you minimizing the number of sugary snacks you send too! And bring some to share!

How can I show appreciation to my child's counselor?

We LOVE our counselors. We couldn't do camp without them! They absolutely deserve gratitude for the work they do all week! We ask that you do not bring any kind of gift cards or money as a thank you. Instead, we have created the "Counselor Lounge," a place where counselors go after their kids have lights out, where they can feed their faces! We will be emailing closer to camp asking for donations from you in the form of food and drink, so stay tuned for the details on that one!

Are there rules at Camp Rock?

Of course! Here's our general rules...please go over them with your child before coming to camp!

1. Boys and girls are not to go into each other's rooms or hallways.
2. 10:00 P.M. to 7:00 A.M. is quiet time. All campers must be in their rooms during these times (they will need the sleep).
3. DO NOT BRING ANY ELECTRONIC DEVICES including cell phones, iPods, tablets, laptops, laser lights or computer pets. We want to be as screen free as possible! Please leave these at home. Any found will be collected and returned when camp is over.
4. Campers are required to attend all activities and meals.
5. Campers are never to go anywhere alone. Parents will be notified immediately if this happens, and may be asked to pick up camper. Your child's safety is important to us!
6. Campers are expected to treat counselors and each other with kindness and respect.
7. Any damage done by a camper to the facilities is the sole responsibility of the camper and their parents.
8. We do not allow the campers to phone home during the week as it often causes them to be much more homesick. Though this may seem harsh, it will make the week more enjoyable for your child. If your child has a cell phone, please keep it at home. They will be well cared for. If there is any emergency of any kind, you will be notified immediately. If you need to contact them for any reason, Melissa's number is on the emergency information portion of this packet.
9. Parents – ahead of time, please talk to your child about using appropriate language. There are many words out there that might be ok in your household, but in others, it is not. Key thought: if you have to ask if it's ok, then it's probably not. Please encourage your kids to think about the words they use and to keep their language clean.

Packing List

Clothes:

- Pants or jeans
- Shorts
- Shirts (short and long sleeve)
- Sweatshirt (mornings are cool!)
- CLOTHES THAT CAN GET MESSY!!**
- Socks
- Underwear
- Hat/bandanas
- Sandals/flip-flops
- Swim suit
- Tennis shoes for running around
- Water shoes that can get wet
- Mask (asked to wear while inside buildings except living space)

***Clothes may get messy, we recommend sending clothes you will not mind throwing away if they get too dirty/messy!**

Miscellaneous/Toiletries:

- Bible
- Pillow (optional)
- Beach towel for pool
- Flashlight
- Hair dryer
- Camera and film (please label these!)
- Stamps and stationary
- Spending money (In \$1 denominations only)
- REFILLABLE WATER BOTTLE
- Bug spray
- Deodorant
- Toothbrush/Toothpaste
- Shampoo
- Sunscreen
- Soap

PLEASE LABEL ALL YOUR CHILD'S THINGS AS WE WILL DO OUR BEST TO RETURN LOST ITEMS!

Please note that sleeping bags are optional - bed linens and towels ARE PROVIDED.

Directions to Blue Ridge Assembly

**YMCA Blue Ridge Assembly
84 Blue Ridge Assembly Drive
Black Mountain, NC 28711
828-669-8422**

Take I-85 South to Exit 17, Highway 321 North. Follow to I-40 West.

Go past Hickory, Morganton and Marion. Take exit 64, Highway 9, in Black Mountain. At the bottom of the ramp, take a left and go under the bridge.

Go past a shopping center on your right. The road veers left to Highway 9, but veer right on Blue Ridge Road.

Look for the sign for Blue Ridge Assembly about a mile down the road on your left. Turn left here and follow into camp. Once on the grounds, follow the Forest Hill Kids signs for check-in.

Emergency Contact Information

CAMP ROCK TRIP LEAD: Jenny Schmitt (Cell: 704.608.3015)

CAMP ROCK LOCATION: YMCA Blue Ridge Assembly

**84 Blue Ridge Circle
Black Mountain, NC 28711**

828-669-8422

The switchboard is open 24 hours a day. In an emergency, please contact the switchboard at the above number and they will get any message to us.

MEDICATION AUTHORIZATION FORM

(This is to be filled out ONLY if you have medications to turn in. Please print and bring completed at check-in; DO NOT mail this in ahead of time!)

CHILD'S NAME _____

MEDICATION(S) _____
and DOSAGES _____

I hereby grant permission for Camp Rock medical representatives to administer the preceding medications in the given dosages. Further, I authorize any emergency treatment necessary in the event of adverse reaction or overdose.

Signed _____ **Date** _____

THIS FORM MUST ACCOMPANY ALL PRESCRIPTION AND NON-PRESCRIPTION MEDICATIONS. NO MEDICATION WILL BE ADMINISTERED WITHOUT A COMPLETED FORM ON FILE.

Camp Rock 2021
Parent Pick Up and Drop Off

Drop Off:

1. Parents will be given a specific time to arrive to camp.
 - 3rd grade from 3:00pm-3:30pm
 - 4th grade from 2:30pm-3:00pm
 - 5th grade from 2:00pm-2:30pm
2. Staff will be stationed at Garage to do the initial check in and to direct parents to their building.
3. Once parent arrives at their camper's building we will have tables set up out front. parents are asked to wear masks and they are not allowed into the building. Check in will be 6ft apart, marked by cones for the lines.
4. Check in process will be run as usual with one table for check in, room assignments etc. and one table for medication drop off.
5. Nurse will ask parent for any symptoms, if they have traveled recently, if anyone they know has been diagnosed with COVID and to take child's temperature.
6. Counselor/staff will meet parents at the table to escort camper to their room. All staff and counselors will wear masks.
7. Camper will be asked to use hand sanitizer before entering the building and luggage will be wiped down with wipe before entering the building. We will be tagging all luggage with tags and name of camper.

Pick Up:

1. Parent pick up will begin at 11:00am
 - a. Staggered pick up similar to drop off:
 - 3rd grade from 11:00-11:30
 - 4th grade from 11:30-12pm
 - 5th grade from 12pm- 12:30.
2. Parents will be directed to drive back to the cabin they dropped their camper off at.
3. They will park and arrive at a table in front of each building.
4. They will give the name of the camper. Campers will be in their rooms ready to go. Staff and Counselors will rotate getting each camper from their rooms.
5. Staff and Counselors will be wearing masks.



Pre-Arrival Health Screening

We are so grateful to our parents for their continued support of Camp Rock and partnering with us to provide a safe and healthy experience. **This form is required at check in.**

Camper Name: _____ Date of Birth: _____

Daily Temperature Check

Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven

Symptoms in the last two weeks (Please check all that apply)

- Fever (above 100.4)
- Cough
- Shortness of Breath
- Body Aches
- Change in Taste or Smell
- Change in appetite
- Generally not feeling well

PRE-EXISTING ILLNESSES (Please check all that apply)

- CARDIOVASCULAR DISEASE & DIABETES
- RESPIRATORY DISEASE *including* ASTHMA
- IMMUNOCOMPROMISED

(Individuals with preexisting conditions such as cardiovascular disease, respiratory disease including asthma, diabetes, and immunocompromised are at an increased risk of severe illness if COVID-19 is contracted)

CONTACT HISTORY (Please check all that apply)

- The individual has been diagnosed with COVID-19.
- The individual has a close contact that has been in contact with someone exposed to or infected with COVID-19 in the last 14 days.
- The individual has a household member currently on a watch list for COVID-19 exposure.
- The Individual and family has traveled within the last 14 days prior to camp.

In light of COVID-19, we want to make sure that we are doing everything we can to protect the safety and wellbeing of your child. As the situation continues to change, we will adapt our protocols and safety measures as recommended by the CDC. Ultimately the choice to send your child to camp is a personal one and one in which the parent is in control. If you are uncomfortable sending your child to camp, please let us know so we can reach out to you and care for you and your family.

I Consent to the above disclosure and verify that all information presented here is accurate.

Parent Signature: _____ Date: _____