



Welcome to the Hopewell Experience!

We are excited that you have chosen Camp Hopewell for your child's camp experience. This handout will help prepare you and your camper for their time here at camp. Please read all of the information carefully. If you have any questions, feel free to call or email us.

Camp Hopewell
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Prepare for going to Hopewell

Camp Hopewell values the health & safety of our campers, staff, and camper families. Because of this, we ask that 10 days prior to your camper(s) arrival, you complete the Pre-Screen Worksheet, monitoring your child's health up until their registration day. Please check temperatures, monitor for illness symptoms, let us know if your child or anyone in your family gets ill, and **inform us via email of any exposure to illness**. If you must cancel due to illness, you will be given the option to donate or credit to 2024 any monies paid toward your camp session.

Forms & Tasks to be completed prior to arrival

1. Information for Counselors – This form has personal information about your camper that will benefit the counselor in getting to know your child and meeting their needs.
2. Camper Health Forms – These include the up-to-date health history, Diabetes Information, immunization record and signed release for emergency treatment and participation in camp activities.
3. Pre-Screen Form- Daily monitor the health of your camper prior to camp
4. The full balance of your reservation is due 2 weeks prior to your camper's session. If this is not possible, contact our registrar to set up a payment plan.

All forms are to be completed and returned no later than the Tuesday before your child's arrival at camp. Your campers fees are due two weeks prior to camp. We are asking that no papers exchange hands on registration day. The Information for Counselors and Camper Health form are to be completed online and the Pre- - Screen form can be uploaded to your account. Please visit www.camphopewell.com/info for detailed instructions on how to submit these forms.

Camper Health

For health and safety, we must have an up-to-date health history and a signed release for emergency treatment for every camper. If your child is of fragile health and/or under the continuing care of medical professionals for a condition requiring medications, special technology, treatment, or management...attach a health exam record from a physician with health care recommendations and instructions.

Separate all medications from other belongings so they can be turned in to the Health Care Manager at registration. **Do not pack medications in with a camper's luggage.** All prescriptions must be in their original container with clear instructions for dispensing them. The resident Health Care Manager will dispense medications according to doctor's orders. All campers will see the Health Care Manager or Camp Nurse during registration with a parent for a health screening. If your child is on medication for ADD/ADHD, please talk with a Director before taking the child off the medication while at camp.

Non-prescription drugs that may be administered in our Health Center by the Health Care Manager or the Camp Nurse include: Acetaminophen (Tylenol); Ibuprofen (Advil); Antacids (Tums, Pepto Bismal); Imodium AD; Allergy/Sinus medication (Benadryl, Sudafed, Tylenol Cold); Cough Syrup (Tussin); Antibiotic Ointments; Hydrocortisone Cream; Cleansers (Alcohol, Hydrogen Peroxide); and eye drops. If there are any restrictions for your camper, please note this on the health form. If your child develops a condition while at camp that needs the attention of a doctor, we will notify the parent or guardian. We will be monitoring camper and staff health daily for elevated temperatures as well as any other symptoms of illness. If a child or staff member is suspected of having Covid-19, they will be immediately isolated in our infirmary with a staff member, and the parent/guardian will be immediately notified. If a child or staff member is confirmed positive, all parents will be notified.

Camper Mail

Write some letters encouraging your child to have fun and inquiring about new friends and new things being learned. Tell your child how proud you are of him/her and how much you love them, while avoiding references to how much they are being missed. **Pack these letters with your camper, as mail will not be collected during registration or delivered during our sessions by camp staff.** For a fee, you may also wish to use Bunk1.com's one-way email service. You may access this service via our website (www.camphopewell.com) by clicking on "Summer Camp" and then "Bunk 1". Bunknotes and faxes must be sent prior to 10 am on the desired delivery day otherwise they will be delivered the following day. *Bunknotes or faxes sent from parents after 10 am on the last full day of the camp session will not be delivered to the camper.* **Do not send snacks. The camp will provide all snacks.**

How To Pack

Space is limited in the cabins and campers will need to keep their things well organized in a plastic tub or trunk. A laundry bag will help keep up with dirty clothes. Do not send new or valuable items, such as personal sports equipment that you do not want to risk getting lost or damaged. Please know that Hopewell cannot be responsible for loss or damage to any personal items brought to camp. Also, **do not bring electronics (video games, cell phones, etc.).** Pocketknives or other weapons are not permitted at camp. Campers are not allowed to have pets, alcohol, drugs, or tobacco at camp. Please do not send cash with your camper. Make a store deposit for camp souvenirs, if you like. **Identify your child's things by using nametags or a laundry marker.** Involve your child in packing for camp so they will know what they are bringing. There is a Lost and Found table at the pavilion at Check Out where items will stay until noon the following day. Items found left at camp will be held for **three days**. You have until then to make arrangements to pick up lost items. Any items requested to be mailed will be done at the expense of the person making the request. Unclaimed items will be donated to charity.

To expedite the loading and unloading process, we ask that you please pack all belongings together in as few containers as possible with your camper's name clearly marked. Plastic tubs or trunks work very well!

Suggested What to Bring List (for all camp sessions)

- | | |
|--|---|
| <input type="checkbox"/> Pillow | <input type="checkbox"/> Bathing Suits (2) (no string bikinis, please) |
| <input type="checkbox"/> Sheets, 2 twin size | <input type="checkbox"/> Short sleeved shirts (one per day) |
| <input type="checkbox"/> Blanket or Sleeping Bag | <input type="checkbox"/> Shorts (1 pair per day) |
| <input type="checkbox"/> Long Pants, 1 pair | <input type="checkbox"/> Rain Coat/Jacket |
| <input type="checkbox"/> Washcloth | <input type="checkbox"/> Pajamas |
| <input type="checkbox"/> Shampoo/Conditioner | <input type="checkbox"/> Underwear (one set per day) |
| <input type="checkbox"/> Body Wash or Soap | <input type="checkbox"/> Socks, (1 pair per day, plus 1) |
| <input type="checkbox"/> Toothbrush and Toothpaste | <input type="checkbox"/> Shoes, 2 old pair, 1 being sneakers |
| <input type="checkbox"/> Comb/Brush | <input type="checkbox"/> Water shoes (no flip-flops) |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Laundry bag |
| <input type="checkbox"/> Insect Repellent | <input type="checkbox"/> Bible and (optional) Journal |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Writing kit (paper, pre-addressed stamped envelopes) |
| <input type="checkbox"/> Other Toilet Articles as needed | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Towels (3-4) | <input type="checkbox"/> |

Do not send: syringes, insulin, meters, candy, food, or money. Do not send new or valuable items, such as personal sports equipment that you do not want to risk getting lost or damaged. Please know that Hopewell cannot be responsible for loss or damage to any personal items brought to camp. Also, do not bring electronics (radios, CD or MP3 players games, **cell phones**, etc.). If you must bring a cell phone to use your CGM (we prefer you bring the PDM instead), it will be given to the nurse. Pocketknives or other weapons, pets, alcohol, drugs, or tobacco are not permitted at camp and possession of these items may be cause to send your camper home.

Pumpers: Bring 6 complete infusion set changes, plus an inserter device (each set and device should be INDIVIDUALLY LABELLED). For diabetes WeeBit campers, please bring 3 complete infusions sets.

Additional medicines: All additional medications must be in a prescription-labeled bottle. Place all meds in a plastic bag labeled with your camper's name. Give medication bag to Health Manager Station at check-in. **No medications are allowed in the cabin.**

Diabetes WeeBit campers. Please adjust the clothing for reduced days at camp

Parents: Please remember **rain gear**. This item is often forgotten and is very important for a comfortable camp experience. Also, good, **comfortable shoes** for lots of hiking and playing are a must. NEW shoes are not a good option, as they will get very dirty and are not broken into, yet.

When You Arrive

Check-in will continue to be drive-thru for camp this summer, so we ask that you please be patient and follow instructions as best as possible. Know that we are doing all of this for the health of your camper, our staff, and those loved ones we are all in contact with.

For teen camp: Campers whose last name begin with the letters A-L will check-in at 1:30pm. Campers whose last name begin with the letter M-Z will check-in at 2:15pm

For DBIT: Campers will check-in at 1pm on Tuesday and checkout at 4pm on Thursday.

If you arrive early, you will have to wait on the side of the Hopewell road until your designated time. The gate will be closed until time, and cars will be admitted in an orderly process. **A health screen will be performed during check-in.** *Please note that if one person in your vehicle registers with a temperature above 100, your camper(s) will not be permitted to stay at camp.* You will remain in your vehicle throughout registration, so please prepare yourselves and your camper for this. Goodbyes will need to be said in the car. Parents/Guardians will have the opportunity to meet Directors, Health Care Personnel and Counselors, but will do so socially distant in their vehicle. All payment or paperwork must be completed prior to the Sunday that your camper arrives at camp except if any changes were made to your child's insulin or pump schedules after you filled out your health form. Please bring a written copy of all changes.

While Your Child Is at Camp

Our staff is asked to pray for each camper each day that they are at camp. We also encourage family and church members to pray for your child each day. Also remember the staff, asking God to show His Grace through them to your child. Your child will be eating 3 balanced meals a day while at camp. Snacks will be provided in the afternoon and in the evening. Please let us know of any dietary needs of your child. Campers will participate in Bible Studies in the morning and worship services in the evening, including a very special worship service on the last night of camp after the dance. If inclement weather should occur at any time during your child's stay at camp, staff will follow the safety procedures established and taught to them at Camp Hopewell. Camp staff have cell phones for communication between staff. Your child may participate in strenuous active games, indoor and outdoor activities, such as swimming, games, challenge and ropes course, archery and other such activities as scheduled. Your child will also attend one to two fun educational sessions throughout the week. Please let us know of any restrictions that your child may have in any activities typical for camp.

Departure

On the last day of camp, Friday, we will close our session with a worship service prior to departure. Your child will participate in the service, sharing something they have learned during their time at camp. Check out will again be done from the vehicle. Campers whose last name begin with the letters A-L will check out Friday at 4:00pm and campers whose last name begin with the letters M-Z will check out at 4:30pm. Again, if you arrive prior to your designated time, you will wait on the road outside the gate until your timeslot. You will sign out your camper, receive a camp photo and any medications and pump supplies that need to be returned. Your camper's luggage will be loaded in the vehicle and your camper will come to your vehicle with their counselor. If someone other than the parent who registered and brought your child to camp will pick up your child, we must have written instructions identifying the person to whom we may release **your child**. **Proper ID is required to pick up all campers. All campers must be picked up by 5:00pm on the last day of camp.** If an emergency arises that requires a camper to be picked up early, please notify the camp office at 662-234-2254. Following pick up on the last day of camp, parents will be permitted to park their car, and walk around camp for a bit to see the campus. We ask that during this time, you do not go into any buildings, as our staff will be cleaning up and prepping for the week ahead.

Late drop offs as well as early pick-ups are extremely discouraged. These serve as an interruption to your child and other children's camp experience. If you must pick up or drop off early, please contact Camp Hopewell and we will try to make arrangements; however, this is not guaranteed. We try to arrange early drop-off and pick-ups around meal times, which are 8:30 AM, 12:30 PM, and 5:30 PM. If you have an emergency, please contact camp and we will work out an arrangement with you.

PLEASE DO NOT SHOW UP TO CAMP AT ANY TIME DURING THE WEEK WITHOUT CONTACTING CAMP PERSONNEL PRIOR TO YOUR ARRIVAL.

The Homecoming

God often makes the Hopewell experience a powerful growth event for campers. While the fun and crazy things are talked about most, there are deeper insights that may not be realized until sometime after camp is over. Life-long friendships and memories will continue to enrich your child. Welcome your child warmly and actively listen to all the camp stories. Ask questions to encourage sharing. We expect that older campers will have a heightened awareness of their Christian faith and may want to become more involved in the church. Guide and encourage your child as he/she discovers new ways to live and give expression to their growing faith. Your child may want to help with duties around the home similar to the way they did at camp. Encourage and celebrate any increased participation in family life. Campers will also make new friendships with campers and staff members during their time at camp. Please discuss with them how they may continue those relationships, either by phone, mail or social media sites such as Facebook. Hopewell maintains a Facebook and Instagram page, so feel free to connect with us or allow your child to stay connected through this site.

Regarding your child's health and the health of your family and friends, please practice social distancing with those in a vulnerable population for 2 weeks post camp departure in case your child has been exposed to the virus at camp. You will be notified if we hear of any camper or staff member contracting Covid 19, and we strongly ask that you inform camp if your child contracts the virus within 2 weeks after returning home. We will pray for the health and safety of all of our community, and we ask that you do so as well this summer.

The Directors desire to hear from parents about their child's camp experience. You will be receiving an evaluation form shortly after the camp season. We want to keep doing what is good and to improve the program everywhere we can. If you become aware of a negative experience at camp, please let us know as soon as possible.

Frequently Asked Questions About Hopewell

How is the health of my child cared for?

A health history is required for every camper and a health screening is done after arrival at camp. All medications brought to camp are kept safely in the Health Center and dispensed by our Health Care Manager. Our Health Care Manager works under the direction of our camp nurse who visits the camp daily and our camp physician who is on call. Baptist Memorial Hospital is only 15 minutes away. Basic accident and illness insurance is carried on all campers. All adult camp staff members are certified in first aid/CPR. Parents or guardians will be called in the event of any illness or injury that requires a doctor's care.

- **A note on blood glucose checks:**
 - Campers will check blood glucose upon waking up, before each meal, before pool time, and any other times in which the camper feels the need to check. Blood glucose is checked at mid of night (2 hours after campers have gone to sleep) and at 4am . These nighttime checks are done by the nurses and counselors and often do not require the camper to wake up. A camper will be woken up if treatment is needed for his/her blood glucose.
- **Nutritional Information :**
 - At camp, we use carb counting (15 grams CHO = 1 carb) and the MyPlate systems for teaching the campers about balanced nutrition and how to improve blood glucose control. We also use the food pyramid to for identifying the basic food groups. Whether one has diabetes or not, it is important to eat from each food group.. Mealtimes are at 8:30 am (Breakfast), 12:30pm (Lunch), and 5:30 PM (Dinner). Snacks are served at 3:30 PM and at 8:30 PM .Campers select foods and are encouraged to try new foods. Portion control is encouraged! Campers sit with their cabin group and if needed, counselors will assist campers with food choices. Carbohydrate counting worksheets are completed at the conclusion of the meal. Meal boluses are completed before the camper leaves the table.
- **Medical Supervision:**
 - Medical Director- Our medical director is Marguerite Baker, C-PNP AC, who is involved in a year view of diabetescamp.
 - Cabin Nurses: Each cabin is assigned a camp nurse to oversee the diabetes care . All nurses wear a fanny pack with blood glucose monitors, strips, glucose tabs, and Glucagon.

How are staff selected and supervised?

All counselors are 18 years old or older. Most have completed one or more years of college. All have a firm Christian faith. All prospects complete a written application, are interviewed by a director, and undergo a background check. For some positions, like lifeguards, we require proof of certification and require a skills test performed at Hopewell. For other positions, such as Challenge Course Lead, we require special training and review skills on our course. All staff are required to attend two weeks of counselor's training. A director is at camp during all camp sessions. Staff is observed daily. The directors conduct formal performance reviews. Directors, Robert Hall, and Lindsay Fournier live onsite and share responsibilities for care of campers and staff.

Are scholarships available?

Many churches support the camp experience by paying some or the entire fee for their members. Hopewell has a limited scholarship fund to give additional support when needed.

May siblings or friends come together?

YES! However, only children with Type 1 Diabetes may sign up for diabetes camp sessions. Even though camp programs are separated by age and special interests, there is something for all ages almost every week. Cabin mate requests can be made with campers who are in the same camp session. We try to honor requests for a cabin mate. We ask that you only request ONE cabin mate. It may be impossible to put multiple requests all together. **For Diabetes Camp, we ask that you only request cabin mates who are the same age as your camper.**

May I visit?

Experience has shown that visits during a 6-day camp can detract from the child's experience and often will trigger missing home in other campers. **We ask that parents and friends do not visit during camp.** If a visit is necessary, please make arrangements through the office before arriving at camp. Upon arrival, all visitors must check in with the camp business office (1/2 mile up the road from camp). No visitors are allowed on camp property after 10:00pm, except in case of an emergency.

When will I be contacted in a situation pertaining to my child?

Counselors and Camp Directors are trained extensively on handling personal and medical situations with your children. However, in extreme cases of missing home, medical illness or injury, or other situations where a Director deems it necessary to contact a parent, you will be phoned by a Director. If you would like to call and check on your child, you may call the camp office during the hours of 8am-4pm at 662-234-2254 for an update. If there is an after-hours emergency, call the camp office and an emergency number will be given to you on the voice mail.

What is the staff to camper ratio?

Our ratios for staff supervision of campers are as follows: Ages 6-9 is 1:6 (staff to camper) and ages 10-16 is 1:8.

Can my child take swimming lessons?

Swimming instruction is not a part of our camp program. Campers will be taught safety procedures for the swimming areas. They will also be orientated on swimming procedures, but will not be given formal lessons as for certification. A "Swim Check" is performed for each camper shortly after arrival at camp to assess their abilities to insure a most safe and enjoyable experience for them.

Still have questions? Feel free to call us at 662-234-2254 or email us at info@camphopewell.com We are committed to making this experience the best one it can be for you and for your camper.

Camper applications are accepted without regard to ethnicity, race, church denomination or religion, on a space available basis in the order they are received with deposit. We will discuss with parents the best way to serve a child with disabilities.