

## WHAT SHOULD I BRING TO CAMP?

Be sure to pack enough clothing for seven days and six nights. You may be in and out of the pool - lake - gym - playing field - showers. It is suggested that you bring an extra swimsuit - extra towels (2-4) and extra socks and underwear.

## PUT YOUR NAME ON EVERYTHING

### CHECKLIST

- Pillow
- Sleeping bag **or** single sheets and a blanket.  
Cabins are air-conditioned. It may get cool at night.
- Towels - at least 2 (Many towels look alike so put your name on it.)
- Sports and play clothes for 6 active days.
- Shirts must cover the midriff at all times and must not hang low underneath the arm. Sleeveless shirts may be worn in the dining hall and chapel if they do not hang low below the arm or reveal undergarments or cleavage (i.e. no low shirts, spaghetti strap shirts, or tube tops).
- Tank-tops may not be worn in the chapel or dining hall.
- Immodestly tight shirts are also inappropriate.
- Tank-Tops may be worn over swimwear during activities.
- Shoes - Sneakers (an old pair works great for exploring, etc), sandals or water socks, and dress shoes (optional)
- Insect repellent
- Flashlight
- Bible and notebook
- Pen, note paper, and stamps.
- Swimsuits - two one-piece suits  
*Girls:* Bikinis or 2-piece suits must be covered with a dark shirt.  
*Guys:* Fingertip length swimsuits are required.
- Dress outfit for Friday banquet (check CampHorizon.org for themes). Dresses and blouses must not show cleavage or midriff and all skirts/dresses/rompers must be approximately ¾ thigh-length while sitting.
- Toothpaste, toothbrush, shampoo, soap, deodorant etc.
- All money should be deposited in your account for Snak Shak.

### MARK ALL ITEMS WITH YOUR NAME

## WHAT NOT TO BRING TO CAMP?

- No Radios • No Audio/Video Players • No Electronic Devices
- **No Cell Phones** (must be stored in the office if brought to camp)
- No Firearms • No Fireworks • No Knives • No Slingshots
- No tobacco products
- No alcoholic beverages • No intoxicants • No drugs are allowed (Therapeutic medications must be checked in with the nurse/medic)
- No pets • No comics • No skateboards

Campers may be expelled for reason of misconduct with absolutely no refund. Possession of controlled substances is a reportable crime.

## CAN I CALL OR VISIT MY CAMPER AT CAMP HORIZON?

Visits during the week are not allowed. All staff must have background checks, etc. We cannot allow adults on the facilities without 1:1 supervision. This creates an unnecessary burden on the staff. If you and your camper are not ready for overnight camp, perhaps you should wait a year.

Phone calls are discouraged. Phone calls to campers are known to cause homesickness. They disrupt the program and place a burden on the staff. Our homesickness protocol includes keeping them busy and not letting them call home for at least 24 hours after their request. If they repeatedly request to call home - we will allow them to call - but this usually ends their week of camp (without refund). If you are opposed to the 24-hour protocol - please notify us in writing.

### Emergency Calls

If you call, you must provide us with some verbal identification (i.e. Driver's License number, some information you placed on the camper's application, etc). We will allow campers to speak only to their parents/guardians or an emergency contact by phone.

Your camper will be allowed to call home if they become ill or injured, need treatment by the camp nurse, or if homesickness persists.

**REGISTRATION: Sunday between 1:30 and 3:30 pm**

**PICK-UP: Saturday between 9:00 and 9:45 am**

**Cell phones & electronic devices must be left in the office** and used only in the office under direct supervision. The discovery of unreported cell phones will result in camper discipline. Campers may call their parents **ONLY**. This rule is to protect your camper. Please instruct your child to comply, or to leave their phone home.

Should you be concerned about your camper, please call the Director with any questions you may have. Mom-sickness is common. We don't mind you calling us to check on your camper.

## CAMPER MAIL

*Mail Call* is Monday-Friday at lunch or supper. You may consider sending your first letter on the Thursday before camp so they will have a letter on Monday. They sing (with a group) for 3 USPS letters or 1 package. Emails don't count for singing. Packages and letters may be left in the office on Registration Day for delivery on a specific day (saves postage and guarantees delivery is on time). **Please limit to ONE package / week.**

## LOST AND FOUND

We keep lost and found items for about 30 days after the final week of camp. We will mail properly identified items on receipt of postage costs. Please label all personal items with your camper's FULL NAME. A written inventory helps when they pack up!

## CAMPER MESSAGES (ONE-WAY EMAIL)

You can invite family and friends to send messages using the One-Way Email option located on the Camper Dashboard. <http://register.camphorizon.org>

**Campers do not have Internet or Email access to write home. Do not use "One Way Email" to send a message to the office.**

## SPIRITUAL DEVELOPMENT

Our counselors, cooks, craft instructors, and support staff are volunteers who are recommended by the leaders of their local church.

We have chapel sessions twice each full day of summer camp. The speakers are selected to meet the needs of the age group of the campers.

Each cabin has group devotions and prayer time. At the older camps there is time for individual devotions as well.

Bible memory is a part of the competition. The campers are encouraged to memorize at least one verse from God's Word each day.

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## STRUCTURE AND DISCIPLINE

Part of the camp experience is to provide an atmosphere of structure and discipline that promotes safety, fun, and spiritual development.

- The application you have signed indicates that you have read the camper agreement. Parents, make sure that you discuss this with your child and they understand their responsibilities.
- Campers are expected to attend every meal, chapel, and activity. They are expected to participate in team events and competition.
- Campers are encouraged to learn at least one Bible verse per day (this is part of the team competition).
- Campers are expected to help clean their cabin and common bathrooms. They are accountable to their cabin counselors.

The disciplinary measures available to us are very limited. We can replace fun activities with service projects (work: cleaning, gardening, etc). We can limit spending at the Snak Shak. We can place a camper in supervised "time-out." We can relocate the camper to another cabin. But if the camper does not respond to reasonable disciplinary measures, they will be sent home (without any refund).

We try our best to meet the special needs of our campers. If your child has a history of behavioral problems we ask that you indicate to us what measures work best in dealing with them. **We have zero tolerance for violent or abusive behaviors.** We want both your child and their cabin mates to have a wonderful time at camp!

## CAMPER & STAFF HEALTH CHECKLIST

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Recent Illness / exposure (new onset of symptoms in the past ten days or less)

- No illness or any of these symptoms within the past ten days or less.  
***Proceed to exposure question.***
- Fever greater than 99.9 degrees F.
  - Chills
  - New loss of taste or smell
  - Nasal drainage, congestion, or sneezing
  - Sore throat
  - Cough
  - Difficulty breathing or shortness of breath
  - Diarrhea, Nausea or Vomiting
  - Muscle aches, joint pain, or fatigue
- Yes, the camper had one or more of these symptoms in the past ten days or less.  
***All three of the following conditions must be met for the camper to check in today***
- The camper has been well & free of fever for at least three days or more
  - No fever meds (Tylenol, Motrin, etc) since Thursday @ Noon
  - Nobody else is sick in our household with any of these symptoms

### Exposure (14 days or less)

- No exposure to anyone with fever or any of the symptoms listed above within 14 days.
- No exposure to anyone that is known to be Covid positive within the past 14 days.

### Travel (14 days or less)

- No international travel or travel to any highly impacted area in the past fourteen days.

### Chronic Symptoms Disclosure

- My child has one or more of these symptoms, but the onset is not new or not changed.  
***This should be reflected on the Camper Health Form.***

Emergency Contact that can pick up the camper if they become ill while they are at camp.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Responsible Adult: \_\_\_\_\_

***This is the person dropping the camper off to camp or transportation pickup.***

Relationship: \_\_\_\_\_

# CAMP REGISTRATION AND PICKUP ROUTINE

## BEFORE YOU COME TO CAMP

1. Review the symptoms on the Health Checklist and watch for symptoms of illness.
2. **It is a good idea to check your camper and family temperatures twice daily for two weeks before camp.**
3. If your camper has been ill with any of the symptoms on the Health Checklist in the past two weeks,
  - a. They need to have been well for at least three days (noon Thursday)
  - b. They need to not have taken any fever meds (Tylenol® or Motrin ®) for three days.
4. If any family member is ill during the three-days prior to camp, please call and talk to a camp nurse.
5. If you have any questions about whether your child will be permitted to come to camp, call and talk to a camp nurse.
6. **DO NOT PACK MEDICATIONS, CASH, VALUABLES, OR ELECTRONICS IN THE CAMPER'S LUGGAGE.**
  - a. Medications will be placed in a bag with the completed medication list.
  - b. Cash and valuables will be placed in a bag with the Cash and Valuables Record.
  - c. We will have gallon size zip lock bags available, but you are welcome to provide your own.
7. Please go to the Camper Dashboard and click the "Add Meds" button to add all medications (Supplements and Prescription).
  - a. Medication times are Breakfast, Lunch, Dinner, Bedtime (evening chapel), and as needed.
  - b. Prescription meds must be properly labeled, and we must give them as prescribed unless you have a physician note.
  - c. Non-Prescription (Over the Counter) meds and supplements must be labeled with the camper's name.
  - d. OTC meds must be given according to label dose / weight based for children unless you have a physician note.

## THE CAMPER DASHBOARD

Make payments, pre-order items, complete forms, update buddy list, etc.

Login to <http://register.camphorizon.org> This is the same as the Camper Login link on our website.

## ABOUT SPENDING MONEY (SNAK SHAK)

Pre-Paid charges (shirts, flash drive, pictures, flashlight) are subtracted first.

Online payments can be made through Monday night after arrival. Spending Money is moved to a paper account on Sunday. It will then show a zero balance on the camper dashboard. DO NOT WORRY! They have not spent all of their money (yet). We send the paper ledger home with them on Saturday with their refund.

The cost of snacks has increased since our last price update (2019). Most snacks are \$1.50 and soda is still \$1.00. Most parents allow \$12.50 - \$15.00 for Junior Campers (one trip per day / Monday - Friday). Youth and Varsity have two Snak-Shak times per day plus Sunday Night (11 total).

## PRE-PURCHASED SNAK-SHAK ITEMS

Look for Optional Items on the Camper Dashboard.

Choose "Add Chg" and click Manage Add Charges next to the session.

The following items can be pre-purchased: LED Flashlight, Flash Drive (photos/video), Cabin Prints, & Shirts.

## ABOUT CABIN BUDDIES

There is room for two names, but we can only assure you that we can match one. However, if campers are the same age/grade they will likely be in the same cabin anyway. You can update the buddy list on the camper dashboard until one-week before arrival. After that you cannot do it online.

## PAY IN FULL AT LEAST ONE WEEK BEFORE ARRIVAL (Sunday)

This makes registration go a little faster. If you are paid in full a week before, we put a \$5 credit in spending.

## UPDATE MEDICAL FORMS & ALLERGIES

Under CAMPERS make sure you scroll down to the right name.

Under MEDICAL make sure you scroll down to the right session.

## GOT MEDS / SUPPLEMENTS?

- Click ADD MEDICATION
- Add/Edit Meds (any meds/supplements being brought to camp).
- You can also edit over-the-counter meds and allergies on this screen.

INHALERS AND EPI-PENS: If you have two (one for the camper to keep and one for the nurse), enter them in the computer twice.

Put CAMPER in the notes for one and NURSE in the notes for the other.

## NO MEDS?

- Under MEDICAL click OVER THE COUNTER.
- Choose ALL, NONE, or any combination followed by NEXT
- Under MEDICAL click ALLERGIES
- This has Environmental, Food/Diet Needs, Medicine, & Other
- Under Medical, choose the session (if this applies)

## ABOUT MEDICATIONS AND SUPPLEMENTS

Medications and supplements must be in the original bottle.

We must give them as prescribed / or according to the label.

Only topical meds and a second inhaler may be kept in the cabins.

## **REGISTRATION DAY (Sunday 1:30-3:30)**

We are asking the campers and guests wear masks during the check-in process. There are extra people on-site and the risk of an exposure to illness is greater. This requirement is ONLY for registration and pickup. When registration is over, masks are optional.

We ask that you wear a mask when inside the Dining Hall or in groups other than those you travel with. (In general, you do not need a mask outside).

Please arrive on Sunday between 1:30pm and 3:00pm  
Early arrivals cannot be processed.

Registration will be in the Dining Hall. It is the large building with a wrap-around porch.  
Put your camper luggage on the porch. We will be fogging belongings before they enter a cabin.

We ask that you sign-in with host/hostess and wait outside near or on the porch to be called.

Have in your possession all medications, electronics, and cash that will be turned in during registration.  
If anything is in the luggage when you come inside to register, you will be put back in line again.

There are three stops in the registration process.

1) Safe - Electronics, valuables and cash that you want kept in the safe are placed here. Your camper cannot keep a phone, audio, video, internet device in their cabin. All electronics are stored in the office.

NOTE: If a camper wants to call home, they can come to the office during their daytime free-time. They may not use their cell-phone. We will make the call for them from a land line and verify that we are speaking the parent/guardian on their camper account.

2) Nurse - Turn in medications and discuss health and diet issues. Medication dosage will be verified by a pharmacist. Meds are distributed at breakfast, lunch, dinner, evening chapel (bedtime), and as needed.

3) Finance - A final check with the registrar to verify spending money and paid activities (tubing).

### **SNACK SHAK IS OPEN**

You can purchase snacks and pick up pre-purchased items.  
The Snak Shak is in the gym.

### **SWIM TEST**

Weather permitting, the first thing your camper will do is take a swim test. They must pass as a basic swimmer to be allowed to take water activities on the lake. Non-Swimmers may take swimming pool activities.

### **CABIN VISIT**

You must wear a mask if you enter a cabin. For most of the afternoon, one counselor will be in the cabin and the other will be picking up campers as they arrive. Other staff members will assist in escorting campers to their cabins or to take the swim test. Parents may escort their own children to the swim test once they have checked in at their cabin.

## **DEPARTURE DAY (Saturday 9:00-9:45)**

Please arrive on Saturday about 9:00am but no later than 9:45 am  
Let us know if you need to pick up your camper early.

Park near the Dining Hall porch where your checked in.  
Luggage will be on the porch and sorted by cabin.

Camper(s) will be in the chapel. Enter through the main doors. When you sign out your camper(s), you will get their spending refund, photos, items kept in the safe, and handcraft items at that time. From there you exit the side door.

### **ADDITIONAL INFORMATION**

#### **ABOUT CAMPER MESSAGES**

One Way Communication (Camper Emails) can be sent at no cost to you.  
They are printed Monday-Friday at 11:00 am.  
Messages before Monday at 11:00 are all delivered on Monday.  
Messages after Friday at 11:00 do not print until the next Monday (so they are discarded).

From the Camper Dashboard under One-way Communication (Camper Emails)

#### EMAILS TAB

Click New Email to send a message directly from the dashboard.

#### INVITE TAB

Invite family (and yourself) to send messages to the camper from a webpage.  
Enter email addresses of friends and family.  
An email will be sent containing a link to the message page and a code linked to your camper.  
Counselor/Staff codes are available on request to send an encouraging note to those that serve.

Read the parent info letter about leaving letters and packages for distribution during the week.

#### **CAMPER ILLNESS**

Camper(s) that have any of the symptoms on our twice daily health screening will be isolated and the parent called. We have set a goal of two hours to determine if the camper is just over-heated or has some other short-term reversible situation.

2021 UPDATE: While there are many reasons for campers to develop symptoms on the health screening sheet, there is only one way for it to be COVID. Last year we had no quick way to evaluate a sick camper. This year there are several options. With parental permission, we can utilize an over-the-counter rapid COVID test. Parents can pick up their child and have them tested at a rapid test location. We have been told that if a camper has symptoms, but a negative rapid test, we may treat their symptoms as non-covid.

However, if the camper has an illness that can be transmitted to others (nausea/vomiting/diarrhea) they cannot stay even if they have a negative covid test.

Remember, it is up to the parent to make sure their camper is well on arrival and that it is appropriate for them to attend an overnight camp experience. If you are in doubt, give us a call.

There are more details on the webpage Health & Safety on CampHorizon.org

**HOMESICKNESS:** We avoid letting young campers with homesickness call home for up to 24 hours unless the parent has instructed us to do otherwise. If homesickness persists for over 24 hours and techniques such as distraction are not working, we will call the parent to determine the desired action. Mid-week homesickness is often a problem with younger campers. Again, we will encourage them to have a fun time. Our staff will utilize time-tested techniques to help them through this difficult feeling. It does not always work.

**PARENT CALLS:** We have a master activity list to find a camper at any point in the day. However, we ask that you do not call and demand to speak with your child immediately unless there is a death in the family or an impending nuclear disaster. Usually, if you call before noon, we will have your child call you back during snack / free time. Please do not call during a meal. Calls during meals usually go to voicemail.

DO YOU HAVE ANY QUESTIONS?

CAMP HORIZON  
7369 SUNNYSIDE DR  
LEESBURG FL 34748

Email: [Office@CampHorizon.org](mailto:Office@CampHorizon.org)  
Call: 352-728-5822  
(We may have to return your call.)