



# PARENT HANDBOOK

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Dear Parent/Guardian,

Thank you so much for the privilege of having your child at Indian Creek Camp (ICC) this week. We have a well-trained staff who are excited to be given the responsibility of taking excellent care of your camper(s). We have a wonderful summer camp program planned that your child is going to love.

Please take the time to read through this Parent Handbook as it has the answers to many of the questions you may have about our camp program. If you have questions that are not addressed in this handbook please do not hesitate to contact us. We want you to have all the information you need!

ICC's summer programs are far more than a fun week away from home. Yes, campers have fun at our pool, on our horses, skiing on our massive lake, and at all the other awesome activities. However, ICC's main purpose is to develop relationships, relationships with each other and our Creator. At ICC we talk a lot about family because we consider our campers to be a part of the ICC family. As a family that centers itself on God and His Word, we seek to encourage each other to a deeper relationship with God through all of our activities and programs at ICC. Our theme this summer is "Be Brave." During summer camp we will discover together what it means to stand up for our beliefs in the midst of trials as we take a look at the life of Joseph from the Bible.

I am looking forward to seeing you and your child at ICC!

God's blessings,

**Greg Taylor**

*ICC Summer Camp Director*



## ICC GOALS

### FOR YOUR CHILD'S CAMP EXPERIENCE

Indian Creek Camp's mission is to show how passionately Jesus, your Savior, loves you. In turn, we believe you will fall madly in love with Him. We strive to:

- Draw each camper to Jesus Christ, by presenting His love and His salvation throughout the week.
- Encourage campers to learn skills in group dynamics, and relate well with other people.
- Encourage campers to learn new skills in a variety of activities, both active as well as quiet.
- Help campers see Jesus through nature, and learn to appreciate the outdoors.

## ICC OBJECTIVES

### FOR YOUR CHILD'S CAMP EXPERIENCE

**Spiritual Objectives**—A variety of programs will be used to present the love and salvation of Jesus. These will include praise & worship, campfire programs, Sabbath activities, and most importantly, cabin worships. Campers will be given a chance to express their own thoughts and beliefs, and will be invited to accept Jesus as their personal Savior.

**Group Dynamics & Relationships**—Each camper will be encouraged to take part in cabin activities, including decision-making. They will engage in activities with other campers throughout the day. Campers will be encouraged to practice skills which will have a positive impact on their relationships, such as sharing, obedience, speaking kindly to one another, etc.

**New Skills**—Each camper will engage in a variety of activities. Junior and Teen campers will choose three activities in which they will receive greater instruction.

**Nature**—Many campers will have the opportunity to take the nature classes taught at Indian Creek Camp. Those that do not will still be exposed to this area in the daily Nature Nuggets as well as in passing conversation with staff.

# HEALTH AND PARENT NOTIFICATION

Indian Creek provides a full-time camp nurse during our summer camp programs as well as additional nursing staff for each age group (Registered Nurse, Nurse Practitioners) that live on site while camp is in session. The camp head nurse and volunteer nurses will administer all medications to campers and assess/monitor any health concerns that arise during a camp session. Although it is highly unlikely that your camper will ever leave camp property, should an emergency arise that your child needs to leave the campus, they will be accompanied by 2 staff members that are CPR certified. Every attempt will be made to contact the parent/guardian before transporting the child. Any emergency medications prescribed to a camper will accompany the camper as well as any scheduled medications, etc. There will also be additional emergency medications and first aid supplies for use by the trip coordinator.



On occasion, during a camp session, campers can become ill or injured during their stay at Indian Creek Camp. Should this happen, we will contact parents, or emergency contacts if the parent(s) cannot be reached.

Parents/guardians are called if and when a camper needs to see the Camp Physician or needs to be taken to the Emergency Room for illness or injury related incidents.

Camper's parents are called if a camper has a temperature of 100.0° or higher. Camper will need to be picked up and may return after fever free for 24 hours.

**“EVERY STAFF  
MEMBER IS  
CPR, AED AND  
FIRST AID  
CERTIFIED.”**

# BEFORE BRINGING YOUR CAMPER TO CAMP...

- When filling out the camper health form online please remember to completely fill out all information requested and then sign (E-signature) for permission to treat. If your child will be on medication while at camp, please fill out that section and update as needed. Please note we need to know that your child is up-to-date on immunizations as well as the month and year of your child's last tetanus injection. If you choose not to immunize your child we need your signature on the health form stating you are aware of the risks of sending your child to camp. Camper health history will be reviewed at the time of check in. If something has changed since you submitted your camper's health form, please update us.
- For the safety of all our campers and staff during check-in, we screen all campers for lice and take their temperature. Campers with lice will not be allowed to attend camp until they are able to return lice free. If a camper is found to have a fever during check-in they will need to return home until they are fever free for 24 hours.
- We ask that you do not send over-the-counter (OTC) medications with your child as we can provide them. However, if your child takes a **daily** multivitamin or OTC allergy medication, please send in its original container.
- While ICC has an excellent medical team on site, at this time we are unable to accommodate campers who have serious chronic medical conditions. We are also unable to accept campers who are self-destructive (cutting, bulimic, suicidal, etc.) or are violent toward others. Should camp staff determine that a camper is self-destructive, the parents/guardians will be contacted immediately and must come and pick up their child.





# CAMPER MEDICATION

All medications must be turned over to our camp nurses upon check-in. Campers that use a rescue inhaler and/or EPI-pens will be allowed to keep them with them at all times.

All **prescriptions** must be in the original medication container

All **over-the-counter medications** must be in the original medication container

All **vitamins** must be in the original container

All **herbal supplements** must be in the original container

When turning in medications, please place all containers in a “Zip-lock” bag with the camper’s first and last name clearly written on it. If there are special instructions, please include them when registering your child and listing medications.

If you are concerned about sending your child’s entire supply of medication, please send enough medication for their stay, plus two or three extra (in case one falls on the ground, etc.)

Indian Creek Camp stocks most over-the-counter medications needed at camp so it is not necessary that you include these items in your camper’s packing. (Zyrtec & Claritin are not included in this, if taken daily).

**Camper Medication Pick-Up:** All camper medications should be picked up from the camp nurse in the chapel during check-out. Should you forget to pick up your camper’s medications, please contact the camp

## Special Medical Needs

If your camper has a special medical need (e.g. mental and/or emotional health concerns, chronic conditions such as epilepsy or insulin-dependent diabetes, illnesses such as cancer, or physically disabling conditions such as spina bifida) please contact the camp nurse (**615-548-4411**) during the camp season or the conference office (**615-859-1391**) year around. Each camper's situation will be determined on a case by case basis by the camp nurse and director. They will discuss whether or not Indian Creek Camp is able to provide the level of care that your camper will need. Parents will be contacted once a decision has been made.



# CAMPER DIET

We do our best to work with medically prescribed diets, but cannot cater to individual food preferences. Campers must be able to eat a regular and varied diet. If your camper has special dietary needs, our Food Service Director is available for consultation in providing for your camper's needs. We must know the special diet needs prior to arriving at camp. You may contact our camp office for further assistance.

The staff encourage campers to drink plenty of water. Tennessee summers are warm, and we are proactive in encouraging our campers to drink at regular intervals throughout the day. Cups are provided at each activity, at mealtimes, and in the cabin. You may also opt to send a water bottle. Water bottles and Gatorade are also available at the camp store.

## “ALL MEALS ARE VEGETARIAN”

### MEAL EXAMPLES:

#### Breakfast

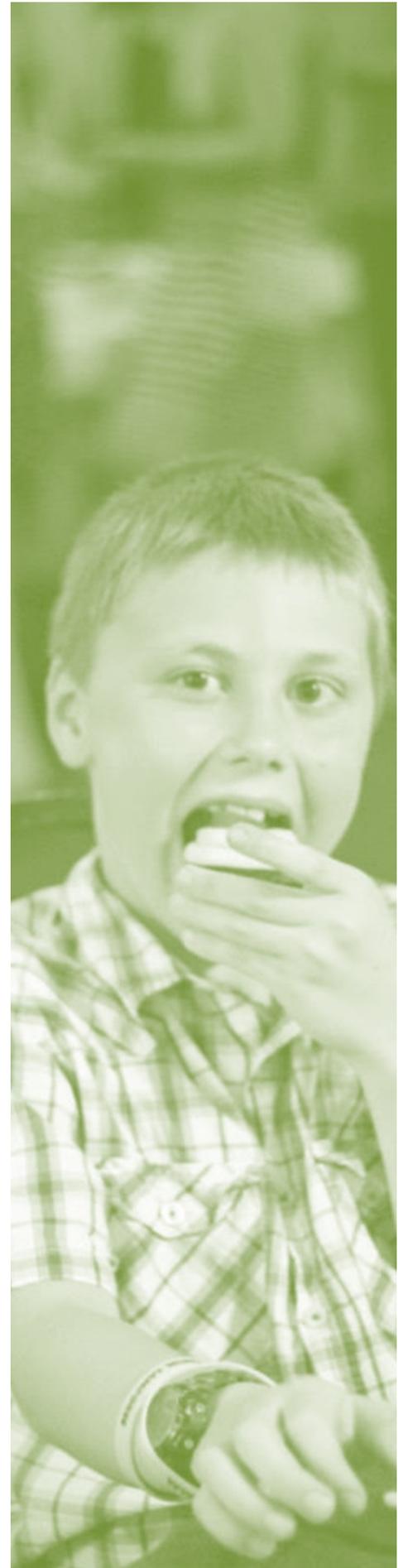
Biscuits w/ Gravy  
Eggs  
Pancakes  
Waffles  
Hash Browns  
Oatmeal  
Variety of Fruit  
Bagel  
Cereal w/ Milk

#### Lunch

Baked Potato Bar  
Pasta  
Burritos  
Vegetables  
Rolls  
Salad Bar  
Fresh Fruits

#### Dinner

Veggie Burgers  
Sub Sandwiches  
Veggie Meat  
Vegetables  
Grilled Cheese  
Soups  
Fresh Fruits



\*Peanut Butter & Jelly sandwiches are available to campers at all meals

# HOMESICKNESS

Attending summer camp is a very exciting experience for campers and parents! It's very natural for both to be a bit anxious about the camper leaving the comforts of home, adopting new routines of daily activities, and meeting new friends. We want to familiarize you and your camper with our procedures to minimize "first-day anxiety." We want to take time to explain things and to share information with campers and parents. Also, take comfort that Indian Creek Camp has well-trained staff, and we will do our best to make campers feel welcome and at home.

A vast majority of campers studied report homesickness on at least one day of camp. Our staff makes a concerted effort to help campers overcome homesickness by helping them learn to accept the natural feeling of missing family and friends. We welcome this opportunity to help campers grow in this area and we train our staff to handle homesickness in constructive and loving ways. With proper handling by the staff, campers, and parents, it can be overcome, and the camper can make a big stride in growing up.

- If this is their first time away from home, consider a sleepover at a friend's home before coming to camp.
- Pack a favorite stuffed animal or send a little notebook with cheerful notes. A picture inside can be a nice surprise.
- Send old clothes that they recognize as their own, not lots of new ones that they don't remember as theirs. Do not send any valuable clothing or other items.
- Prior to camp arrival, talk about what they are looking forward to or what they loved best about camp last year. Focus on the positive, not the "we are going to miss you so much" aspect.
- There are dozens of activities and games at camp. Encourage your camper to participate in these activities at their comfort level and perhaps try something new.

Schedules and activities vary each day and campers may be unsure of what they are going to experience. Counselors will review the list of the activities your camper has signed up for, but please make sure your child knows that they should never be afraid to ask questions. Campers should feel free to ask such questions as "I am not sure of the location of my activity, could you help me find it?" "Do I have to wear long pants to the horse barn?" We want campers to be ready and prepared for each activity and have fun!

**"In the event of severe homesickness, parents will be notified. This is not a medical concern, but it can have a large impact on the camper's experience."**



# CAMPER INFORMATION

## Campers Staying Multiple Weeks

Many of our campers stay for multiple weeks of camp and we provide supervision and meals during Sunday's check-out and check-in procedure so that parents do not have to travel back to camp again. We ask that parents send enough medication and camp store funds for the duration of your camper's stay. Camp store funds can be replenished online by logging into your camp account or by calling the camp office and using a credit card. Laundry service is provided by the camp (free of charge) to ensure clean clothes for the following week. *You may want to include a laundry bag with your camper's name on it.*

## Camper Lodging Assignments

Counselor and cabin selection can be made online prior to camper's arrival. At registration you and your camper will meet with our Boys' & Girls' Directors to confirm your cabin and counselor selection. If a counselor/cabin has not been selected prior to arrival this will be done during onsite registration.

## Camper to Staff Ratios

Staff/camper ratios that are based on the recommended ratios set by our organization and the American Camp Association are to be followed during all programs run by Indian Creek Camp. Below are the general ratios for the resident campers:

<b>1:6</b>	<b>1:8</b>	<b>1:10</b>
6-8 year old	9-14 year old	15-17 year old

## Lost and Found

We all know that inevitably something may be left behind once your camper leaves ICC. We will make every effort to return lost and found items while your camper is at camp, but your camper can do more than anyone to insure that nothing is lost. Please mark all items with a permanent marker or laundry label for easy identification. Check our dedicated lost and found box located by the camp office. If you notice items were left behind once home, please contact our camp office at 615-548-4411 or email our staff at [icc@kytn.net](mailto:icc@kytn.net) with a brief description. Once summer camp is finished, all items are donated. Indian Creek Camp is not responsible for lost, stolen or damaged items.



# SAMPLE CAMP SCHEDULE

ICC DAILY SCHEDULE		YOUTH CAMP
TIME	ACTIVITY	
6:30-7:00am	Early Morning Option	
7:00-7:40am	Personal Devotions & Cabin Clean-up	
7:15-7:35am	Staff Worship	
7:40-7:55am	Line Call/Flag Raising	
8:00-9:00am	<b>BREAKFAST</b>	
9:10-9:50am	Family Worship	
10:00-11:00am	<b>Activity 1</b>	
11:00-11:10am	Pass Time	
11:10-12:10pm	<b>Activity 2</b>	
12:25-12:30pm	Lunch Prayer & Announcements	
12:30-1:30pm	<b>LUNCH</b>	
1:30-2:00pm	Camper Duties & Store	
2:00-2:50pm	Rest Period	
3:00-4:00pm	<b>Activity 3</b>	
4:00-4:10pm	Pass Time	
4:10-5:10pm	<b>Activity 4</b> (Camper's Choice)	
5:25-5:30pm	Supper Prayer & Announcements	
5:30-6:30pm	<b>SUPPER</b>	
6:40-7:20pm	Fun Time	
7:30-7:45pm	Flag Lowering	
7:50-8:50pm	Camp Fire	
9:00-9:30pm	Cabin Reflections/ <i>Late Night Option</i> **	
9:30pm-10:00pm	Prepare for bed/ <i>Cabin Reflections</i> **	
10:00-10:15pm	Lights Out	
11:00pm	Staff Curfew	

# CONTACTING YOUR CAMPER

## One-Way Email

Campers love to receive mail! Yes, even the teenagers! Our one-way email is a way for you to write to your camper letting them know you are thinking about them. An email can be sent by logging into your account and following these instructions:

- click additional options and choose email a camper.
- Select the camper's name.
- Write your email and send.

Emails are printed out daily and delivered at lunchtime. Campers are not able to respond to emails, but love to read notes from home. Encourage all members of your family to write to them, including the family pet.



## Phone Calls

At ICC, we strive for campers to develop independence. One way we do this is by discouraging daily communication with home. Although cell phones are not permitted at camp, phone calls can be made or accepted through the office. Please be aware that for some campers, this can cause homesickness. The best time to reach campers is at meal time.

**Summer Camp Office**

(615) 548-4411

## Camper Mail

We all know that mailing packages can be very expensive and you worry about whether they will arrive in time. Something to consider is having your packages ready before you arrive at camp. Have your child's name on them and the day you would like them to have it. We also have items in the camp store that can be put together as a surprise. We ask that you limit candy to your camper as most cabins end up sharing what everyone brings, and sugar highs can make it more difficult on the staff. If you choose to send a package by mail, please include the camper's name on the package.

**Indian Creek Camp**

**Camper's Name**

**150 Cabin Circle Dr**

**Liberty, TN 37095**



## Visitors

Visitors on campus are limited to those listed on the camper's online account. Campers will only be released to individuals listed on the authorized pick-up list. Visitors must check in at the summer camp office and are only permitted in the main areas of camp (we do not allow visitors into camper cabins). Please call our office to make arrangements prior to arrival. Our gates are closed when camp is in summer session.

# WHAT SHOULD I BRING TO CAMP?



Bedding (sleeping bag or sheets and blanket)

Pillow

Towel for showers & Towel for lakefront/pool

Soap/shampoo/toothbrush and toothpaste

Deodorant

Swim clothes (one-piece for girls & board shorts for boys)

Undergarments

Long pants

Sneakers, flip flops, sandals

Socks

Water bottle (or purchase one in the camp store)

Raincoat/Umbrella

Bug Spray and Spray on Sunscreen

Bible

Flashlight

Camp Store Money

Laundry bag



## No Cell Phones

Because cell phones offer a distraction for the campers, it is our policy that summer camp is a cell phone free zone. This is not only for our campers but for our staff as well. We know that technology is very important to society and communication with your child is important. At the same time, we want your child to enjoy their week at camp and experience God's outdoors and not be receiving texts from their boyfriend/girlfriend or texting other campers in the middle of the night. The camper can come to the camp office to make a call home if necessary.

Please leave all electronics, firearms, knives, and narcotics at home. We would also request that you do not bring a camera due to potential inappropriate pictures of your own or someone else's child being sent viral. Parents/Guardians of campers will be given a link to a secure website where pictures taken by our camp photographer can be downloaded free of charge.

**NO ELECTRONICS**

**NO CAMERAS**

**NO WEAPONS**

**NO NARCOTICS**

# INDIAN CREEK CAMP STORE

Many parents opt to put money in the camp store when registering their child for camp so they will have it to use during their stay. Adding money to their child's camp store account can also be done during onsite registration when dropping their child off. Campers will have opportunities to purchase souvenir items such as t-shirts, stuffed animals, hats, sweatshirts and much more. Also sold in the camp store are popsicles, Gatorade and a variety of snacks. The suggested amount for each camper to spend in the camp store would be \$10.00-25.00 per week of camp.

**“UNSPENT MONEY MAY  
BE PICKED UP BY THE  
PARENT DURING CAMPER  
CHECK-OUT. ALL  
UNCLAIMED FUNDS WILL  
BE DONATED TO OUR  
CAMPERSHIP FUND.”**

# THE PERFECT CAMP EXPERIENCE



Families look for their camper's experience to be absolutely perfect, and we hope for that also. Parents want their child to love everything about camp. They hope for them to have no real struggles or challenges, and for their week to be nothing but smiles and giggles all the time. Sometimes this does happen, but we understand that there are challenges and struggles that are included in the "perfect" camp experience.

We understand that campers not only have wonderful life changing experiences, but also learn about situations and how to overcome them. Camp life offers challenges like overcoming social awkwardness, sharing a room with others, time management, following rules from others, dealing with adverse situation and many others. By being exposed to these things, campers learn to develop good social skills, proper public behavior, confidence and their role in life. Our staff members hope to guide campers through their challenges as we observe, or are made aware of them and are able to do so. We hope the campers will find success in their failures and leave camp with new friends, an appreciation for the outdoors, and a deeper love for Jesus. Camp isn't only a beautiful place, but a feeling. No matter where you went to summer camp or when, you know what we are talking about. You feel it in your heart.





Thank you for sending your child to  
**Indian Creek Camp!**