CAMP HANDBOOK - 2019

GUIDING YOUR PREPARATION FOR A ONE WEEK SESSION

PLEASE READ THROUGH THIS INFORMATION CAREFULLY.

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THANKS FOR REGISTERING!

THANK YOU FOR REGISTERING YOUR CHILD TO ATTEND CAMP KOINONIA!
We hope you are as excited as we are for your son or daughter to come to Camp Koionnia this summer! We know that they will have an incredible amount of fun and make new friends, but more than that, our biggest hope and ultimate mission is that their lives will be touched and transformed by God through the good news of Jesus Christ.

In this booklet, you should find all the information you may need as you prepare for camp and more. We will also cover topics like what to expect at camp, when to visit, and how to communicate with your camper. If you need further information, don’t hesitate to ask! Feel free to contact the camp office with any questions you may have.

CAMP LOCATION
Camp Koiononia takes place at Hensel Christian Youth Camp located about 27 miles west of IH-35 just off of FM 1431 on Singleton Bend Rd. MapQuest directions are provided on the Camp K website (www.camp-k.org).

PLEASE NOTE: It is your responsibility to arrange for your camper’s transportation to & from camp.

TIMES TO REMEMBER

CAMPER CHECK-IN
Camper Check-in is at 4:00-5:15pm Sunday afternoon in the Dining Hall.

CAMPER PICK-UP FRIDAY
NEW TIME! Camper Pick-up is from 11:30am-12:15pm on Friday. Please make every effort to be here on time.
PLEASE NOTE: Lunch is NOT provided on Friday.

Here are a few things to remember concerning your arrival to camp:
• Leave your stuff in your car until you complete check-in.
• Head to the Dining Hall to check-in your camper.
• All camper medicine must be turned into our Medical Staff who will be stationed in the Dining Hall. See “Medications” section of this handbook for more details.
• REMEMBER - Campers are not allowed to have their cellphones at camp. We recommend leaving cell phones with parents before camp begins. Otherwise, campers will turn in their cell phones to their Counselor upon arrival to camp and will be stored for the duration of camp.
• For campers that drive themselves, car keys will be turned in to Counselors as well.
WAKEUP/ANNOUNCEMENTS
Every morning before breakfast we will have a short time together for a wakeup game & any announcements for the day.

MORNING WORSHIP
After breakfast, we meet in the amphitheater for worship and to hear more about the focus of the day.

GROUP BIBLE CLASS
Our classes meet twice each day to study the Bible and discuss the day’s particular focus.

ALL-CAMP ACTIVITY
Each day we have an activity that the entire camp participates in. Some examples are: Flour Bomb, Capture the Flag, Kamikaze, Kickball, or Gross Games.

TEAM GAMES
Our Journey Groups play competitive games together that help build comradary and cohesiveness among the group.

JOURNEY GROUPS
Small discussion groups that meet throughout the week to process what they heard in their classes and from the evening speakers.

CAMPER’S CHOICE
There is also free time built into every day at camp. During Camper’s Choice, campers get to play games with each other, work on crafts, etc. This time is also used for supervised swimming.

CRAFTS
Campers can choose from a number of project options during their crafts time. They can make things such as necklaces, bracelets, or invent their own creations using our craft supplies.

SWIMMING
Everyone has the opportunity to go swimming twice during the week. Campers that desire to swim must pass a simple swim test.

DEVO UNDER THE STARS
There’s just something about getting away from the city lights and singing under the stars! This special worship time is the last thing that we do all together each day.

QUIET TIME
Each day at the same time, campers are given the opportunity to have some focused Quiet Time. This is a special time that we hope campers will continue once they go back home.

CABIN TIME
As the last thing of the day, campers get a chance to reflect on the day with their peers in their cabin.

EVENING WORSHIP
After dinner, we join in the amphitheater for worship and to listen to a speaker.

CANTEEN/REFRESHMENTS
Each evening, campers have the chance to rest, hang out, and enjoy snacks together. All canteen snacks and drinks are included in your camper fee.

EVENING FUN
The entire camp has fun together participating in various activities each night like Follies, games, etc.
BEHAVIOR & DISCIPLINE
Regarding behavior, the Camp Koinonia staff expects our campers to:

1. Act respectfully and within basic Christian guidelines.
2. Behave in a manner that does not threaten their own safety or anyone else’s (by their words or actions).

We are again blessed to have volunteer camp counselors at both sessions. The camp counselors handle most of our behavior problems directly, but upon numerous or severe discipline problems, they will engage the Camp Director. At that time, the camper is given a single warning. At the next occurrence of any problem, they will be returned home without a refund. In severe cases, campers may be sent home without a warning. This is left to the discretion of the Camp Director. If you plan to be out of town, we will leave the child with the family or person indicated as Other Emergency Contact on the student registration form.

Thankfully, God continues to bless Camp Koinonia with an excellent staff and group of campers, and therefore discipline problems continue to be few and far between.

DRESS CODE
We depend on the parents to help their campers determine appropriately modest clothing. The dress code will be enforced by camp staff. While the style seems to constantly change, our standards for modesty have not. Modesty is important and, because of this, we have a few rules concerning our dress code:

A. All tops and shirts should cover at least the belt line (when arms are raised) and must be at least 3 fingers wide at the shoulder. No halters or spaghetti straps. Sheer shirts must have a camp appropriate shirt worn underneath.

B. Shorts should have AT LEAST A 4” INSEAM and skirts should be knee-length.

C. Skin tight clothing (tops, spandex, yoga pants, tight jeans, etc.), halter tops, and/or revealing clothing are inappropriate for camp and need to be left at home. Young ladies, do not to bring any shirts/tops that reveal cleavage.

D. During swim/lake time, appropriate swim wear must be worn. Guys, swim trunks must be modest length. Girls, swimsuits should be a one piece, tank-ini, or t-shirt worn over swimsuit.

Parents, be conscious of length and fit of ALL clothing. Please discuss the dress code with their camper BEFORE your camper packs for camp and make sure they completely understand our dress code. It is your primary responsibility.

The Camp Director has the final say on what is appropriate and acceptable clothing at Camp and may ask a camper to change if inappropriate clothes are worn.

PHONES AT CAMP
CAMPERS ARE NOT ALLOWED TO HAVE THEIR CELL PHONES AT CAMP KOINONIA. We recommend leaving cell phones with parents before camp begins. If in their possession, we require all campers to turn their cell phones in to their Counselor for the entirety of the session. Cell phones will be collected upon your arrival to camp on Registration Sunday. Campers’ cell phones will be stored and returned on Pickup Friday. We believe that campers benefit from spending time away from texting, social media, and constant connection. Campers will not have access to any camp phones during the session. However, please trust that if there is a legitimate need for your camper to call home, they will be allowed to do so.

If you have an emergency or message that needs to get to your camper, please call Camp K’s number (254) 613-2121.
At Camp Koinonia, every camper will have the opportunity for a safe and uplifting camping experience. A fun-filled, spiritually charged adventure is better facilitated when campers know their boundaries. Most importantly, all campers will be treated, and in turn should treat others, in a Christ-like manner.

1. Campers will embody the attitudes, actions, and heart of Christ while at Camp Koinonia.
2. I will treat my fellow campers with love and respect, lifting them up spiritually, mentally, and physically. I will not participate in any form of bullying, and I will defend others in all situations.
3. Campers will respect, submit to, and obey every member of the Camp K staff.
4. Campers will, above all else, focus on the #1 priority of Camp K – to draw closer in relationship with the Living God and will come with an open heart and open mind to what the Lord wants to do with this week of my life.
5. Campers will be good stewards of camp buildings and grounds.
6. Campers will not leave the camp without the permission of the Camp Director.
7. Campers are not allowed in the cabins of the opposite sex.
8. Campers must stay out of the creek in unsupervised situations (non-designated swimming times). Throwing of campers or adults into the creek at any time for any reason is not allowed.
9. During canteen time, candy, soft drinks and other sweets must stay in the immediate canteen vicinity (unless otherwise specified). All trash, cups, and wrappers should be placed in the proper waste receptacles.
10. Because the primary focus of Camp Koinonia is the spiritual growth of campers, campers will refrain from hand-holding or dating for the duration of the session. We all have enough distractions as it is!
11. Campers should not be visited by peers while camp is in session.
12. Campers will follow the Camp K schedule and will work hard to BE ON TIME to all activities.
13. Campers will adhere to the Dress Code as described on page 3 of this handbook. A camper may be asked to change if inappropriate clothes are worn.
14. Vulgar, profane, or hurtful language or gestures will not be tolerated.
15. Possession or use of the following items at camp is prohibited: alcohol, tobacco in any form, e-cigs or vaping materials, illegal drugs and/or drug paraphernalia, cell phones, electronic games, electric guitars, radios, stereos, CD, DVD, iPod, mp3 players, fireworks, lighters, firearms, and knives. The abuse of any controlled substance, including prescriptions or over-the-counter drugs will not be tolerated. A zero-tolerance policy for this rule will be enforced and those who break it will be sent home at the parent’s expense immediately and without refund.

The Director has enacted these rules to ensure the best camp experience possible.

By registering and arriving at camp, every camper acknowledges they have read and understand the expectations of the Camp Koinonia staff.
MEDICAL STAFF & LIFEGUARDS
During each session, we have at least one medical professional on camp grounds. Swim times are overseen by Red Cross Certified Lifeguards.

EMERGENCIES
If an incident occurs at camp, the staff will first attempt to contact the parent(s) and then proceed to contact the other emergency contact(s) from the camper application. If needed, any one of several Travis county hospitals, including Cedar Park Regional Medical Center, would be utilized for medical assistance.

MEDICATIONS
Prescription Medications currently being taken are collected by our medical staff as directed by the Texas Department of Health and dispensed according to the doctor’s instructions. Exceptions to this are emergency medications (inhalers, allergy medications, epipens) which students can keep with them.

The medical staff will be well-supplied for normal ailments. Over-the-counter medications are given to any camper who requests help with symptoms they are experiencing, unless instructed otherwise. These medications are administered per the manufacturer’s instructions. If you have particular brands that you wish to send, be sure to turn them into the medical staff with your name on it and they will be returned to you at the end of camp.

HEAD LICE POLICY
Self-contained communities, particularly overnight camps, are especially vulnerable to the spread of head lice. Camp has adopted the following policy in an effort to help prevent the spread of head lice during a student’s time at camp.
- If live lice or nits are found on a camper, the camper will be removed from the general camper population and brought to the medical team for confirmation of the lice and/or nits.
- After confirmation, the medical team will contact the parent or emergency contact on file. Parents will be asked to pick up their camper as soon as possible. The campers will be kept from any activities that could potentially involve head-to-head contact until the parent arrives.
- The camper may return to camp ONLY if they seek treatment at an approved Lice Treatment Facility. The following clinics are the closest Lice Treatment Facilities to Camp K:
  - Lice Clinics of America-Round Rock (34 miles)
    1700 Bryant Dr., St. 204
    Round Rock, TX 78664
  - Lice Clinics of America-Austin (37 miles)
    1201 West 24th Street Longview Terrace Building, St. 111
    Austin, TX 78705
  - Lice Clinics of America-Temple (72 miles)
    2723 Exchange Place
    Temple, TX 76504
- If the camper is returning, the staff will wash their bedding and place the camper’s hair care items in a Ziploc bag in the freezer overnight in an effort to prevent re-infestation.

For more information on head lice:
https://www.cdc.gov/parasites/lice/head/index.html
https://medlineplus.gov/headlice.html
MAIL GUIDELINES
Campers can receive letters and cards during their camp session.

If sending via postal mail, address your letters to:

“Name of Camper “
c/o Belton Camp Koinonia
7801 Singleton Bend Road
Marble Falls, TX 78654

EMAIL GUIDELINES
Campers receive emails at lunch. Emails will be printed out each day at 9:00am. Any emails received after 9:00am will be printed the following day. Campers do not have access to a computer to reply to your messages. Your emails are simply for their enjoyment. Please keep the following guidelines in mind:

• Fill out the Camper Contact Form on www.Camp-K.org
• Please note your camper’s name and cabin number in the Subject line of the email
• Send emails that are uplifting, encouraging and beneficial to your child’s experience. Please send meaningful correspondence to your camper
• Please do not send pictures as a part of any emails

We recognize that campers enjoy receiving mail from home while at camp and want to continue to allow this to be a part of the camp experience. Please follow these guidelines to help make this possible.

PHONES AT CAMP
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EMERGENCY PHONE NUMBER
If you have an emergency or message that needs to get to your camper, please call Camp K’s number (254)613-2121.

This phone number is to be called only in the case of a true emergency. In the event of an emergency, when you need to talk to someone at camp immediately, please call the emergency phone number. You may need to leave a message, but messages will be immediately forwarded to the Camp Director & you will receive a response very soon.
CONDITIONS AT CAMP
In case you are not familiar with Central Texas in the summer, it gets HOT and can be buggy! But there are a number of ways these things can be managed and still have a great time.

- Talk with your camper about ways to stay cool during their stay
- Purchase a non-breakable plastic water bottle (ie. Nalgene bottle) to be carried throughout the day
- Send them with plenty of sunscreen (with a High SPF) & insect repellent and remind them of how important it is that they apply them regularly. Our Counselors will also remind them throughout the week.
- Consider having a small fan, extension cord, and bungee cords for their sleeping area
- Consider packing a hat for your camper

ACTIVITIES & HOW TO PACK

REMEMBER TO LABEL ALL OF YOUR CAMPER’S ITEMS
It’s possible that each day we will have a game or activity that will involve getting messy or wet. Below are some tips to help you know how to pack your camper.

Please pack their clothes with these things in mind ensuring that all clothing adheres to the Dress Code (see page 3). Here are some of our suggestions for how to pack:

TIPS FOR PACKING
- Bring up to 4 sets of clothes that can get messy or wet
- Go to Goodwill and purchase some clothing for those messy days
- Pack a couple of swimsuits. They can wear it under their clothes during some activities if they choose
- *(Particularly helpful for younger campers)* Put sets of clothes in labeled gallon baggies for each day
- Bring clothespins to hang shirts, shorts, etc. on clothesline near the cabin

SPECIAL THEME DAY -- NEW in 2019!
During the week, we will have a special theme day, "Misfit Day". On this day, we are encouraging everyone to wear their weirdest, mismatching, crazy outfit. We will have a contest winner for the best “Misfit” of the day.
WHAT TO PACK

LABEL ALL YOUR THINGS

PERSONAL ITEMS

- Bible
- Twin size sheets & blanket or Sleeping bag
- Pillow and pillowcase
- 2-3 Towels and washcloths
  (for showering and swimming)
- Toiletries: toothbrush, toothpaste, shampoo, soap, deodorant, etc.
- Bag/Shower tote to carry toiletries
- Laundry bag
- Notebook, pen or pencils
- Flashlight and good batteries
- Non-breakable plastic bottle for water
  (ie. Nalgene)
- Extension cord & bungee cord for fan
- Insect repellent (Bring plenty)
- Sunscreen with high SPF
- Any necessary medications
  (See details in "Medications" section on pg 5)

All medications must be given to our Medical Staff and must be in the original packaging with the camper’s name on the label. Exceptions to this are emergency medications (inhalers, allergy medications, epipens) which campers can keep with them.

CLOTHES

Please ensure all clothes adhere to the Dress Code on the page 3.

- Loose fitting T-shirts, modest shirts, or blouses
- Modest Shorts and/or Skirts
- Socks
- Underwear
- Pajamas/Clothes for bed
- Light jacket or Rain poncho
- Swimsuit (see Dress Code for specifications on page 3)
- (Optional) Clothes for Wednesday evening (some campers wear nicer clothes to evening worship & dinner)

Appropriate Footware

- Closed-toe tennis shoes
- Old tennis shoes or Water shoes
- Flip-flops or sandals (to walk to the showers)
- Crocs and other similar shoes are permitted but cannot be worn during active camp activities

OPTIONAL ITEMS

- Sunglasses
- Camping chair
  (for Journey Group time)
- Camera
- Small clip fan
- Hat (to protect from sun)
- Ball glove, frisbees, balls, etc.
- Inner tubes or other items for water fun
- Items for Follies
  (Note: Follies is just 1 night)

DO NOT BRING

- Electronic devices: Cell phones, radios, Ipods/CD or MP3 players, video game players, TVs, laptops, tablets, walkie talkies, smart watches, etc.
- Over-the-counter medications
  (see more details in “Medications” section)
- Weapons, firearms, paintball or airsoft guns
- Fireworks, matches, or lighters
- Pets
- Bikes, Skateboards, scooters, rip sticks, etc.
- Alcohol, tobacco, e-cig or vaping materials, illegal substances
- Candy or food items
- Short Shorts
- Tank tops, spaghetti straps, crop tops
- Valuable or sentimental items
- Extra money
- Bad attitudes

Please label all items.
Camp Koinonia is not responsible for lost, damaged, or stolen items.

LOST AND FOUND

Items left at Camp will be kept for three (3) weeks after your session. After that time, all unclaimed items will be donated to a local charity in Belton, TX. To inquire about lost and found items, email the camp office: info@camp-k.org.com.
LEAVING CAMP EARLY
If your camper needs to leave camp for any reason during the session, please call the office in advance so we can have your camper ready for your arrival. You will need to sign out with the Camp Secretary and leave information about your return time. Please check in with the Camp Secretary when you return. If your camper will not be returning to camp, please inform us of this when you check out with the Camp Secretary.

CHECKOUT FRIDAY
Camper pick-up is from 11:30am - 12:15pm on Friday at their cabin.

It's important that you do not leave until your camper is signed out. Their luggage & other items will be in a designated area near their cabin.

PLEASE NOTE: Lunch is NOT provided on Friday.

Keep in mind that until 11:30am there are activities going on so while we realize it's a small window we ask that you not come earlier than 11:30am.

Items left at Camp will be kept for three (3) weeks after your session. After that time, all unclaimed items will be donated to a local charity in Belton, TX. To inquire about lost and found items, email the camp office: info@camp-k.org.com.

SEE YOU SOON!

PLEASE CONTACT US IF YOU HAVE ANY QUESTIONS AS YOU PREPARE FOR CAMP.

Camp K Office & Emergency Phone Number: 254-613-2121

Belton Church of Christ Office: 254-939-1816

Email: info@camp-k.org