

Mt. Palomar Bible Camp

2011 Welcome & Information Packet

Dear Parents,

We are excited to welcome your child to Mt. Palomar Bible Camp. The week we have planned will be filled with activities that will be both fun and spiritually challenging. For the past three decades, there have been many lives that have been positively impacted by this camp experience, and we know that your child will enjoy it also!

At camp, your child will learn new things, make new friends, and be kept busy in fun, constructive ways. Spiritual activities will help each camper come to know more about God and His Word, sports activities including basketball, softball, swimming, hiking, archery, and field recreation will keep campers active, and of course, meeting new people and making new friends is always a highlight of camp! While on the mountain, campers will be well supervised by experienced camp Directors, Staff members, and Counselors. Our very capable camp Directors for 2011 are:

Elementary Youth Camp: Graham Clifford, Youth Minister at La Mesa Church of Christ

Jr. High Camp: Brandon, Sierra, Merry McDuff with Ann Wentworth from North County Church of Christ

High School Camp: Christian Guth: Previous Camper, Counselor and Jr. High Camp Director.

The health and safety of your child is of primary concern at camp. Our nursing staff includes Toni Hicks, RN, Maggie Guth, RN, and Julie Magos, RN. All of these women are registered, licensed nurses, and very experienced with camp. The information you provide in your child's registration packet will assist them in achieving our high standards for physical and mental wellness at camp.

Please take time now to review and complete the registration forms packet for 2011 camp.

Your child will not be registered for camp, or have a spot reserved for him or her until ALL of the following forms are completed and processed with your full payment (either On-line or to your church registration volunteer(s) or to the San Diego Christian Foundation: (please check with your home church first!)

1. REGISTRATION FORM - Elementary, Jr. High or High School
2. MEDICAL RELEASE FORM – two sided – must include picture of camper on back
3. EXPRESS ASSUMPTION of RISK FORM – release of liability for SDCF
4. LIVING BY THE RULES / BAPTISM CONTACT FORM – two sided – if your child has already been baptized, please indicate that on the form and turn in
5. CONFERENCE CENTER ACTIVITIES RELEASE/WAIVER FORM – for activities through Mt. Palomar Christian Camp

Please remember to SIGN each form, have your child SIGN the appropriate forms, and attach a photo of your child to the Medical Release form. These forms must be complete and in the hands of camp personnel in order for your child to attend camp!

ALL FORMS AND PAYMENTS SHOULD BE PROCESSED ON-LINE OR RETURNED TO EITHER:

1. **Your home church registration volunteer OR**
2. **San Diego Christian Foundation, 4282 Balboa Ave, San Diego, CA 92117 Attn: Bible Camp**

If you have questions about camp, please contact Executive Director Toni Hicks at 619-788-6612 or itsaboutyou@cox.net or your congregational camp volunteer.

From The Nurses

Bible Camp is almost here again! As camp nurses, our focus is preventing and treating minor problems that may interfere with the camper's ability to devote him or her self to Bible study, learning and camp activities.

During this very active week, we want to make sure that each camper is feeling his/her best. Adequate food and fluid intake are essential to feeling strong and ready for each day. Camp is not the time to try out a strict diet or to lose a few pounds and, therefore, will be discouraged. Junk food and heavy snacking will also be discouraged. We will encourage healthy eating and clean living spaces, and the campers will be responsible for keeping their cabins and bathrooms in good order. Preventing germs from growing or spreading is the best way to stay healthy.

As camp nurses, it is our responsibility to dispense any medications that the camper may need. It is the camp policy to store ALL prescription and non-prescription medicines in the nurse's cabin, keeping them out of camper cabins. Each camper requiring medicine will come to the nurse's cabin daily and will not be allowed to keep any medicine in his/her cabin or on his/her person, with the exception of bee sting kits and emergency asthma inhalers.

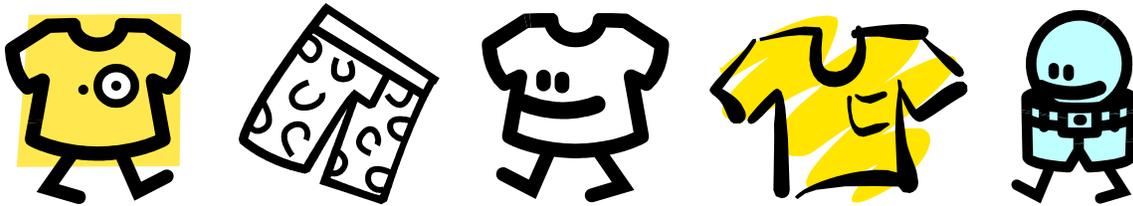
Please follow these rules for the safety of your child:

- All prescription medication must be in the original pharmacy container with your child's name and the correct instructions for dosing printed on the container.
- Bring a doctor's or nurse practitioner's signed statement for the medication - this allows us to give your child the medicine under State Law.
- "Over-the counter" medications sent with your child for use on an occasional basis must be in the original containers, with instructions for dispensing included.

We have a supply of a few medications needed for occasional basis dispensing. Dosages used are those suggested by the manufacturer as labeled according to the camper's age and weight. Sometimes "home" remedies such as peroxide, ammonia, salt, vinegar (for various scrapes and 'critter' related incidents), prunes/fruit (for constipation) and Gatorade (for early dehydration) are the best remedies, and we will have a supply of these items at camp. Alcohol and bleach will be used to clean or disinfect surfaces or equipment that require it. Please keep all items in mind when you are recording allergies or considering the section for "occasional" medications.

Many minor ills can be taken care of at camp and every effort will be made to ensure your child's safety and good health while at camp. If a child's safety or welfare is thought to be at risk, the child's parent will be notified and the camper will be sent home or to the nearest emergency room accompanied by an adult/parent. If a child is thought to be contagious, he/she will be sent home for the welfare of all campers.

For the safety of each child, we require a picture of the camper, with his/her name and nickname written on it, attached to the 'Authorization for Treatment' on the Medical Release Form. Thank you in advance for your cooperation in all of these medical matters. In Christ's service, Mt. Palomar Camp Nurses



Palomar Mountain Bible Camp Dress Standards

As Christians, we need to set an exemplary standard in the way we dress, and illustrate modesty to those around us. Here are a few guidelines for camp that will help all of us glorify God in the way we present ourselves:

LADIES:

- **Shirts**...must cover your midriff while standing, sitting and moving. No spaghetti straps, see-through clothing, tops that show cleavage, or exposed straps/undergarments.
- **Swimsuits**...please wear a one-piece swimsuit that covers your top and bottom modestly, and wear a colored t-shirt in the pool. You must wear shorts and a shirt walking down to the pool.
- **Shorts**...length should be determined by where your middle finger hangs when standing with your hands at your sides. Avoid skin-tight or very low-rise shorts that show your undergarments.
- **Pants**...wear comfortable fitting jeans/pants that are not skin-tight or so low-rise that your undergarments show.

GUYS:

- **Shirts**...wear comfortable shirts that cover your midriff and are not skin-tight, see-through or hanging off your shoulders.
- **Swimsuits**...wear board-shorts or shorts that do no sag. Also, please wear a shirt when walking to the pool.
- **Shorts**... length should be determined by where your middle finger hangs when standing with your hands at your sides. Avoid skin-tight or sagging shorts that show your undergarments.
- **Pants**...wear comfortable fitting jeans/pants that are not skin-tight or sagging so that your undergarments show.

Weather at Camp can range from very hot during the day, to very cold at night. Make sure you bring clothing that will keep you comfortable in either climate. Thank you!

What to bring to Camp

- ___ Bible and pens/pencils
- ___ pillow
- ___ sleeping bag or bedding to fit an extra-long twin mattress
- ___ towels for showering and swimming plus washcloth
- ___ shampoo and body soap
- ___ deodorant
- ___ toothbrush and toothpaste
- ___ brush and/or comb
- ___ clothes for a week - weather can range from very cool to very hot. Bring a jacket or sweatshirt for evening outdoor activities and an extra pair of tennis shoes in case yours get wet or muddy.
- ___ a set of clothes you can get really dirty
- ___ plastic trash bag for dirty clothes
- ___ bug spray, chapstick, sunscreen
- ___ flashlight and extra batteries
- ___ modest swim suit/board shorts plus t-shirt to wear in pool
- ___ supplies you need for talent show
- ___ sporting equipment (balls or gloves) NO skateboards.
- ___ prescription medicines (Give to camp Nurses at check-in!)

Optional: water bottle, spending money for coin vending machines or camp store (Do NOT bring more than \$10.00).

DO NOT BRING: any electronic equipment (including cell phone or ipod/music players, computer), weapons, food, candy.