



## WELCOME

We are so glad you have decided to send your child to Camp Rockfish! Here you will find some information to help you prepare for your child's experience at camp. Please take a moment to read everything included. We look forward to seeing you soon, and please do not hesitate to call our office with any questions!

## CONTACT INFORMATION

Camp Office: (910) 425-3529

Camp Rockfish Email: [info@camprockfish.org](mailto:info@camprockfish.org)

Physical Address: 226 Camp Rockfish Road, Parkton, NC

Website: [www.camprockfish.org](http://www.camprockfish.org)

The Camp Office is open **Monday through Friday, 9:00am to 6:00pm**. Messages are checked daily and are returned as quickly as possible.



## THE EXPERIENCE

### FOR THE CAMPER

Rockfish is located on 486 acres, blanketed in an abundance of North Carolina pines. As campers explore this naturally adventurous setting, they will come to experience God's love through God's creation. Removed from the fast pace of everyday life, campers will have the time of their lives. The small group atmosphere of camp will encourage the growth of friendships. Led by a loving counselor throughout their stay, every group of campers will have a special experience unique to Rockfish. The presence of God is abundant and integrated into every activity. From morning watch, to roaring campfires, from the lake to the high ropes course, from first-time experiences to old traditions, from s'mores to night games, Camp Rockfish gives campers the chance to create unforgettable memories. Through it all, campers will have the opportunity to grow in their relationship with a loving, exciting, and unfailing God. Your camper will be surrounded by counselors who truly care for every camper in their group. They will experience the outdoors, small group devotions, camp-wide worship experiences, crazy games, strong friendships, songs, campfires, new challenges, growth opportunities, and traditional camp activities. Our entire staff is committed not only to giving your camper a positive and fun experience, but a safe one where they can learn and grow. We desire for all who come to camp to leave with a greater understanding and appreciation for God, for themselves, and for one another.

### FOR THE PARENT

Camp Rockfish desires to provide the best possible experience for all campers, and that begins with our relationship with you, the parent. We want to be there for you from before your camper's experience begins, throughout their entire stay. We encourage parents to get to know their camper's counselor on opening day. You can expect your camper to be cared for by quality, trained staff. They will provide your camper a comfortable stay and great memories which will last a lifetime. We understand separation can often be more difficult for the parent than the camper. If you have any concerns or simply need an update during your child's stay, please feel free to contact us.



## BEFORE CAMP BEGINS

### FORMS

At least one week prior to your camper's arrival, please ensure the following forms on your online account have been completed:

#### - Camper Health History\*

\*If you are unable to complete the online shot record, a copy can be emailed to [info@camprockfish.org](mailto:info@camprockfish.org)

#### - Photo & Video Release

#### - Behavior Agreement

#### - Adventure Waiver

#### - Permission to Transport

#### - Cancellation and Refund Policy

#### - Camp Store Deposits

In addition to the online forms, if your camper will be bringing medication to camp to be checked in with the on-site Nurse, please have your child's physician complete a Medication Authorization Form. This form is provided by your physician's office, and gives Camp Rockfish permission to administer the prescribed medication. Please email [info@camprockfish.org](mailto:info@camprockfish.org) for a copy of this form.

## CAMPER MEDICATION

Camper medication will be collected during Check-In on Sunday, and secured in the medical center during your child's stay at camp. For safety and with industry standards, medications outside their prescription container will NOT be accepted. Prescription medication needs to be in the original bottle with the proper label. Please provide only the amount for your child's stay at camp, plus two doses. Medication will be administered per doctor's instructions printed on the bottle. We stock most common over-the-counter medication similar to Advil, Benadryl, etc. Campers prescribed inhalers and/or epi-pens will have 24-hour access to them as they will remain in their counselor's first aid kit during the week.

# CAMPER DISCIPLINE

Expectations for behavior at camp will be gone over both in small groups and with camp as a whole on Sunday. We want each and every camper to be set up for a successful week and to be able to complete each week of camp. If a camper is acting out beyond the control of his or her counselor and the summer leadership staff, the Camp Director, Program Director, or Children's Ministry Coordinator will be looped in to help with the situation. This may warrant a call home by the Camp Director, Program Director, or Children's Ministry Coordinator. We have found that involving the camper in this conversation can be very helpful. If, after all options have been exhausted, the camper continues to disrupt his or her group, the camper may be sent home.

Physical altercations result in immediate dismissals most times. All camper behavior will be handled on a case-by-case basis. Only the Camp Director, Program Director, and Children's Program Director have the authority to send campers home. Campers sent home for disciplinary reasons will not receive refunds and may not return to camp that week. Campers who are sent home, but are registered to return later in the summer may do so. However, if disciplinary issues persist, they will be sent home for the remainder of the summer.

## WHERE TO GO

- **DROP-OFF/CHECK-IN · Sunday drop-off is from 3:00 PM to 5:00 PM** The Camp Rockfish gates will open Sunday at 3:00PM for Check-In! During this time, we ask that you follow the signs and our welcoming staff's directions. Check in will occur at the edge of our office parking lot, where you'll check in your camper and find out their cabin assignment. Then, our staff will help you get to your camper's cabin where you'll be able to meet their counselor and help them get settled for a great week! After you check in at the cabin please bring your camper to the pool for their swim assessment prior to saying your goodbyes and wishing them the best for the week! Check in can take up to 1 hour so please aim to arrive by 4pm.
- **LATE DROP-OFF** · If a late drop-off time needs to be arranged, please contact the Camp Office as early as possible so that we can make arrangements to allow your camper's transition to camp life to be as smooth as possible. Please do not drop off after 9PM.
- **PARENT RECEPTION and CLOSING CELEBRATION** · The Parent Reception (2:30PM Friday) is an opportunity to hear about the week at camp from our Camp Director and/or Program Director. There will be photos from the week and conversation starters for the ride home so you have great prompts to hear from your child about their time at camp. After the Parent Reception, the Closing Celebration will begin. This is a time where campers put on skits and weekly contest winners are awarded. Please note, seating will be limited. Signs and staff will guide you from the main parking lot. Pick up will follow the closing of the celebration.
- **PICK-UP · Friday pick-up is from 3PM to 5PM** Check out will occur outside our staff office. Please check in with the staff to have your ID checked prior to going to your camper. Whoever is picking up your child, including the parents, must have a valid photo ID to show staff AND be listed on your child's Authorized Pick-Up List. To add someone to your camper's pick-up list, please do so in your account online, or by emailing our office at [info@camprockfish.org](mailto:info@camprockfish.org)
- **LATE PICK-UP** · Campers **MUST** be picked up at the end of the camp day, no later than 5PM. A late fee of \$1 per minute, per child, will be charged for any late pick-ups. This late fee is charged regardless of reason for lateness or prior notification from the parent that they will be delayed. Late fees can only be waived at the discretion of the Camp Director.
- **EARLY PICK-UP** · Since Rockfish is a pretty big place (486 acres), we need to have early pick-up information ahead of time so we can help your camper return from their activities and pack up their belongings. If you are picking up your child early from camp, please let us know at least 24 hours in advance. Campers will be at the Camp Office for all early pick-ups. For smooth transitions, our early pickup times for resident campers are 9:30AM, 2PM, and 6:30PM. Pick up times outside of these time slots are reserved for emergency situations only.

## Groups

**CABIN MATES** · If your camper would like to request a specific friend as a cabin mate, there are a few things to keep in mind. Both campers should be the same age and gender and need to be sure to request each other on their respective applications. Because social dynamics are always changing, non-mutual cabin mate requests will not be honored. There is a limit of one cabin mate request per camper. Parents may call or e-mail camp to discuss special situations no later than 3 weeks before the session begins. We will do our best to honor these requests.

**CABIN LIFE** · Cabin assignments are created based on the specific program for which a summer camper is registered. Our campers reside in one of our 10 air-conditioned cabins. No food is allowed in any of Camp Rockfish's cabins.

**BROTHER/SISTER GROUPS** · Each Cabin Group will have a brother/sister group to participate in activities alongside. These groups will be roughly the same age and will always sleep in different cabins and use separate shower and bathroom facilities.





# THE STAFF

Rockfish counselors are selected after extensive interviews, background, and reference checks are completed. Only those of the highest moral quality and caliber are chosen. Staff undergo an intensive nine to twelve day training before summer begins depending on position. During training, staff learn what it means to be a part of the Rockfish community and show the love of Christ. The training includes counselor skills, safe sanctuary guidelines, program area operations, outdoor living skills, and how to alleviate everything from homesickness to inner-group conflict.

# CAMP ACTIVITIES

Camp is a place for everyone to try something new, at least once. All of our activities take place outdoors unless weather dictates we must move inside for safety. It is important you and your camper know we continue to do activities outside even if it is raining. While our staff positively encourage campers to participate in all activities, all activities are “challenge by choice.” That means while our staff will encourage their campers to challenge themselves to try each activity, it is ultimately left up to the camper if he/she will participate. Regardless of participation, all campers are expected to remain with the group and their counselor at all times. Campers should come to camp with an adventurous attitude, ready and prepared to get dirty and have fun. Please see the camp website for age specific activities.



# BUNK1 PHOTO GALLERY, LETTERS FROM HOME, AND MAIL

**PHOTOS:** Camp Rockfish has partnered with Bunk1 to bring easy to access, sortable photographs of your camper's experience to your fingertips. Access to Bunk1's photo gallery and basic resolution photos is completely free through the Bunk1app. Within the app, you can opt to purchase higher resolution photos and photo gifts if you choose. Please check you email for the Bunk1 invitation as your camper's session grows closer. The 2024 access code is ROCKFISHCR24

**MAIL:** Camp Rockfish has partnered with Bunk1 to bring easy, fun communication from home to your camper. Using Bunk1's service for a nominal fee, you can email your camper while they are at camp. Campers will only be able to write back using written letters carried by USPS. If you would prefer to handwrite letters or send care packages, you can drop these off at check in. You can label each letter or package with the day you would like it delivered. Please keep in mind that food is not permitted in cabins when packing care packages.

# SCHEDULE

The schedule below depicts a typical day at Camp Rockfish looks like:

- 7:15am - 7:45am Morning Devotions and Cabin Prep for Day
- 7:45am - 8:30am Breakfast
- 8:45am - 9:15am Morning Chapel
- 9:15am - 10:15am Activity 1
- 10:45am - 11:45am Activity 2
- 12:15pm - 1:00pm Lunch
- 1:00pm - 1:30pm Rest and Reflection
- 1:30pm - 2:30pm Activity 3
- 3:00pm - 4:00pm Activity 4
- 4:30pm - 6:00pm Resident Camp Shower and Store Time
- 6:15pm - 7:00pm Dinner
- 7:15pm - 8:00pm Evening Activities
- 8:20pm - 9pm Evening Worship
- 9pm - 10pm Prepare for Bed / Devotions
- 10:00pm Lights Out\*

\*Schedule may vary for off site, service trips



# CELL PHONES

**PLEASE LEAVE CELL PHONES AT HOME** · We have found the use of cell phones during a camper's stay can be a negative influence on the camp atmosphere, as well as a hindrance to the relationships campers form during their experience. We have also found that cell phone use exacerbates homesickness. Therefore, we ask that you do not send cell phones with your camper. If an emergency arises at home, contact the camp office, and we will get word to your camper. Likewise, if any emergencies arise at camp, we will contact you at the numbers you provided. If a camper is found with a cell phone in their possession, the phone will be held in the Camp Office until the end of the camp session. A parent or guardian must pick up the phone from the Camp Office during check-out.

# LOST and FOUND

Items can be, and will be, left behind every week. Misplaced items during the week will be displayed for you to look through at pick up. Please label all of your camper's items with their first and last name. If you realize something is missing, contact us and we will do our best to find it. Items that have been clearly labeled with first and last names have a better chance of returning to their owner. Within five days past the end of camp, all lost and found items will be donated to a local charity.

# DRESS CODE

Please send your child ready for outdoor play each day. Sturdy shoes must be worn at all times. While sandals with a backstrap are acceptable, there are camp activities which require closed toe shoes. No flip flops or slides please. We strongly encourage the children to wear play or old clothes for comfort in order to participate in "messy activities" without having to worry about ruining their clothing. Extra clothes are encouraged. Clothing must not have inappropriate words, suggestions, or pictures. Please have your child pack a poncho for continued fun in the rain. Rain boots are encouraged on wet days so children can enjoy jumping in puddles.



# CAMP ACCREDITATION

Rockfish Camp is accredited by the American Camp Associations (ACA). This means that Rockfish Camp submitted to a thorough review of its operation by the ACA. From staff qualifications and training to emergency management, safety aspects to intended camp outcomes, ACA collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to ensure that current practices at Rockfish Camp reflect the most up-to-date, research-based standards in camp operation. At Rockfish we are committed to maintaining the highest levels of safety.

# MEDICAL ASSISTANCE

Camp Rockfish has an on-site health center stocked with most over the counter medicines, first aid supplies, feminine products, ice packs. There is a dedicated staff member on call 24 hours a day for any camper medical needs and to distribute camper medications. Additionally, a medical professional is on call 24 hours a day to speak via teleconference. Camp Rockfish counselors will also be equipped with stocked first aid bags. In the event a camper needs medical assistance beyond pre-selected approved medications and first aid, primary caregivers will be contacted. If your camper's condition requires attention outside of the camp health center, a parent will be contacted and asked to pick up their camper.

# INSURANCE

You or your medical insurance are responsible for all expenses for medical care for your child. Doctor visits, x-rays, other medical treatment, and hospitalization will be billed directly to you or your medical insurance company. Medication will be charged to your account. Parents will be expected to reimburse Rockfish Camp for any medical expenses that incur on behalf of your child.





# CANCELLATIONS and REFUNDS

Cancellations may be made at any time. However, refunds will only be issued for cancellations made prior to June 1, 2024 or at the discretion of the Camp Director. A \$100 non-refundable deposit is kept on all registrations. Requests for refunds must be made in writing by email. All payments become non-refundable after June 1. Full payment is due at the time of registration after June 1.

**NO SHOWS** · When a registered camper does not show up for a session, the camp will attempt to contact the parents. There will be no refund of payments.



## CAMP STORE

The Camp Store offers a large variety of snacks, drinks, clothing, and memorabilia. Rockfish memorabilia, snacks and drinks range in price. Camp Rockfish t-shirts and clothing range in price from \$7 to \$30. Campers will have the opportunity to visit the camp store every day except Sunday, and it is open on Fridays during pick up. Cash and credit cards are accepted only on Fridays for adults. During the week, purchases can ONLY be made on campers' accounts. You can deposit money into their account during the online registration process or by logging onto your account at any time. You can deposit as little or as much as you would like into your camper's account. We recommend a minimum of \$20 a week for snacks and drinks and extra for additional souvenirs. All money put in the camp store fund is non-refundable. Any money not spent by your camper(s) by September 1st will be put into the Camp Rockfish Campership Fund. Camp Store proceeds help support our Campership Funds.

## FOOD SERVICES

Our menu offers a variety of different and delicious well-balanced meals. Vegetarian options are available by request, and we will gladly work with campers with food allergies. These requests must be indicated on your camper's registration. Please note we cannot safely accomodate children with Celiac's Disease. In cases where we cannot provide food, we will speak with families about bringing meals for their camper.

## FAMILY PETS

**NO ANIMALS** · We understand that many campers are excited to reunite with their beloved pets after a week at camp. However, please refrain from bringing any family pets to Check-In or Pick-Up days, this includes any animals staying in cars. No guest pets are allowed at Camp Rockfish.



## PRE-SUMMER VISITS

We encourage you to join us on Saturday, June 1st, 2024 for a Summer Camp Open House! We will have the camp store open, camp tours happening, camp activities available, and food for purchase. This is a great opportunity to see what Rockfish is all about and step foot on the grounds prior to the summer. If you are unable to attend, please contact the main office to set up a tour prior to your child's camp session.

## CAMPERS CHOICE ACTIVITIES

Resident campers get the opportunity to sign up for multiple specialty activities held a few times throughout the week. Campers choose these activities during check-in and are on a first come first serve basis.

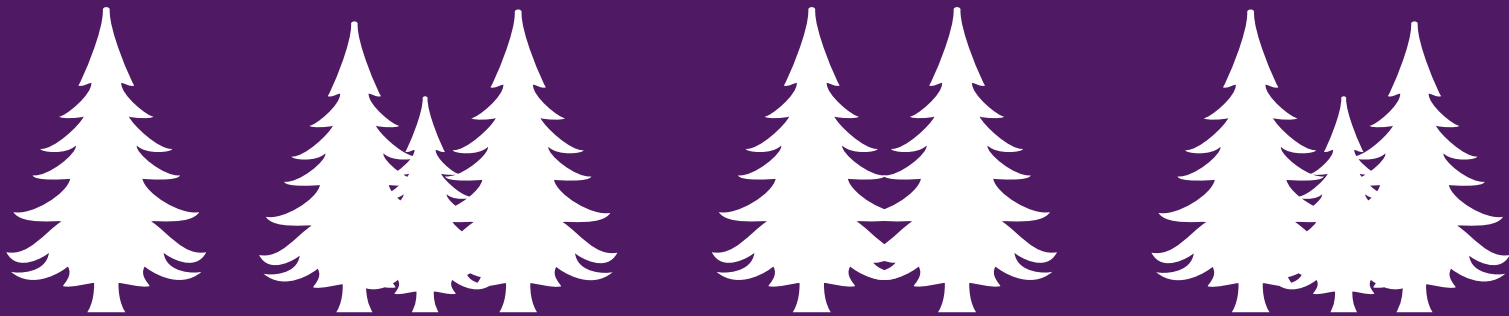


# HOMESICKNESS

It is natural for your camper to feel a longing for home, especially in young or first-time campers. With many campers homesickness is preventable. Good preparation by caregivers can help give a camper the confidence he or she needs to enjoy the camp experience. One recommendation is for your camper to spend a night or two away from home with a friend before coming to camp. Every effort is made to help campers feel safe and welcomed at camp. Staff receive training on techniques to respond to homesickness. If a camper is inconsolable, a parent or guardian may be contacted for assistance. Our goal is for every camper to grow in their experience at camp and to complete the week.

## 2024 SUMMER THEME: RESCUE

In a fast paced, every-changing, and challenging world, RESCUE is this year's theme at Camp Rockfish. God's many examples of rescue reminds us to be brave and not afraid! Join us this summer as we cast away fear and take comfort in God's protection and salvation. Together we will learn God is here to provide rescue and peace.



We look forward to your child's visit this summer!





# PACKING LIST

## Resident Camp at Camp Rockfish

Camperers will be outdoors for large parts of the day, and should bring attire suited for that environment. Please label all of your camper's belongings.

### What To Bring:

- Clothes (enough for the camper's entire stay):
  - 1-2 Pair Long Pants (for the evening)
  - 6-7 Pair Shorts
  - 6-7 Short Sleeve Shirts
  - 1-2 Long Sleeve Shirts (for evening)
  - 10-12 Undergarments
  - 10-12 Socks
  - Sleepwear
- One Outfit To Be Thrown Away (T-Shirt and Shorts)
- Toiletries
  - Toothbrush
  - Toothpaste
  - Hairbrush or Comb
  - Soap or Body Wash
  - Shampoo
  - Conditioner
  - Deodorant
- 2-3 Towels
- Swimsuit
- 2-3 Tennis Shoes/Sneakers
- Sandals with Backstrap
- Water Shoes for the Pool, Lake, and Shower Areas
- Hat
- Insect Repellent
- Sunscreen
- Sleeping Bag/Bed Linens and Pillow (twin mattress)
- Refillable Water Bottle
- Bible
- Rain Jacket/Poncho and Rain Boots
- Prescription Medications
- Flashlight
- Pen/Pencil
- Backpack



### What Not To Bring:

- Weapons of ANY kind
- Drugs and/or Alcohol
- Electronics and Cell Phones
- Hammocks
- Pets
- Trading Cards, Sticky Hands, and Slime
- Personal Sports Equipment
- Gum

All toys are discouraged. If your child chooses to bring a toy, please note it may be lost, damaged, or stolen. We are not responsible for belongings in these cases.

