



INTRODUCTION WELCOME

We are so glad you have decided to send your child to Day Camp! Here you will find some information to help you prepare for your child's experience at camp. 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 Fax: (910) 875-6177

Camp Rockfish Email: info@camprockfish.org

Physical Address: 226 Camp Rockfish Road, Parkton, NC

Website: www.camprockfish.org

The Camp Office is open Monday through Friday, 8:00am to 5:00pm. Messages are checked daily and are returned as quickly as possible. You are also welcome to email us at info@camprockfish.org.

BEFORE CAMP BEGINS

FORMS

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
- 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 onsite 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.

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. 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.



CAMP DICIPLINE

CAMPER BEHAVIOR · Expectations for behavior at camp will be gone over both in small groups and with camp as a whole on Monday morning. We want each and every camper to be set up for a successful week and to be able to complete a week of camp. If a camper is acting out beyond the control of his or her counselor, the Camp Director, Program Director, or Children's Program Director will be looped in to help with the situation. This may warrant a call home by the Camp Director, Program Director, or Children's Program Director. 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** • **Daily drop-off is 7:30AM to 8:30AM.**
- **Monday morning check-in will be longer than the rest of the week** since we need to make sure we have all the paperwork for your child(ren). Signs and Rockfish staff will guide you to the Big Pines Pavilion where the process starts. Here you will check-in your campers, including their medication, and speak to one of our Office Team members in regards to additional paperwork and payments. To expedite check-in, be sure to make all payments by the Friday of the week prior. This can be a very busy time, so we would like to thank you for your cooperation and understanding as we get everyone checked in for camp. For the remainder of the week check-in will be faster.
- **LATE DROP-OFF** • After 8:30AM, please drop-off your camper at the Camp Office. Late drop-offs are heavily discouraged as they disrupt the start to the day for the whole camp group. Late drop-offs should be reserved for special circumstances only.
- **PICK-UP** • **Daily pick-up is 5:00PM to 6:00PM. Pick-up will be at Big Pines Pavilion.** Please follow the signs and staff when picking up your camper(s). Whoever is picking up your child, including parents, must have a valid photo ID to show staff at the ID checkpoint 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 calling our office at (910) 425-3529.
- **LATE PICK-UP** • Because our Day Camp Staff are integral to evening programming throughout the week and dinner is served at 6:00PM for our hardworking staff, Day Campers **MUST** be picked up no later than 6:00PM. 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. Excessive late pick-ups will warrant a meeting with the Children's Program Director and may warrant dismissal from the program. No refund will be issued in these circumstances.
- **EARLY PICK-UP** • Since Rockfish is a pretty big place (486 acres), we need to have early pick-up information ahead of time. If you are picking up your child early from camp, please let us know at least 24 hours in advance. Early Pick-ups heavily affect the experience of not only your camper, but the group as a whole. Because of this, early pick ups should be used for the occasional doctor's appointment, family trip, or emergency situations. Our early pick up times are 12:30PM from the Big Pines Pavilion or 3:00PM from the Camp Office. Early Pick-ups outside of these times are reserved for emergency situations only.

Groups

GROUP MATES • If your camper would like to request a specific friend as a group mate, there are a few things to keep in mind. Both campers should have the same age and need to be sure to request each other on their respective applications. Because social dynamics are always changing, non-mutual group mate requests will not be honored. There is a limit of one group mate request per camper. Camp is an incredible opportunity for developing new friendships. 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.

CREATION OF GROUPS • At Rockfish, our unique summer experience is based on small groups. Led by an experienced counseling staff. Each group will consist of 6-10 campers with their counselor, and a "buddy group" of 6-10 campers with their counselor. "Buddy Groups" will do a portion of their activities together throughout the week. Our counselors are there to insure spiritual growth and maintain safety standards.



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 ten day training before summer begins. 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. The bulk of our activities take place outdoors with a handful of indoor activities and alternative weather options.. 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.



5 C GUARANTEE

At Camp Rockfish, we guarantee your camper, or campers, will walk away from their time at camp with growth in our 5 C's listed below.

- **COMMUNITY:** Your camper will learn to work with others as a team, as well as improve their social and relational skills.
- **CHALLENGE:** Your camper will overcome hurdles and obstacles, work through fears, grow in perseverance and patience, and develop the ability to “keep on keepin’ on” to acquire a difficult or challenging goal.
- **CONFIDENCE:** Your camper will grow in their experience and understanding of God’s love for them. They will learn to accept and love themselves as God’s beautiful and pleasing creation.
- **CULTIVATE:** Your camper will learn what it means to “grow forward”. God loves us just as we are, but doesn’t want us to stay just as we were. God invites us to press on; to move forward, and grow deeper in righteousness, maturity, and godliness.
- **CHANGE:** Your camper will be empowered to become a change agent in the world. To make a difference. To be a leader. To be a missionary or disciple maker for the Kingdom. The light of Christ.

SCHEDULE

- 7:30am - 8:30am Check-in and Supervised Free Play
- 8:45am - 9:15am Morning Chapel
- 9:15am - 10:15am Activity 1
- 10:45am - 11:45am Activity 2
- 12:15pm - 1:30pm Lunch and Rest
- 1:30pm - 2:30pm All Day Camp Activity and Camp Store
- 3:00pm - 4:00pm Activity 3
- 4:30pm - 5:00pm Afternoon Chapel
- 5:00pm - 6:00pm Check-out and Supervised Free Play

LUNCH

There is not a purchase option for day camp lunch. Campers should bring a packed sack lunch each day. These lunches are not refrigerated and cannot be heated. We recommend you pack an icepack with your camper’s lunch. As our campers run around from one exciting activity to the next during their time at Rockfish, we highly encourage you to pack your child a robust, nutritious lunch so they will have lots of energy to tide them over for the rest of the day



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 on Friday 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



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 requiring medication, the parent 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, 2022 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 4-5 times per week, 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 \$15 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.

PRE-SUMMER VISITS

We encourage you to join us on Saturday, June 4th, 2022 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.



PACKING LIST

Resident Camp @ Camp Rockfish

Campers will be outdoors nearly, if not all, day. Campers should wear attire suited for that environment. Please label all of your camper's belongings.

What To Bring:

- Change of Clothes
 - Shorts
 - Short Sleeve Shirts
 - Undergarments
 - Socks
- One Outfit To Be Thrown Away (T-Shirt and Shorts)
You will receive an email of what day to pack this outfit
- Towel
- Swimsuit
- Tennis Shoes/Sneakers
- Water Shoes (Strap-on Sandals)
- Hat or Visor
- Refillable Water Bottle
- Packed Lunch (Lunch is not available for purchase)
- Prescription Medications
- Rain Jacket or Poncho
- Backpack or zipper bag



What Not To Bring:

- Weapons of ANY kind
- Drugs and/or Alcohol
- Electronics
- Cell Phones
- Pets
- Toys and Trading Cards
- Personal Sports Equipment
- Gum

