



## DAY CAMP PARENT INFORMATION HANDBOOK 2024

Since 1931, Camp Kanuga campers have been forming lifelong friendships, experiencing new adventures, and exploring their faith in our welcoming Christian community. Our Day Camp experience is for children in rising K-6 who join us in the mountains of western North Carolina for five days per session (campers may attend multiple sessions).

### DAY 2024 CAMP DATES

Session A	5-day session
Session B	5-day session
Session C	5-day session
Session D	5-day session
Session E	5-day session
Session F	5-day session

Monday, June 10 – Friday, June 14
Monday, June 17– Friday, June 21
Monday, June 24 – Friday, June 28
Monday, July 8 – Friday, July 12
Monday, July 15 – Friday, July 19
Monday, July 22 – Friday, July 26

### Day Camp Fee

\$350

### DROP OFF & CHECKING IN

Drop off is from 9:00am-9:30am Monday through Friday. On the first day of camp please allow time to review your campers' Health History information with our nurse. Each morning a parent/guardian will be required to sign each camper in. The current address for the designated area of drop off is 221 Camp Kanuga Circle, Hendersonville, NC, 28739. Enter through the main camp gate, drive up to the fork in the road. Camp staff will greet you at the designated drop off station and assist you signing in your child. Once your camper is signed into camp for the day, you will be directed on how to exit camp.

### PICK UP & CHECKING OUT

Pick up will be between 4:00pm and 4:30pm Monday through Friday mornings at 221 Camp Kanuga Circle, Hendersonville, NC, 28739. You will drive straight to reach the check-out spot at the top of the driveway. You will sign out your child as directed and then proceed to exit. All Campers must be signed out at the end of each day by a parent or guardian.

**Requests for late departures cannot be honored.**



*Note: Parents and guardians of day-campers are not permitted to drive throughout campus during drop-off or pick-up to ensure the safety of all non-day-campers and staff.*



## DAY CAMP DAILY SCHEDULE

9:00am-9:30am	Campers Arrive/ Interactive games until all are accounted for.
9:30am-10:00am	Morning Devotional/briefed on the day's activities/visit camp store.
10:00am-11:50pm	Activity Block A
12:00pm-12:45pm	Lunch in the dining hall with whole camp community (includes non-day-campers and staff
12:45pm-1:00pm	Change into swimsuits/bathroom break
1:00pm-2:00pm	Swim period
2:00pm-3:30pm	Activity Block B
3:30pm-4:00pm	Circle time discussing the day and tomorrow's activities and needed supplies if applicable.
4:30pm-4:45pm	Campers picked up.

## CAMP ACTIVITIES

The camp staff ensures that all campers have the chance to participate in core camp activities with their day group. Campers will have the chance to experience the activities below:

Naturalist hut	Archery	Water trampoline
Mountain biking trails & pump track	Sports	Music
High & low ropes courses	Canoeing & kayaking	Performing arts
Climbing wall	Orienteering	Arts & crafts
Zipline	Fishing	Kanuga Community
Swimming	Gem mining	
	Hiking	

## WHAT TO BRING (*ASIDE FROM CLOTHES WORN TO CAMP EACH DAY*)

### Clothing

- Swimsuit/Swim shirt (1)
- Raincoat/Poncho (1)
- Extra Shirt (1)
- Extra Shorts (1)
- Extra Underwear if needed (1)

### Footwear

- Tennis shoes/ Sneakers (1)
- Extra Socks (1)
- Sandals with backstraps (optional)

### Gear and Equipment

- Water bottle (1)
- Small Backpack (1)
- Sunscreen (1)
- Towel (1)
- Bug Spray (1)

***Please label all clothing and personal items with a permanent marker!***

## WHAT NOT TO BRING

Cell phones, iPods, tablets or other portable music players, computers, video games, electric devices, **food**, pets, revealing and offensive clothing, firearms, fireworks, sheathed knives, inappropriate music, or magazines. Kanuga will not be responsible for damaged or stolen jewelry and other valuables. The camp will provide all sports and safety equipment; campers should leave theirs at home.



## CAMP KANUGA GOALS

Camp Kanuga's primary goal is to provide space for developing healthy relationships. We desire that all persons involved grow in love with each other and with God. We provide age-appropriate activities that support our goals:

- Campers will connect more deeply with themselves. They will have an enjoyable, fun, and safe experience where they try new things and expand their "comfort circle" and sense of self.
- Campers will deepen their connection to one another, building social skills, relationship building skills, and resilience and confidence within relationships.
- Campers will experience connection to Creation. Campers will engage with, learn about, and gain appreciation for the outdoors.
- Campers will experience connection to spirituality and a community rooted in Christianity and the Episcopal Church.

## FEES

The camp fee must be paid prior to your child attending camp. The fee includes a t-shirt, lunch, and snack daily. If you have any questions about your camper's registration, camp fee or balance due, contact [campkanuga@kanuga.org](mailto:campkanuga@kanuga.org).

## HEALTH AND SAFETY

The health and safety of our campers and staff is our number one priority. Camp Kanuga provides age-appropriate activities for young people to develop Christian community, take on new responsibilities, gain independence and an appreciation of God's creation; as well as overcome challenges through safe and fun adventure-based programs.

It is important to the Kanuga experience for campers to interact effectively in a small, group-based and community-living environment. Camper groups may include 5-10 campers and two counselors. Camp Kanuga facilitates programs under "Challenge-by-choice" practices.

*Please contact the Camp Coordinator for any special situations that might affect your child's experience at camp - such as divorce, death in the family, separation, new location or any other mental, emotional, physical, or social health issues.*

Knowledge is power - the more we know about your camper, the better we will know how to serve and care for them.

The Henderson County Department of Health inspects our kitchen facilities, cabins, and bathhouses. Our sanitation grade is A.

## **Updates or Changes to Health History**

Our healthcare staff will review all information prior to your camper's arrival. Please update and amend your camper's health history at least 10 days **before arrival**.

You can do this by logging into your online Kanuga account from the top center-right of our website. Click the LOGIN button. This information is saved from year to year and will only need to be updated annually.

## **Physical and Licensed Medical Provider Signature**

It is **NOT** a requirement (excluding Kanuga Trailblazers) to submit a physical or have a Licensed Medical Provider signature (doctor, physician's assistant, nurse practitioner, etc.) to attend Kanuga's summer camp program.



### **Medications**

All prescription medication must be checked in with the health care staff and must be in the original packaging. When administering prescription medications, the Kanuga's healthcare staff will only follow the directions printed on the original prescription box or bottle. Prescription medications will be dispensed by the Day Camp Director. Campers and staff are not permitted to keep any medications with them including over-the-counter medications and vitamins. Please do not bring over the counter (OTC) medications (aspirin, Tylenol, first-aid supplies) unless they are prescribed by a licensed medical provider. If you have exceptional circumstances or needs that are different than what is written in this document, please contact the Camp Director.

### **Allergies**

Camp Kanuga's staff spend significant time and resources to make sure campers are not exposed to environmental dangers such as bees, poison ivy/oak and other pests, and animals. If your child has suffered anaphylaxis due to exposure to these common allergens or have questions concerning allergies at camp, we ask that you contact the Camp Director.

### **Dietary Needs**

We have no problem accommodating all dietary needs. Please make us aware of any needs by making a note in the health form found in your camper's registration forms online. You may also send an email to [campkanuga@kanuga.org](mailto:campkanuga@kanuga.org) with details regarding dietary needs.

### **Camp Dining**

Lunch at Camp Kanuga allows campers and staff to dine, share, and connect. The act of building relationships together is alive and well around the lunch table at camp. Lunch will be served family-style from a menu approved by nutrition specialists. We offer a well-balanced diet, with fresh fruit and salad always available. We are a peanut-free campus.

### **Vaccinations/Immunization**

Camp Kanuga desires that each camper is appropriately immunized/vaccinated for the following:

1. Tetanus MMR (measles, mumps, and rubella)
2. MMR (measles, mumps, and rubella)
3. Pertussis (whooping cough)
4. COVID-19 (not required, recommend)

### **Communicating with Parent/Guardian about a Child's Health Status**

The phone numbers you provide on your child's online account will be used to contact you in case of an emergency, or if your child needs to see a health care provider other than Kanuga's staff. We generally do not contact you if your child has a medical need for routine problems (e.g., skinned knee, sore throat, low grade fever, etc). Calling parents is determined on a case-by-case basis.

## **CAMPER EXPECTATIONS**

We hold our entire community to high expectations. By implementing cabin covenants, our camp wide rules and boundaries become clear. As the leaders, you are expected to model positive behavior and promote a safe and inclusive community. Our most important call is to keep our campers and community safe, and establishing expectations is the first and best way to accomplish this. Below, you'll find some examples of best practices to implement within your cabin community.



# CAMP KANUGA

## Inclusion Policy

Camp Kanuga is a place where *all* people are invited to gather and connect with each other, nature, and the Creator. Our motto is “In Honor Preferring One Another,” found in Romans 12:10. Unconditional love and radical inclusivity are key elements to living into Romans 12:10. We believe that summer camp has the power to change lives, through time spent in an unconditionally loving and supportive community. Further, we believe that these life-changing camp experiences are for campers and staff members of every race, socioeconomic status, sexual orientation, gender identity, and background. We believe that every person is created in the image of God, exactly as they are, with experiences and perspectives that are precious to God.

**As an Episcopal ministry, rooted in the [Baptismal Covenant](#), with God's help, we strive to:**

- **Continue in the apostles’ teaching and fellowship, in the breaking of bread, and in the prayers.** The simple acts of daily life together: prayer, meals, rest, and play, bring us into closer relationship and community. Our community is rooted in the Gospel, loving our neighbors as ourselves.
- **Seek and serve Christ in all people, loving our neighbors as ourselves.** Our staff seeks to listen to others’ stories, consider their perspectives, and learn to treat people how they would like to be treated according to their needs and abilities. This is the mindset we invite campers into as they navigate daily life in the community.
- **Strive for justice and peace among all people, respecting the dignity of every human being.** Our community strives to be a safe, inviting, and harmless environment for all people. We seek to love and respect others and their various elements of identity, like race, culture, ability, age, sexual orientation, gender, identity, spiritual practice, or personal belief. We stand against violence, aggression, intimidation, belittling, or bullying and have no tolerance towards slurs, phrases, expressions, or attitudes that marginalize or perpetuate stereotypes.
- **Persevering in resisting evil, and, whenever falling into sin, repent and return to God.** With God’s help, we work to maintain the safety and integrity of the whole Camp Kanuga community. By acknowledging that we might slip, we recognize both the awe-inspiring grace of God and the need to protect the integrity of the beloved community in which we choose to be in.

If you have questions, concerns, or suggestions as to how we can better live up to these ideals at Camp Kanuga, we invite your conversation with camp leadership.

## **BULLYING POLICY**

Camp Kanuga has a zero-tolerance bullying policy. Bullying is the antithesis of the Camp Kanuga community. Please speak to your children about bullying before they arrive at camp. Please encourage your camper to communicate any bullying or other negative behaviors to their counselors. If a child’s bullying behavior continues, this may result in dismissal from camp.

## **HELP YOUR CAMPER SUCCEED AT CAMP**

At Kanuga, campers enjoy the outdoors and develop a greater appreciation for the environment. They also experience the companionship of other children and are led to acquire skills that improve self-confidence, increase self-reliance, and enhance the ability to cooperate with others. Being away from your child can be hard, and they are sure to miss you! However, visiting can cause many disruptions in their acclimation to the camp environment. Because of this, we do not allow any outside visitors to visit campers during the camp session. Also, campers may not come and go throughout the day. If a camper must leave camp for any reason, they are not able to check back into camp until the next day.



### **TECHNOLOGY POLICY**

Camp Kanuga is an “unplugged” environment. Please help us to create an environment where new friendships can blossom, and each camper has a unique and special outdoor experience. **Do not bring portable music players, video games, computers, iPads, tablets, electronics, and cell phones to camp.** Furthermore, **cell phones** especially interrupt camp in a variety of ways; namely our ability to enhance your camper’s confidence and independence.

If any of the items listed are discovered, the camp staff will collect the items and return them at pick-up time.

### **SOCIAL MEDIA POLICY**

With the prevalence of social media and the internet in our daily lives, Kanuga has identified some expectations for how staff and campers conduct themselves on the internet when any reference to Camp Kanuga is being made (mentioning CK, wearing CK merchandise, engaging with other CK people, etc.).

If a camper chooses to identify themselves as a camper at Kanuga on the internet, it is our hope that they be intentional about what it is they are publishing or posting. Avoid posts that are:

- Pertaining to illegal and immoral acts as defined by the law and society.
- About alcohol, drugs, and/or sexual behavior
- Anything that may put the safety of others at risk.
- Anything that may be interpreted as belittling, bullying, aggression, or being violent towards any others.
- Jokes, comments, or gestures of a sexist or sexualized nature
- Slurs, phrases, or expressions of attitudes that marginalize or perpetuate any stereotype.
- Avoid posting anything that does not align with Camp Kanuga’s mission and values.

It is important to note that photographs are for personal memories; please do not post pictures on the internet of another camper without their permission. Kanuga may monitor the internet for information pertaining to its programs. If any material posted by a camper is found to be questionable, problematic, risking the safety and wellbeing of any CK constituent, specifically, as it relates to the use of the Camp Kanuga name, brand or logo, the camper’s family may be notified.

### **Lost and Found and Labeling Policy**

You will want to label EVERYTHING you send your camper to camp with. This will significantly cut down on our lost and found items that otherwise would never make it home. If your camper does leave anything at camp and you notify us within 7 days of the session ending, we can mail it back to you and charge your card on file for the cost of shipping.

### **PHYSICAL ADDRESS TO CAMP KANUGA**

221 Camp Kanuga Circle  
Hendersonville, NC 28739

### **CAMP KANUGA COORDINATOR**

(828) 233-2836  
campkanuga@kanuga.org