

Parent Handbook for Day Campers

Holston Camp would like to extend a most sincere welcome to you and your child. We look forward to our association with you this summer and will do our best to make your child's stay a happy and rewarding experience. This handbook is intended to provide you with general information and make you feel at ease. We also have a FAQ section on our webpage. We welcome phone calls and emails if you have further questions or concerns.

Jim Austin, Director (423)_ 202-1655
jaustin@holstoncenter.org

Lisa Jones, Office Manager
ljones@holstoncenter.org

Before Camp

A general health form is required for each camper, which includes the doctor's contact information. A health form is available on our website.

Tobacco, Alcohol and illegal Drugs are not allowed at Holston Camp

Use or possession of tobacco, alcohol or illegal drugs is reason for immediate removal from camp.

Camp Phone Calls

Campers will not be able to make or receive phone calls. PLEASE DO NOT SEND CELL PHONES WITH YOUR CAMPER! If there is a problem concerning your camper, the Camp Director will contact you. In the event of an emergency at home, be prepared to leave a message for the Director or Office Manager and your call will be returned as soon as possible. If you have questions about camp, please contact us during our normal business hours: 8AM-5PM, Mon-Fri. (844) 465-7866. In case of afterhours emergency, contact Jim Austin at 423-202-1655.

Birthdays

Birthdays are special occasions at camp! To assure a celebration please alert the Camp Director and counselors on registration date.

Camp Behavior

Campers are expected to behave in a socially acceptable manner. Disruptive behavior that continues to occur and impairs the ability of other campers to enjoy themselves will not be tolerated. The Director may send disruptive campers home. Please review this information with your camper so camp is enjoyable experience for everyone present.

Food

Meals at camp are nutritionally balanced and prepared by qualified, experienced staff. Snacks are also provided! Please do not send snacks with your camper – food is not allowed in the cabins. Any dietary restrictions (allergies or otherwise) should be noted on the registration form. We can accommodate most food allergies (gluten free, lactose intolerance, nut free). If your camper has a dietary restriction, please indicate this when registering for camp so that we can anticipate the need.

Lost & Found

All lost and found items will be kept at the camp for one week after the close of the season. When you pick up your camper, please check to make sure they have all their belongings. Call the camp immediately if you determine that something is missing. If the missing item is found, we can mail it for a fee that includes postage



PO Box 428 Banner Elk, NC 28604

info@holstoncenter.org; www.holstoncenter.org

844-465-7866 phone

plus \$5.00 for handling, or you may come to retrieve it. The best prevention is to label all items with your camper's name.

Visitors

It is not possible for campers to have visitors during the camp session. Because of the short time your camper is here, most visitation has a negative effect and promotes homesickness. You are welcome to tour camp on registration or attend Family Camp.

Cancellations/Refund Policy

If, for some reason, your camper is unable to attend camp as planned, please notify us by call 844-HOLSTON. Refunds will be considered under the following circumstances:

1. Registration fee of \$50 is non-refundable.
2. Balance of fee is refundable only if a physician states in writing before the camp session that it would be medically inadvisable for the camper to attend.
3. If a camper is sent home by the Director, refunds will be issued on a pro-rated basis.

Time/Location

From 8:00 a.m. to 5:00 p.m. Monday – Friday. *Please note that for an additional fee of \$50/week we offer early drop-off and late pick-up from 7:30 a.m. – 5:30 p.m.*

Drop off/pick up is just inside our camp entrance on the right at the circular drive.

Special Medical Needs/Medications

All medications or allergies must be noted on the Medical Release Waiver. All medications that are brought to camp are stored and dispensed by the Day Camp Program Director. If prescription medications are sent to camp it must be in the original pharmacy container listing camper's name, medication and dosage prescribed. If non-prescription medications are needed, the Day Camp Program Director will give these medications per the recommended dosage.

What to Bring to Camp (*Please Bring These Items Daily*)

A Daypack with:

- Modest swimsuit (1-piece)
- Towel
- Water bottle
- Sturdy tennis shoes
- Extra pair of old shoes or pair of aquatic shoes for creek walks and water play



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___ Insect repellent

___ Sunscreen

DO NOT SEND CELL PHONES, TABLETS, GAMING DEVICES, NETBOOKS, HAIR DRYERS, etc.

First Aid

Your child's well-being and safety is of the utmost importance to the staff at Holston Center Day Camp.

We know that children often collect bruises and injuries as they play at home and at camp. We are prepared to administer simple first aid to any camper who receives a simple cut or bruise. If your child receives a serious injury, we are prepared to immediately take the child to a health care professional.

Counselors will be logging information about injuries as they occur at camp. If your child suffers a minor injury at day camp, we will report the injury to you at the time of pickup. If an injured child wishes to communicate with a parent or guardian, we will gladly assist the child to make a telephone call. In the case of any serious injury requiring professional healthcare, the parent or guardian will be contacted immediately.

As a courtesy, please let a counselor know of any injuries occurring to your child out of camp. Also, inform us by calling (844) 465-7866 if your child will be arriving late, leaving early, or will not be attending camp that day.

Please understand that our main goal is to provide your child with a safe and fun experience at camp. Thank you for choosing Holston Center Day Camp. If you have any questions, I can be reached at (828) 898-6611.

Directions

Please note that Hickory Nut Gap Rd is extremely curvy from Newland to Banner Elk. From Newland, we recommend taking NC-181 toward Linville, left onto NC-105 toward Boone and left on NC-184 to Banner Elk. In 3.8 miles, turn left onto Hickory Nut Gap Rd. Holston Camp is 1 mile on the right.

Our physical address is 6993 Hickory Nut Gap Road, Banner Elk, NC 28604