

QUAKER LAKE CAMP

QLC 2022



Quaker Lake is a safe, friendly place that offers the opportunity to connect with God and make memories that will last a lifetime. We strive to provide a sense of community through Christian fellowship, encourage individual abilities and reinforce positive self-image. Each participant has the opportunity to enjoy and learn about the outdoors, while building lasting friendships. Our hope is to provide a fun and enjoyable camp experience that motivates our campers to approach the future with courage, a feeling of self-worth and a strengthened confidence in their faith.

CAMP STAFF:

We understand the tremendous amount of trust it takes to send your child to camp, and we take that responsibility seriously. Therefore, our staff consists of creative, energetic and spiritually mature leaders who are carefully selected and trained for each individual position. Staff members are screened by background and reference checks as part of our hiring process. Additional volunteers are selected to serve as counselor assistants, kitchen assistants, Bible study and worship leaders. The infirmary is staffed by a registered nurse and the Health & Safety Director.

CABIN LIFE:

Campers stay in a cabin with a counselor along with 7 or 8 other campers. Throughout the day campers will participate in activities individually and with their cabin group. Each cabin group works as a 'family' while at camp, building community through worship, work, and play.



OBJECTIVES AND GOALS:

The overall objective for Quaker Lake Camp is for each camper to experience growth of the total person within the context of the Christian Faith as experienced by the Religious Society of Friends (Quakers) through participation in all phases of the camping program – worship, study, work and play.

Specific goals are:

- To provide a camp for youth regardless of gender, race, creed, or color, where the principles and teaching of Christianity are taught and practiced in all phases of the camping program.
- To provide youth an opportunity to learn some of the principles of Quakerism.
- To provide youth an opportunity to gain an appreciation for nature and the environment and assess their relationship to it.
- To provide an opportunity for individual self-development in such areas as self-image, self-reliance, values, responsibility, independence, relationship building, and community.
- To provide an opportunity to acquire and improve interests, abilities, and skills in areas such as crafts, swimming, recreation, music, etc...

Sample Schedule

7:30am Wake Up Bell	2:15pm Discovery Class
8:00am Morning Praise	3:15pm Snacks
8:15am Prayer Time	3:30pm Swim Class
8:30am Breakfast	4:30pm Free Time
9:00am Clean Up	6:00pm Dinner
9:30am Nature Class	6:45pm Garden Time
10:30am Crafts Class	7:00pm Recreation
11:30am T.R.A.S.H.	7:30pm Vespers
12:30pm Lunch	8:00pm TBA
1:00pm FOB (rest time)	8:45pm To Cabins
	9:15pm Cabin Devotions
	9:30pm Lights Out

Accreditations:

We proudly display the insignia of the American Camping Association as an accredited camp. Accreditation is based on compliance with standards in four areas: Site and Facilities, Administration, Personnel and Program, with additional standards for specific program activities and off site trip and travel. Quaker Lake Camp also holds membership in Christian Camping and Conference Association.



Getting Ready for Camp...

Forms:

There are several forms that will need to be completed prior to your arrival at camp. These forms are located on your CampInTouch account and must be submitted by June 1. These forms include:

- * Camper Behavior Policy
- * Release and Acknowledgement of Risk
- * Early Release and Transportation
- * Health History and Authorization
- * Immunization Form

QUAKER LAKE CAMP



HOMESICKNESS:

For many campers, this may be their first time away from home for an extended amount of time, which can be a new and exciting adventure. This could be a frightening experience for some campers. Missing home is a normal part of camp and all campers will feel a little 'homesick.' We have a few tips for helping to ease homesickness as your child prepares for camp.

- Reassure your child that it is normal and natural to miss home while at camp.
- Prepare your child by talking about missing home before they leave for camp.
- If they have never spent the night away from home, encourage them to spend the night with a friend or family member before they come to camp.
- Avoid a rushed packing process. Spend quality time talking about what camp will be like while packing and getting ready together.
- Try to avoid phrases like "just call if you want to come home" - express your confidence in your child's ability to complete his/her session.
- Write positive, encouraging letters to your child and pack stationary so your child can write you while at camp.
- If your child is nervous, please arrange for a tour of the camp facilities. To schedule, contact the camp office at (336) 674-2321.

What To Bring:

Please be mindful that camp is a busy place and that items brought will probably not receive gentle treatment. A list of suggested items is located on the back of this booklet. Please remember to not bring any electronics, food, valuables or sentimental items.

Arrival & Departure

Please refer to your session dates for arrival and departure!
Sessions begin and end on different days of the week.

Arrival & Departure:

Campers will have staggered arrival times from 3-5pm and staggered departure times from 9:30-10:30am. Closer to your child's session you will receive an email with instructions to sign-up.

Upon Arrival:

- Check in at the Main Lodge: cabin placement, camp t-shirt, and medical screening
- Check in at the Cabin: meet your counselor; get moved into your cabin; and jump into the schedule!
(Please call if you will not be arriving during regular check-in hours to insure your camper's placement)
- You will pick up your camper at the cabin where you dropped them off at your appointed time.



LOST & FOUND:

Quaker Lake Camp is not responsible for lost or damaged items. To prevent excess lost items campers are encouraged to label their clothing with their first and last name. Lost and Found pick up will be available by appointment only and not sent by mail. Any items that are not claimed by November 1st will be donated to charity.

CANCELLATION POLICY

Cancellation of a camp session made more than 28 days in advance of the session start date are only entitled to a refund of the tuition money paid, less the non-refundable deposit amount. Cancellations made less than 28 days in advance of the session start date are not entitled to a refund of any tuition money paid, including the deposit amount, except in the case of extenuating circumstances including but not limited to an unforeseen legitimate and verifiable medical emergency affecting the camper directly or a death in the camper's immediate family. If your child is dismissed from camp prior to the conclusion of the session for any reason, including but not limited to a violation of Quaker Lake's Behavior Policy, you are not entitled to a refund, partial or full, for the remainder of the camp session.

DIRECTIONS:

Quaker Lake is located in Guilford County southeast of Greensboro in Climax on NC Hwy 62 between US 421 and NC 22. Our street address is: **1503 NC Hwy 62 East
Climax, NC 27233**

While your child is at camp...



ACTIVITIES:

All ages participate in activities such as Bible study, crafts, swimming, organized recreation and group games, canoeing, ping-pong, frisbee golf, gardening, fishing, singing, campouts, and a closing campfire worship service. Once the campers are 11 years old and older they sign up for additional activities. These may include activities such as mountain biking, archery, scrap booking, pine cars, little theatre, music, woodworking, sewing, jewelry making, Alpine climbing tower, fly-fishing, team sports and work projects. A wide variety of activities are offered each session so we can provide many options to satisfy campers' interests. Campers sign up individually during the first night of camp and although we cannot guarantee, we try to ensure that each camper gets his/her first, second or third choice when signing up for activities.

CAMPER MAIL:

We encourage friends and family to send positive, encouraging letters to campers. However, care packages are not allowed. If your child is sent a care package, he or she will receive it at check-out. Mail should NOT contain edible items. When sending a letter, allow 2-3 days for delivery. Be sure to include a return address. Please avoid phrases like "we miss you" or "things aren't the same without you here." These type of statements can effect camper's confidence and can make them homesick. If your child would like to send letters home, it is a good idea to send pre-stamped and pre-addressed envelopes

Camper's full name
Quaker Lake Camp
1503 NC Hwy 62 East
Climax, NC 27233



along with their pen and paper. Stamps are available for campers to purchase. Outgoing camper mail is collected every morning and they receive incoming letters daily.



PHONE CALLS:

The Camp Office number is (336) 674-2321. Some parents may wish to speak with their child during the session but calls to and from campers will be allowed only in emergencies or special circumstances and be approved by the Quaker Lake Director or designated staff. Any messages that need to be given to campers will be passed on through our directors. Campers are not allowed to bring cell phones.

VISITORS:

Because your child's safety is our utmost concern, visitors are not allowed during sessions. Visitors are welcome to meet the staff and tour the camp on arrival day only. Please help us maintain control of the camp and security for the campers by not picking campers up throughout the week. Parents and guardians must contact the program director or assistant summer camp director prior to arrival at camp for emergency visits.

FOOD:

A variety of food is provided in order to satisfy the preferences of children. Our kitchen staff works very hard to prepare meals the campers will enjoy while paying close attention to the nutritional value of each meal. Please note any dietary restrictions or food allergies your child may have on the Health Authorization & Permission Form. Our kitchen staff will prepare alternatives in consideration of these requirements. Outside food, candy, chewing gum, etc... is not allowed. These outside snacks cause a problem in the cabin with insects and rodents. Please do not send edible items in the mail.

SICKNESS & ILLNESS:

Campers who have had a fever in the last 24 hours, or a virus or other illness that your doctor or physician feels is contagious will not be admitted. Please call to reschedule your session. If your child is sick during their stay at camp, has a fever, or if the camp nurse or Health and Safety Director deems the situation serious or has any questions you will be contacted immediately.

Quaker Lake does a lice check during Health Screening on arrival day. Any child found with adult lice or nits will be sent home and unable to return without proper treatment and verification by camp health staff that the camper is lice and nit free. If your child is unable to return, we will attempt to reschedule for a different session or provide a refund.



EMERGENCY INFORMATION:

The general camp phone number is (336) 674-2321. Although we are not always near a phone, a message can be left and your call will be returned. For all emergencies please contact the Camp Director at (336) 681-6252.

INSURANCE:

Most families have health insurance policies that cover children while they are at summer camp. The policy number and company name must be on the camper's Health and Authorization form. We have volunteer camp nurses and a Health and Safety Director to administer to the needs of our camp community.





WHAT TO BRING:

TO HELP PREVENT LOST OR LEFT BEHIND ITEMS, PLEASE
LABEL ALL CLOTHING AND BELONGINGS.

- ☐ Bible (with name inside)
- ☐ Sheets/blanket
- ☐ Pillow
- ☐ Towels
- ☐ Washcloths
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Brush/comb
- ☐ Soap
- ☐ Extra shoes (especially tennis shoes/sneakers)
- ☐ Extra socks
- ☐ Shorts, shirts, etc. (appropriate clothing, activities will require comfortable clothing not too loose or tight)
- ☐ Underwear
- ☐ Jacket/sweatshirt
- ☐ Swim suit(s) - must be one piece /one piece coverage (tankini's ok)
- ☐ Rain gear
- ☐ Pen/pencil/ paper
- ☐ Sunscreen
- ☐ Shampoo
- ☐ Deodorant
- ☐ Medications, if needed (in original containers; to be given to designated camp personnel upon check-in; to be picked up upon check-out by parent/guardian)

YOU COULD ALSO BRING:

- ☐ Address Book
- ☐ Journal
- ☐ Stamps
- ☐ Postcards, writing paper
- ☐ Flashlight/batteries
- ☐ Trash bag for packing wet or dirty clothes separately for trip home
- ☐ Small amount of money for stamps and envelopes
- ☐ T-shirt to tie-dye (pre-washed; light colored and cotton blend is best) (applicable for 8-10, 11-13, 13&14, and 15-17 year old sessions)

DO NOT BRING:

- Food/beverages
- Cell phones, music devices (IPOD's, MP3, etc.), handheld video games, or headphones
- Cameras (disposable, digital, etc...)
- Pocket knives, guns, etc.
- Items that could become ruined (Electronics, clothes, photos, breakables, etc.)
- Laser pens/pointers
- Paintball guns, water guns, balloon launchers, etc.
- Valuables, sentimental items
- Fans