

# 2019 Camp Pollock Guidelines

At any time Camp Pollock deems it necessary to adjust these guidelines, we reserve the right to do so without notice.

## Registration day

Registration time is at 10:00 AM and the departure time is approximately at noon. (Early registration will not be allowed) Registration will be in the dining hall or tabernacle. Pick up will be around the dining hall. Lunch will be served on the first day of registration and the last day of each camp. All meals during camp are provided.

## Camper rules

Parents: Please read these rules and regulations with your camper. Rules apply to all campers for the safety and protection of all involved. Please make sure you do your part in following the guidelines.

- Camp Pollock requires both campers and staff to treat each other, camp property and camp rules with respect.
- **DRESS CODE:** In an effort to preserve modesty and create the best possible camp environment for everyone, we ask that parents monitor what is packed for camp attire. Female campers may not wear rolled up cheerleader shorts, short shorts, tight or extra low rise pants, shorts with lettering on the seat, extremely tight or revealing T-shirts, shirts revealing the midriff, spaghetti strapped shirts and dresses, etc. , cropped shirts, or immodest swimming suits. A camper will be asked to change if dressed inappropriately. Thank you for your cooperation in this. We also ask that you **bring pants, modest skirts, dresses or modest dress shorts to wear to the Night time services. Special Dress Code Note:** In today's society, the "less is more" mentality is displayed through low cut jeans and shorts, tight tank tops, and short shorts. Please understand that Camp Pollock is committed to protecting the innocence of your child in the midst of a camp setting. With this in mind, we will ask campers who are inappropriately dressed to change; therefore we recommend sending extra shorts, T-shirts. We appreciate your sensitivity with this subject matter, as it is our goal to create the best camp environment possible.
- Campers are not allowed to make or receive phone calls during their stay at Camp Pollock.
- Fighting is not tolerated under any circumstances. Campers who engage in fighting could be sent home, and their opportunity to return to camp in the future will be evaluated.
- Campers found with weapons, alcohol or illegal drugs will be dismissed from the camp program, and eligibility to return in future years will be evaluated.
- NO Skate boards or bicycles are allowed on camp grounds.

## Medical information

- The Camp Pollock Infirmary is staffed with medical personnel each week of camp, and it is stocked with basic over-the-counter medications and first aid supplies.
- All camper medications must be checked in with the nurse on Opening Day, including vitamins and over-the-counter medications. Asthma (Rescue) Inhalers and Epi-pens are the only medication that may be kept with the camper AFTER being checked in with the nurse. Do not pack medications in luggage.
- Medications must be in the original container with the pharmacy label attached and dosage instructions legible, and must be in the camper's name. Prescriptions must be current within 6 months, and sample medications must be accompanied by a prescription or letter from the child's physician. Due to liability, no exceptions are made. • If your child has food allergies, please contact Camp Pollock before your camper's arrival so the food service staff can be prepared to meet your child's dietary needs.
- Please check your child for lice one week before you come to camp. A camper must be free from all active head lice, larvae, and nits before being admitted to camp.
- Campers must be fever-free for 24 hours prior to arrival.

## What to bring to camp

Clearly label all of your camper's belongings, especially cameras, backpacks, towels, shirts and Bibles.

The following is a list of recommended items.

- o BED LINENS: Single sheet set and a blanket, or sleeping bag and twin size fitted sheet and a pillow.
- o Bath towel and washcloth (2 sets) o Swim towel
- o TOILETRIES: soap (liquid bath soap is recommended), shampoo/conditioner, toothbrush, toothpaste, deodorant, powder, etc.
- o CLOTHING: A change of clothes for each day is necessary, and several extra sets are recommended.- Shorts\* (at least 4 inch inseam) - Shirts\* (loose fitting) – Undergarments - Socks, long pants, dresses or modest skirts (for the four night time services) - Rainy / Messy clothes
- o Bible, notebook, and pen o Insect repellent
- o Flashlight\* and extra batteries o Shower shoes (flip flops\* work well)/tennis shoes/dress shoes
- o Swimsuit (girls need a one-piece suit) o Sunscreen
- o Laundry Bag o Postcards, stationary, and stamps (give outgoing mail to counselor)
- o Rain Gear o Several large re-sealable bags for packing wet items on last day
- o money for concessions o Light jacket – dining hall is sometimes cool in the mornings

## What not to bring to camp

Our desire is for all campers to have the best possible experience outside their home setting. If any of the following items are found, they will be confiscated and not returned until the end of the camp session.

- Radios, CD players, knives, fireworks, electronic games, cell phones, pagers, tobacco, weapons, drugs, pets, candy, or any clothing items listed in the Dress Code section of the Camper Rules and Regulations. Food items are not returned, but disposed of due to issues with animals and insects.

- **Cancellation & Withdrawal:** Camp Pollock reserves the right to dismiss any camper whose influence or conduct becomes detrimental to the best interests of the overall program. No deduction from camp fees will be made for absences or withdrawals before the end of the camp session.

- **Acceptance:** Rules for acceptance and participation in the program are the same for everyone without regard to race, color, age, sex, national origin, disability, political belief or religion.

- **Duplication:** Camp Pollock reserves the right to utilize, reproduce, and/or copy all video footage, pictures, slides, etc. taken during any session of summer camp of campers (and/or staff) for use by Camp Pollock in promotional and marketing publications or any other ways as deemed necessary by Camp Pollock. No camper names will be published without permission in association with any of the above stated materials.

- **Insurance:** In the event of sickness or injury Camp Pollock does NOT include Accident Insurance in the summer camp fee. Should a camper require special medical treatment, prescription medicine or hospital care during the camp session, the expenses will be forwarded to the parents or guardians. Please make copy of Insurance card and attach to medical form.