



# CAMP HENRY

## 2023 Day Camp Guide

### Welcome!

We can't wait for your camper to join us for an incredible experience along the shores of old Lake Kimball.

Our hope is that your camper will have the opportunity to have a life changing experience in a loving, caring, authentic, Christian environment. Our staff members are truly awesome; energetic, encouraging, compassionate, fun-loving, dedicated, hard-working, and full of joy. They can hardly wait to welcome you to Camp Henry!

Our goal is for this Parent Guide to answer all of your questions. If it doesn't, please give us a call or send a quick email, we would love to hear from you! We want to do everything we can to help you and your camper feel excited and prepared for an amazing experience at Camp Henry.

To discuss special circumstances or ask specific questions, you can reach Leigha or Andrea, Monday-Friday between 8:30 am and 4:30 pm at 616.459.2267 or email [registration@camphenry.org](mailto:registration@camphenry.org) and one of them will respond to your message as soon as possible.

### Camp Philosophy

Camp Henry's mission is to provide life changing experiences for all in a Christian environment. We believe that a Camp Henry experience should be available to all and that we are called to be respectful of every camper and guest, including individuals of varying abilities, genders, cultures, religions, races, regions, and socioeconomic status.

We have had the privilege of serving campers, families, and guests at Camp Henry since 1937. We believe that a camping experience at Camp Henry has the capacity to transform lives in many ways. With such a concentrated amount of time, a beautiful natural environment, intentional camp programs and activities, opportunities to try something new, and campers being surrounded by positive Christian role models – the combination is perfect for enhancing and positively changing the lives of campers and guests who come to Camp Henry.

Camp Henry welcomes campers of all faiths as well as no faith at all. We don't require, assume, or expect that all campers are Christians or come from Christian families. Our hope is to simply be Christian toward everyone who comes to camp.



# CAMPHENRY Packing Information

## What To Bring

- A **sack lunch**. Snacks will be provided throughout the day, but please pack a lunch. For the safety of campers with severe allergens, please do that pack items with nut products.
- Please Review the following page for a **check-list packing list!**
- **All items that are brought to camp should be labeled with the camper's first and last name.** Counselors will do their best to help your camper keep up with their belongings, however, we cannot be responsible for lost items. Please consider this when making decisions of what to pack for camp.
- It is our hope and expectation that all campers will spend some time either near or on a horse. Horses, while wonderful and beautiful creatures, are big, heavy, and sometimes unpredictable. We have multiple staff with campers whenever they are near the horses, and campers receive an orientation covering how to safely be around the horses. Yet, to help protect feet and toes, **all campers must bring sturdy, closed-toe shoes and long pants.** Boots or tennis shoes are fine for being around horses, yet Crocs, Toms, sandals, etc. –even though they might cover the toes– don't provide adequate protection

## Swimwear Guidelines

Swimwear should provide adequate coverage, fasten securely, and be designed for active wear. Two piece suits are allowed if they have one tie and are accompanied by another fastener.

## What Not to Bring

*If any of the items below are found, they will be held in the office and returned to parent/guardian each day. If not picked up by the end of the week, the items will be shipped back to the camper at the expense of the camper's family.* Please examine your camper's selection of clothing, looking for items which might carry offensive slogans or symbols. In a large camp community, these items can result in conflicts between campers. Our goal is to create a community where all people feel welcome and accepted. Campers wearing clothing that is inappropriate will be asked to change.

Cell Phones  
iPods – iPads – etc.  
Electronic Games  
Fireworks  
Valuable Jewelry  
Cash  
Food/Candy/Pop

Laptop Computers  
Knives – Firearms \*  
Tobacco Products \*  
Alcohol \*  
(E)Cigarettes/Vaporizers\*  
Illegal Substances\*  
Marijuana\*

\* Campers with these items will be dismissed from camp.

\*\* Please remember, Camp Henry is not responsible for any lost, stolen, or damaged items. \*\*

## A Bit More About Cell Phones & Technology

We know that many campers and parents want to try to stay connected during camp, and that many folks are accustomed to utilizing cell phones or other devices to keep in touch. Yet, cell phones prove to be **VERY problematic** and **disruptive** at camp. In addition, we hope to give all campers a break from distractions and the opportunity to "Unplug & Connect".

We want to encourage all campers to grow in their independence and remain immersed in the camp experience while at Camp Henry.



# Packing List for Camp Henry

## Day Camp Edition

### What to Bring

Sack lunch - nut free products please!

Clothing (as weather dictates)

Sunscreen & Bug Spray

Towel

Flip Flops / Sandals

Swimsuit

Tennis Shoes (required for horse experience)

Day Pack or Draw String Backpack

Underclothing

Hat / Sunglasses

Water Bottle

Questions about what to pack?

**Just ask us!**

info@CAMPHENRY.ORG

616.459.2267



## CAMPHENRY Arrival & Departure Information

The camp week for Day Camp runs Monday through Friday, from 9:30am to 4:00pm.

### Pick Up & Drop Off Procedures

- Parents must sign their camper(s) in and out with the Camp Henry Staff. Additional check-in instructions will be communicated prior to your camp week.
- **Photo ID will be required to be shown prior to signing out a camper**, designated either on the registration form or the sign-in form.
- For the safety of all campers and guests, please leave all dogs and other pets at home.

### For Parents bringing their children to Camp Henry

**Drop Off:** Please bring your child to the Nicely Activity Center at 9:00-9:15am

**Pick Up:** Please pick up your child at the Nicely Activity Center at 4:15-4:30pm

### Directions to Camp Henry

Camp Henry is located at 5575 Gordon Ave, Newaygo, MI 49337. Please be careful when utilizing Google Maps or other GPS/Navigation programs, as they are often inaccurate.

*FROM SOUTH (Grand Rapids):* Take M-37 (Alpine Avenue) north toward Newaygo. Continue through Newaygo and over the Muskegon River and turn left at the traffic light onto M-82 (toward Fremont). Take the first right turn onto Old M-37. Take the first left onto 68<sup>th</sup> street. Travel approximately 1 mile, then turn right onto Gordon Avenue. Follow Gordon Avenue 1¾ miles to the Camp Henry entrance at the top of a short winding hill. Welcome to the Camp Henry Nicely Center

*FROM WEST (Muskegon/Fremont):* From Muskegon take US-31 north toward Ludington. Exit onto M-120 toward Fremont. Follow M-120 for approximately 30 miles, then at the 4 way stop, turn right onto M-82 toward Fremont. Continue on M-82 to and then through Fremont. Continue straight through the four way stop sign onto 48<sup>th</sup> Street. Continue on 48<sup>th</sup> street for 9 miles, and turn right at the large bend in the road to stay on 48<sup>th</sup> Street. Then, take an immediate right onto Gordon Ave. Follow Gordon Avenue for approximately 1 mile, just after the small bridge and up the small winding hill, you will find the Camp Henry "Upper Entrance" on the right side of the road. Welcome to the Camp Henry Nicely Center!

*FROM NORTH (Big Rapids):* Take 131 South toward Grand Rapids. Take the M-82 Exit toward Newaygo. Continue West on M-82 for approximately 18 miles to Newaygo. At the intersection of M-82 and M-37, turn right (north) on M-37. Follow FROM SOUTH directions above – starting with "Continue through Newaygo...".

### For Parents using transportation from Grand Rapids:

Drop off is from 8:10-8:30am and pick up is from 5:00-5:30pm.

*Westminster Presbyterian Church is located at 47 Jefferson Ave SE, Grand Rapids, MI, 49503*

In the unlikely event that pick-up or drop-off time changes or the bus has problems or an emergency, Camp Henry will contact you through the emergency phone number that you provided. **You can also reach a camp staff member by calling 616.717.5555 during transportation times only.** During day camp hours, you can call the Camp Henry office at 616.459.2267. Transportation is available to and from Grand Rapids for an added \$40, please contact our office to add transportation to your registration.

### How to reach Campers and Camp:

Beyond emergencies, campers are not allowed to use a phone or communicating device like a smart watch at camp. However, if your child has a concern and wants to call home, a Staff Member will be certain to call home to check in with the camper's guardians.

## CAMPHENRY Transportation Safety Rules

1. Training shall be provided to campers on their first day of being transported, which shall include evacuation procedures.
2. All passengers and the driver will wear seatbelts when provided. All passengers will remain seated while the vehicle is in motion and until told to exit the vehicle. When seatbelts are provided, Camp Henry follows all Michigan Child Safety Law requirements including that children must ride in a car seat or booster seat until they are 8 years old or 4 feet 9 inches tall.
3. No vehicle will be loaded beyond the capacity limits established by the manufacturer and all passengers must have a seat.
4. When transporting more than 6 passengers, a second person shall accompany the driver as supervisor of the group. A Staff Member should have health information for all passengers.
5. Loading and unloading shall occur in an orderly fashion, off roadways. Campers are to load and unload through non emergency doors (front and side doors) with the back doors reserved only for emergency purposes. Campers are allowed on and off the van/bus, in an orderly fashion, when instructed by Camp Henry Staff.
6. No gear is to be stored in a manner that blocks the exit or aisles.

### In Case of an Emergency:

- In case of an emergency, parents can contact Camp at (616) 459-2267 ext. #.
- In case of a camper's illness or injury, parents will be notified by Camp Staff.
- In the rare event that pick up or drop off times at camp change, Camp Henry Staff will notify the parents of the campers affected.



## Health, Medications, & Food Service

### Health Center

Campers who are not feeling well have the opportunity to visit the Health Center. Our Health Directors meet all State of Michigan and American Camp Association guidelines and are on site 24 hours a day. A doctor is always on call.

Calls are placed to parents when:

- 1) a camper has a health-related concern and requests a call home.
- 2) a camper has a temperature of 100 degrees or higher.
- 3) a camper spends more than four hours in the health center.
- 4) a camper goes to the hospital.

Cabin Counselors check in with campers daily and remind them of the importance of drinking water and utilizing sunscreen and bug spray, and are available to help campers with any health-related concerns that might arise.

### Health Form

We are required to have a Health Form for each camper. Parents can complete the online Health Form by logging in to their [account](#).

### Medications

Parents must check in all medications, both prescription and over the counter, including vitamins and supplements during check-in (i.e. epi-pens, inhalers, eye drops, allergy medications, hydrocortisone, etc). All medications must be in their ORIGINAL CONTAINER noting RX number, camper name, physician name, and dosage. We recommend that you only bring the amount needed for the duration of camp plus one extra dose. You can expedite this process by completing a [medication sheet](#) and bringing it with you to check in. The Camp Health Center stocks a variety of over-the-counter medications (OTC), however, if your child requires a specific OTC medication or vitamin on a daily basis, you must provide the medication in the original container and must note on the health form that this medication is necessary daily. All unclaimed medications will be thrown away. We are NOT able to mail home any medications. All prescription medications purchased and/or hospital care provided during camp are billed to parents at the close of the camp session. If you have any questions, please don't hesitate to email [campnurse@campheny.org](mailto:campnurse@campheny.org).

### Behavioral Medications

We want your camper to be successful at camp. While we think of camp as being a relaxing and fun time, it's important to remember that campers are learning new skills, having lots of new social interactions, and need to concentrate on instructions from counselors, not only in the cabin, but during activities as well. In keeping with The American Academy of Pediatrics and The American Camp Association (ACA) joint policy statement; we are requiring all campers who normally take psychotropic medicines and are in long-term psychotropic therapy to not have elective interruption of their medicines while at camp (aka a "Med Holiday").

### Health Assessments

As an ACA Accredited Camp, we are required to screen all campers for good health prior to admission. We will also be performing daily staff and camper health screening. We request that no campers come to camp ill or with any contagious condition. Campers need to be fever free for 24 hours without taking fever-reducing medicine before coming to camp. In addition, if a camper has lice or has had lice within the last seven days, the camper may be allowed to attend camp with proof of certification from a licensed lice treatment facility approved by Camp Henry. Campers who are sick and potentially contagious will need to leave camp in order to help us ensure the health and safety of our camp community. If you have any questions regarding the health of your child prior to camp, please feel free to contact the Health Director starting June 7<sup>th</sup> at 616.717.5567 or email [campnurse@campheny.org](mailto:campnurse@campheny.org).



## A Day at CAMPHENRY

### Your Online Account

Every camper and family has an [account](#). You can login using the email address associated with your account to make a payment or schedule automated payments and complete your camper's health form. If you have questions about your online account, you can call Leigha or Andrea at 616.459.2267

### Camp Store

While the camp store will not be available to campers or parents during day camp, you can choose to purchase items [online](#) to be sent home with your camper, or have items shipped to your home. If you choose to place an order to be sent with your camper, please specify your camper's name, and when you would like it delivered. If you make one order for multiple campers, please leave order comments specifying the item(s) intended for each camper.

### Birthdays

Many campers celebrate their birthday while they are at Camp Henry! On the camper's birthday, they are recognized and sung to with Day Campers at lunch.

### Discipline

Camp rules are designed to enhance the happiness and safety of all campers. A leadership staff member will contact parents to let them know if there is a significant or on-going behavioral problem. Children who do not demonstrate appropriate behavior, in the judgment of the Directors, will be sent home from camp. **Early dismissal from camp will not warrant the refund of fees.**

### Camp Henry Safety and Communication Standards

Camp Henry Staff and Campers are encouraged to stay in touch beyond summer camp via Camp Henry Events and Camp's social media channels. For the safety of campers, guests, and staff, Camp Henry staff members and campers should never be alone together in an unobserved context during camp or away from camp (in person or online).

Following a camp experience, Camp Henry staff are not allowed to "friend" or "follow" campers on any social media platform. Any contact between campers and Camp Henry staff members outside of camp must be approved by the camper's parents/guardians.

### Refund/Cancellation Policy

**Cancellations made after May 3rd** will incur a 50% cancellation fee unless we can fill your camper's spot. If we can fill your camper's spot, there will only be a \$25 administrative fee.

**Cancellations within 48 hours** of the start date are not eligible for a refund.

### Typical Daily Schedule

8:10-8:30	Drop off at Westminster Church
8:30	Depart from Westminster Church
9:00-9:15	Drop off @ Camp Henry Nicely Center
9:40	Team Building
9:50-12:20	Activity Rotations & Morning Snack
12:25	Lunch
1:00	Rest/Story time
1:40	Swim Time!
3:15	Afternoon Activity/Snack
4:15-4:30	Pick up @ Camp Henry Nicely Center
5:00-5:30	Pick up at Westminster Church