

Dear Parent(s),

We are so excited you have chosen Golden Bell Camp for your child(ren)'s summer camp experience! We know that it can be difficult to be away from your child, even if you know they are having the time of their life. We want to set your mind at ease that we are doing everything possible for your child to have both a safe, fun and meaningful week at camp this summer.

Enjoy reading through the information in this Parent Handbook. Please feel free to contact us if you have any questions!

Info@goldenbellcamp.org

719-687-9561

Table of Contents

Purpose - Who We Are	3
Beliefs	3
Age-Specific Programming	4
Camper Safety	6
Staffing Requirements	7
Registration Information	8
Preparing for Camp	9
Camper Communication	10
Camper Cell Phone Policy	11
Camper Packing List	13

Purpose - Who We Are

We are a year-round Camp and Conference Center located in the picturesque Rocky Mountains west of Colorado Springs. We have offered Christian summer camps and retreats since 1967. Golden Bell Camp is owned by the Colorado District Church of the Nazarene.

Mission Statement

A mountaintop experience for all ages encouraging adventure, relationships, and a personal encounter with Christ.

What is “A Mountaintop Experience”?

At Golden Bell Camp, we believe a "Mountaintop Experience" is escaping the busyness and distractions of this world to draw closer to friends, family, and God. By providing camps and accommodations, we help encourage kids, teens, and adults to set aside the craziness of life and explore the beauty of the great outdoors. By challenging them in their faith, we help provide the greatest mountaintop experience - the experience of feeling God's Presence in a way like never before. We hope you will come and join us to see just what it means to have a "Mountaintop Experience."

Beliefs

As a camp owned by the Colorado District Church of the Nazarene, we align with the Church of the Nazarene domination. (www.nazarene.org/beliefs)

We are a Great Commission church. As a global community of faith, we are commissioned to **TAKE THE GOOD NEWS OF LIFE IN JESUS CHRIST** to people everywhere and to spread the message of scriptural holiness across lands.

Agreed Statement of Belief:

- **WE BELIEVE** in one God—the Father, Son, and Holy Spirit.
- **WE BELIEVE** that the Old and New Testament Scriptures, given by plenary inspiration, contain all truth necessary to faith and Christian living
- **WE BELIEVE** that human beings are born with a fallen nature, and are, therefore, inclined to evil, and that continually.
- **WE BELIEVE** that the finally unrepentant are hopelessly and eternally lost.
- **WE BELIEVE** that the atonement through Jesus Christ is for the whole human race; and that whosoever repents and believes on the Lord Jesus Christ is justified and regenerated and saved from the dominion of sin.
- **WE BELIEVE** that believers are to be sanctified wholly, subsequent to regeneration, through faith in the Lord Jesus Christ.

- **WE BELIEVE** that the Holy Spirit bears witness to the new birth, and also to the entire sanctification of believers.
- **WE BELIEVE** that our Lord will return, the dead will be raised, and the final judgment will take place.

Additional Belief Information

- The Church of the Nazarene believes that every man or woman should be treated with dignity, grace, and holy love, whatever their sexual orientation. However, we continue to firmly hold the position that the homosexual lifestyle is sinful and is contrary to the Scriptures.

We further wish to reemphasize our call to Nazarenes around the globe to recommit themselves to a life of holiness, characterized by holy love and expressed through the most rigorous and consistent lifestyle of sexual purity. We stand firmly on the belief that the biblical concept of marriage, always between one man and one woman in a committed, lifelong relationship, is the only relationship within which the gift of sexual intimacy is properly expressed.

- In light of the Holy Scriptures and human experience concerning the damaging consequences of the use of alcohol as a beverage or the use of illicit drugs, and in light of the findings of medical science regarding the detrimental effect of both alcohol and tobacco to the body and mind, as a community of faith committed to the pursuit of a holy life, our position and practice is abstinence rather than moderation. Holy Scripture teaches that our body is the temple of the Holy Spirit. With loving regard for ourselves and others, we call our people to total abstinence from all intoxicants.

Age-Specific Programming

To accommodate campers of all ages, we have developed programs designed specifically to meet the needs of each unique age group, ensuring that camp is an incredible experience for each camper. Camps also progress as campers get older, adding in new elements, challenges, and more days at camp. Campers may be going into or just finishing the listed grades.

- **Nazarene District Camps**

Golden Bell Camp & Conference Center is owned and operated by the Colorado District Church of the Nazarene, a Church of the Nazarene denomination. However, these camps are still open to anyone, even if you are not associated with the Church of the Nazarene.

- **Nazarene District Kids** (Grades 1-2) – This camp is for our youngest campers. This is our first level of Nazarene District Kid's camps this three-day and two-night

adventure is the perfect introduction to summer camp. Campers will have chapel and a variety of age-appropriate activities such as swimming, arts and crafts, group games mini-golf, and more.

- **Nazarene District Kids** (Grades 3-4) – This is the mid-level of our Nazarene District Kid's camps where campers will stay a full week at camp. They experience the love of God through chapel messages and fun activities created for kids their age: swimming, climbing wall, fun yaks, and more.
- **Nazarene District Kids** (Grades 5-6) – This camp is the oldest of our Nazarene District Kids camps. Campers will be challenged and equipped to grow deeper in their faith through chapel. There will be a multitude of activities created for kids their age: swimming, zipline, climbing wall, fun yaks, mini-golf, crafts, and more.
- **Itch-ee-ow-ee** (Grades 3-6) – Itch-ee-ow-ee Camp is our very first adventure style camp for our youngest campers. The campers will stay in the Itch-ee-ow-ee tepees and have a chance to do a variety of adventure actives. They will swim, go down the 400 zip line, climbing tower, arts and crafts, group games, black light dodge ball, hiking, low ropes, kickball, campfire, and archery along with fun theme days. Horseback riding is another option for campers to select. Every evening we will also have chapel services and small groups where the campers will have a chance to dive in deep into the theme of this year's summer camp.
- **Mini-Itchee** (Grades 3-6) – Just like Golden Bell's other "Itchee" camps, Mini-Itchee provides kids with an exciting outdoor experience. The only difference is the 3-day, 2-night timeline and a great price break!
- **Adventure** (Grades 5-8) – Adventure Camp is designed for our middle school campers. During this camp, they will have a chance to enjoy canoeing, ropes course elements, cook some meals over a fire, and go down our 400' zipline. Campers stay at our "outback" in yurts and tents. They will also do a variety of our classic camp games along with fun theme days. Horseback riding is another option for campers to select. Every evening we will have a chapel service and small groups where we dive into the theme of this year's summer camp.
- **Velocity** (Grades 7-12) – Velocity Camp is a “classic” teen camp! The campers will have a chance to, 900' zip line, dangling duo, black light dodgeball, swimming, and glow-in-the dark archery tag. Registrations are separate which allows us to place campers with their age group (JR or SR) for sleeping arrangements, counselor and small groups. They will be doing activities together along with fun theme days. Horseback riding is another option for campers to select. Every evening we will have chapel services and small groups where the campers have a chance to dive deep into the theme of this year's summer camp.

Camper Safety

Equipment and Activities

An ACCT (Association of Challenge Course Technicians) trainer and experienced, certified, full-time staff member train all seasonal staff members to run specific camp activities. Training sessions allow us to evaluate the abilities of all our seasonal staff and choose who will be best suited and qualified to run each activity.

In addition to oversight by our full-time staff, safety checks on camp include:

- Zipline, high ropes course, low ropes course, inspected annually by a third-party ACCT inspector
- All ropes course training conducted to comply with ACCT standards
- Prior to each use, all equipment including ropes, carabiners, cables, harnesses, etc. are inspected by trained staff.
- All buildings and facilities are checked daily to ensure safety for all campers.
- All camp facilities, activities, are regulated and inspected yearly by the State of Colorado.
- The entrance is monitored by office staff, and any suspicious or unauthorized activity is immediately addressed.

Personal Safety

Your child's personal safety is of the greatest importance to us. All staff in contact with campers are trained in general camper safety and legally-correct conduct. All full-time and seasonal staff members go through a thorough interview process and must pass reference and background checks. Background checks are performed according to the regulations of the State of Colorado. Additionally, staff members must undergo fingerprinting and background checks through the CBI and FBI. All staff are also trained through MinistrySafe, a sexual abuse prevention program specifically designed for camps. Throughout all programming, upper-level staff monitor the behavior of those working directly with minors. Campers are supervised by staff of the same gender. Male and female campers are housed separately.

Medical Care

All staff who will be directly involved with guests receive CPR/AED and First Aid training and certification by the American Red Cross. Staff members can address any basic first aid needs your camper may have. We also have on-site Student Nurses, overseen by our Registered Nurse Supervisor, who administers medications and medical care that is beyond the training of our medication administration staff.

Staffing Requirements

Hiring Process

We recruit from across the country to find the best possible staff for the summer. Every staff member is prayerfully considered before being hired. All applicants must turn in a staff application, three non-family reference forms, pass three background checks, and go through an interview with our Program Director before receiving a job offer.

Staff Training

Once staff arrive, they complete a 3-week, rigorous training program that will prepare them for working with campers. Training will include camper care and nurture, how to lead age-appropriate group games and discussions, how to share Christ with a camper, how to lead a small group, spiritual formation, how to safely run all camp activities, and more.

All staff members are trained and certified with the American Red Cross in CPR/AED and First Aid. The Student Nurse and Leadership staff will also be trained and certified in medication administration.

Child-Staff Ratios

Golden Bell abides by the child-staff ratios prescribed by the State of Colorado Social Services regulations, often adding more staff than required, based on availability.

Code of Colorado Regulations, Social Services Rules governing Children's Resident Camps (CCR 7.711.23, D)

Age of Children	Number of Children	Number of Staff Members
6 and 7 yrs. old	6	1
8 through 10 yrs. old	8	1
11 through 13 yrs. old	10	1
14 through 15 yrs. old and over	12	1

Registration Information

How to Register

Registration can be completed online at goldenbellccc.org. If you have limited internet access, please feel free to visit the camp during business hours to register using our computers, or go to a local Nazarene Church and ask to complete a registration for Golden Bell Camp.

Payment Options

A \$75 nonrefundable deposit is due at time of registration. **You must pay IN FULL two weeks prior to the camp start date.**

Scholarships

Partial scholarships are available for families needing financial assistance. We ask that you first check with your local church to see if they offer families any camp scholarship assistance. Requests may be made by contacting the Golden Bell Main Office at 719-687-9561 or at info@goldenbellcamp.org.

Request a Cabinmate

If your camper has a friend who they would like to be with, in the same cabin or teepee, please be sure to enter their name in the appropriate spot on the registration form. We will do our best to place your camper with their requested cabinmate. **Please keep in mind that we try to match all cabins and teepees by similar age groups, and we do NOT house males and females together.** (Note: For these purposes, male or female sex is determined by sexual anatomy at birth.)

Cancellation Policy

If your child is unable to attend camp, please notify the office at 719-687-9561 or email info@goldenbellcamp.org **AT LEAST 2 WEEKS IN ADVANCE** so that we may give another child on the waiting list a chance to attend. Deposits are non-refundable, due to the necessary preparations for campers that we begin as soon as we receive a camper registration. The remainder of your camp fees will be refunded in full.

If a child is sent home due to health/medical reasons, we do not refund fees.

Preparing for Camp

What to Pack

Packing lists are provided on page 13 of this handbook.

Camper Check-In and Pick-Up

Registration begins at 1:30pm. No early check-in is allowed. Please do not arrive at camp before 1:30pm on check-in day. We will not start the check-in process early. During check-in, gaga ball, mini-golf, the Snack Shack and the Gift Shop will be open. If a camper must check-in late, please contact the camp in advance to make those arrangements at 719-687-9561 or info@goldenbellcamp.org.

Please remember to have all medications and spending money for your camper (if you have not set up a FunFangle spending account online) with you at registration, not packed in their suitcase.

Camper pick-up is at 11:00am. We invite you to arrive at 10:30am for a 30-minute closing service. Following check-out, please join us at 12:00pm for a cook-out lunch before heading home.

Any person picking up campers from Golden Bell must be listed on the camper's registration form as a parent or authorized person. Everyone who picks up a camper must be prepared to show a photo ID and must sign the camper out.

Medications

Campers must turn in all medications to the nurse at check-in. All prescription medications must be in their original packaging from a licensed pharmacy. They must be labeled with your child's full name written on the container along with the name and strength of the medication, directions for use, date filled, prescription number, and the name of the subscribing practitioner. Over-the-counter medications taken on a regular basis also need to be in its original packaging and needs to be accompanied by written authorization from your child's physician or nurse practitioner.

Golden Bell can not give out vitamins, essential oils, or homeopathic remedies. All will need to be left at home as campers are also not allowed to self-administer any of these items.

Immunization records and medication information should be filled out by a parent on the Colorado approved forms. There are two separate forms if your child has an inhaler or and EpiPen. It is important that you provide a current physical for the year from the child's physician.

Snack Shack and Gift Shop

The Snack Shack is offered to campers at various times throughout the week. The Gift Shop is open for campers and parents during check-in and check-out. Snacks, drinks, souvenirs, and camp apparel are available for purchase.

Most campers spend an average of \$30 per week. You may transfer money to your camper's online FunFangle account before they arrive at camp. Please talk with your camper about their spending expectations and limitations.

At the end of the week, camper balances **\$5.00** will be automatically donated to the camp, unless you request a refund.

Contacting Parents (Injury, Illness, or Camp Emergency)

The Camp Director(s) or our Registered Nurse will contact parents in the event of their child's illness or injury. Any time a camper is restricted from normal program participation for more than half a day because of illness, parents will be contacted.

Parents will be contacted immediately in the event of a camp emergency. You will be informed of when and where to pick up your child.

Camper Communication

Sending Mail

We strongly encourage parents to write or email their campers. For speedy delivery, please include the camper's name and camp session in the subject line of the email or on the outside of the envelope. Emails sent on the last day of camp may not be seen. Parents are also welcome to call the office to ask for an update of how their camper is doing, but we ask that parents do not ask to speak to their campers unless it is an emergency.

Mailing Address

Camper's Name (Camp Session)
Golden Bell Camp
380 County Road 512
Divide, CO 80814

Email Address

camper@goldenbellcamp.org

Homesickness

Homesickness is a form of separation anxiety normally experienced by children (and often grownups) when away from home for extended periods, especially for those with little or no previous experience being away. The staff has been trained on how to handle this expected hurdle. Please know that the directors and counselors are taking great care of your child; we are committed to helping them throughout the week so that they can have a positive and successful camp experience. If your camper *is* homesick, it is usually a temporary period, and the staff helps to overcome this feeling by channeling your child's energies towards other activities.

DO ...

- ✓ Educate your child—explain that everyone misses something about home when they are away. Tell them that homesickness is normal—"It means there are a lot of things about home that you love."
- ✓ Talk to your child about their upcoming trip. Ask them to imagine how it might feel to be away from home and parents, to hike on a mountain trail, to sleep in a cabin with other campers, to eat three meals a day in a dining hall, etc.
- ✓ Discuss coping strategies they can try if they become homesick: keeping busy, reading a book, talking to their friends or counselor, drawing a picture, writing a letter (send self-addressed, stamped envelopes or postcards ... remembering that they will only be for a few days, and thinking about all the fun activities at camp and participating in them.)

- ✓ Allow your child to practice with a sleepover at a friend's or relative's house.
- ✓ Pack a personal item from home, like a stuffed animal.

DON'T ...

- ✓ Don't force your child to attend against their wishes—this leaves them feeling that they have very little control.
- ✓ Don't tell your child that you'll come get them if they get homesick—this conveys a message of doubt and pity that undermines their confidence and independence. Also, keep in mind that children are not allowed to use the office phone during their stay and cell phones are not allowed and do not get reception. The Camp Coordinator or Program Director will contact you for urgent matters. However, homesickness is considered routine (not urgent) and will be handled by our experienced staff.
- ✓ Although you may experience some separation anxiety of your own, don't convey these feelings to your child—this will cause them to feel unsure about going off on their own. Do not cry when saying goodbye to your child on the morning of the trip—this is not the last image they should have before going away. Be positive and upbeat, reminding them that you will see them in a few days.
- ✓ If you write letters or send a camper email, keep your message simple and positive. Say such things as: "How are things going? Have you made some new friends? I hope you're having a great time!" Avoid such comments as: "I have cried every night since you left," "You little sister/brother keeps asking where you are," or "We all miss you very much."

Camper Cell Phone Policy

According to Michael Mercier, "Fifty percent of teens say they are addicted to their smart phone and 32% say they want to stop using their phone, but are unable to do so." (*Mercier, Michael. "Using Your No-phone Policy to Teach Campers about Digital Wellness." Screen Education. 2018.*)

Campers are not permitted to bring or use cell phones at Golden Bell Camps. We believe that unplugging from phone use, especially social media, allows campers to focus, build relationships, and lower anxiety. In addition, we do not have great reception up here, so phones are not an effective method of communication. Please have campers leave their cell phone at home. Otherwise, their counselor will take them on the first day of camp and the phones will be stored in the Program Director's office until check-out on the final day of camp.

But what about photos?

We suggest sending your child with a digital or disposable camera if you want them to take pictures. Our camp staff also takes photos and videos during the week that will be compiled into a presentation at the end of camp.

What about a change of plans or family emergency?

In case of a change of plans (picking up at a different time, etc.) or family emergency at home, please call our camp office. We can then call the child to the office to talk with you or have camp staff relay a message. Especially if it is a change of plans that involves a different pickup time, the camp office needs to be informed.

Social Media Policy

Our camp staff are not allowed to be friends with, or follow, campers on any form of Social Media, including Facebook, Twitter, Instagram, Snapchat, etc. If your camper requests a staff member to be friends on Facebook or other social media, the staff members have been instructed that they must decline that request.

Camper Packing List

What TO Bring

- Clothes, including warm and cold weather clothing
- 1 outfit for messy games
- Warm Pajamas
- 1-2 Warm Jackets or Sweatshirts
- Rain Coat or Poncho
- Closed-Toe Shoes (2 pairs if possible, in case one gets wet)
- Sleeping Bag & Pillow
- Swimming Suit
(One piece for girls or tankini)
- Towel
- Toiletries (Shampoo, Soap, Toothbrush, etc.)
- Bible & Notebook
- Pen or Pencil
- Water Bottle (should be at least 32oz)
- Backpack
- Sunscreen & Bug Repellent (with camper name written in black Sharpie)
- Chapstick
- Flashlight
- Stuffed Animal or Comfort Item
- Dirty Laundry Bag
- Costumes/Outfits for Theme Days
- Camera

- **Mask (*You are responsible to bring your own mask*)**
Golden Bell is following County Mandates on mask requirements

What NOT to Bring

- Cell phones (DO NOT BRING to use as a camera)
- iPods, MP3 players, Portable Game systems, or other electronic devices
- Guns
- Explosives of any kind
- Knives or weapons
- Matches or lighters of any kind
- Tobacco or marijuana products of any kind
- See-through, short, or revealing clothing
- Items containing gang-related, explicit, racist, etc. words or symbols
- Alcohol or illegal drugs

(Over-the-counter and prescription medications must be turned in to the camp nurse at check-in.)

Please Note: Mountain weather can be unpredictable with temperatures from 60-90°F during the day, to 35-60°F in the evenings. Days can be filled with intense sunshine and/or heavy rain, while most nights remain cool.