

Dear Parents,

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 for a whole week, 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 and fun week at camp this summer.

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

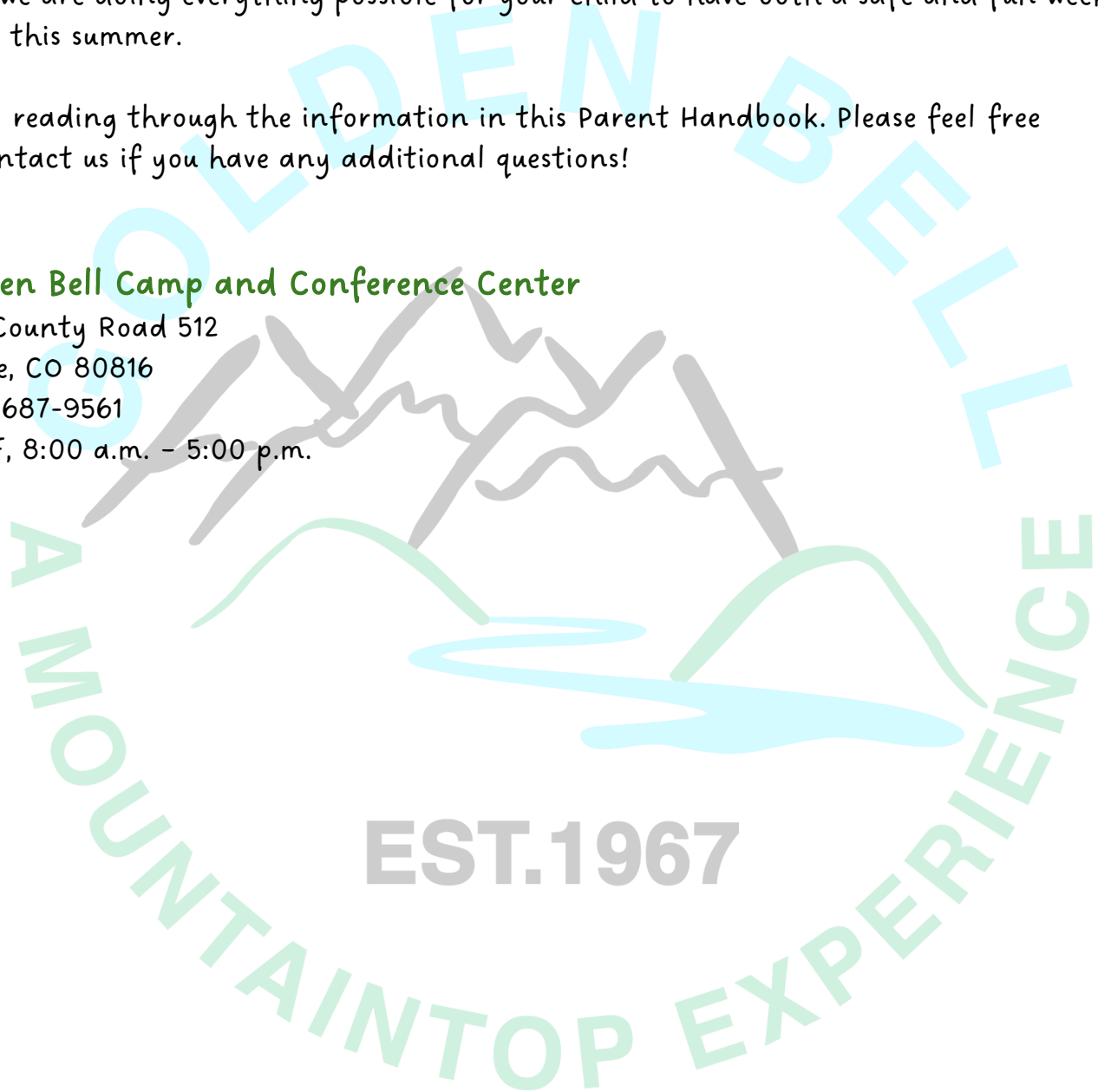
Golden Bell Camp and Conference Center

380 County Road 512

Divide, CO 80816

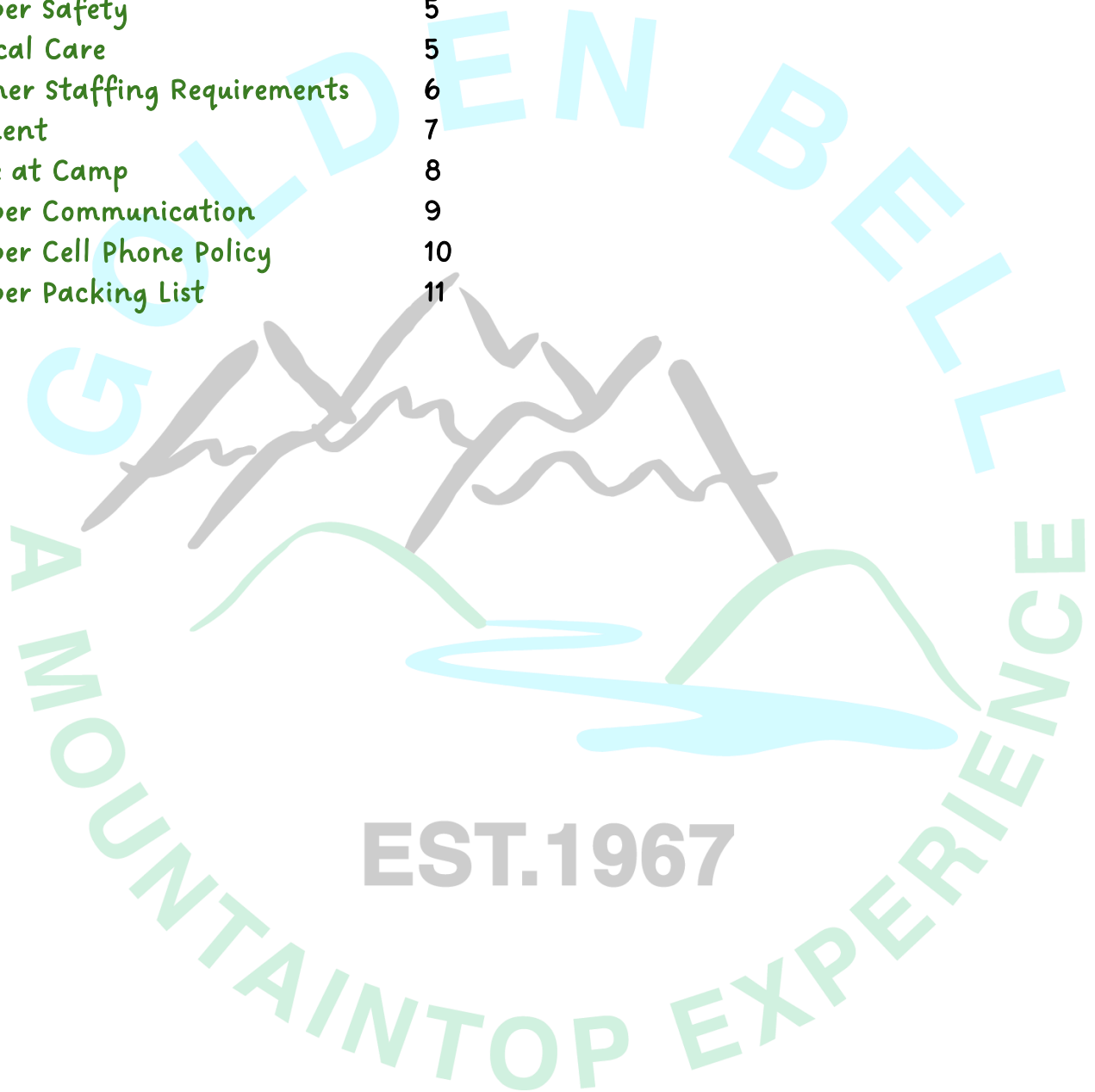
(719) 687-9561

M - F, 8:00 a.m. - 5:00 p.m.



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Golden Bell Camp Parents Handbook

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 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.

Beliefs

As a camp owned by the Colorado District Church of the Nazarene, our essential beliefs are summed up in the Church of the Nazarene's 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 man is born with a fallen nature, and is, therefore, inclined to evil, and that continually.
- We believe that the finally impenitent 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 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.

For more information on the Nazarene denomination, please visit nazarene.org.

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 etc. Campers may be going into or just finishing the listed grades.

Itch-ee-ow-ee Camp (Grades 3-6) – Spend the week experiencing God's creation while sleeping in Golden Bell's iconic teepee village. Campers will enjoy a week filled with mini adventures every day. These will include riding the zipline, offsite hiking, riding the slip n slide, horseback riding and more! Each camper will be assigned a teepee to call their home and a team to be their "Camp Family" for all our activities. Every day campers will have structured Bible time with counselors and staff throughout the day. Camp begins on Monday afternoon at check-in and ends Friday morning with a presentation of the week, followed by a meal provided by Golden Bell staff. The cost of the camp is all inclusive!

Adventure Camp (Grades 5-8) – Calling all adventurers!! Spend the week camping in Yurts and Military tents in Golden Bells Outback camping area! Adventure campers will experience God's creation through hiking the local offsite trails, tubing offsite on the Platte River, traversing the High Ropes course, offsite horseback riding, and a special surprise adventure! This week is designed to challenge young adventurers by going out into the wilderness and seeing God in a new way. Each camper will be assigned a teepee to call their home and a team to be their "Camp Family" for all our activities. Every day campers will have structured Bible time with counselors and staff throughout the day. Camp begins on Monday afternoon at check-in and ends Friday morning with a presentation of the week, followed by a meal provided by Golden Bell staff. The cost of the camp is all inclusive!

Velocity Camp (Grades 7-12) – Velocity week is designed for our Jr & Sr High campers to have a week filled with adventure, fun, and bigger activities. Campers will stay in our Outback camping area with their counselors experiencing the outdoors as God created it. Velocity Campers will experience bigger adventures including offsite hiking at the Craggs near Pikes Peak, ziplining, exciting competitions, and an epic offsite adventure of White-Water Rafting or Climbing to new heights on an Adventure course! Spending the week in our Outback camping area, campers will experience the wilderness through eating meals over an open fire, learning about God's creation with their counselor, and of course ending the week with the Golden Bell tradition of the Lip Sync Battle!

Each camper will be assigned a Yurt to call their home and a team to be their "Camp Family" for all our activities. Every day campers will have structured Bible time with counselors and staff throughout the day. Camp begins on Monday afternoon at check-in and ends Friday Morning with a presentation of the week, followed by a meal provided by Golden Bell staff. The cost of the camp is all inclusive!

Camper Safety

Equipment and Activities

All Golden Bell Ropes Activities are annually inspected through an Association of Challenge Course Technology (ACCT) inspector. Summer staff and full-time staff members are certified and tested annually to maintain a safety standard set by the ACCT.

Personal Safety

Your child's personal safety is of the greatest importance to us. All staff in contact with campers are trained in camper safety and must pass a background check through the state of Colorado. Campers will be supervised by trained staff members during their stay and will be housed separately according to gender.

Medical Care

All staff who will be directly involved with guests receive CPR/AED and First Aid certification by the American Red Cross. These staff members can address any basic first aid needs your camper may have. We also have an on-site Registered Nurse/CNA who administers medications and medical care that is beyond the training of regular staff. If your child needs any medication, the medications MUST be turned in to the Nurse at registration following these guidelines.

Medications

If your camper has prescribed medications, they will need to take while at camp the **Permission for Medication Administration** form must be completed by a health care provider. Prescriptions must be from a licensed pharmacy; labeled with the name, address, and phone number of the pharmacy; name of the camper; name and strength of the medicine; dosage; how often to give the medication; length of time the medication is to be given; directions for use; date filled; prescription number; the name of the practitioner prescribing the medicine; and Expiration date of the medication.

PLEASE NOTE:

- ✓ The **Permission for Medication Administration** form must be completed for Over-the-Counter medications and vitamins as well in original packaging.
- ✓ Please put all medications in a Ziplock bag labeled with Camper's name.
- ✓ The medication **MUST** be turned in to the Nurse at camp Check-In with the **Permission for Medication Administration form**.
- ✓ *Golden Bell Camp cannot administer homeopathic, or CBD to campers.
- ✓ There are specific additional forms needed for inhalers, and EPI pens.

Physical Examination and Immunization Records

The parent of the camper must upload a statement of a physical examination, which has been performed within the preceding twenty-four (24) months from the first day of attendance at camp by a health care provider, and includes any physical problems which would limit the camper's activity, special medications, health procedures, special diet restrictions, known allergic reactions, and chronic health conditions or any known physical limitations.

Immunization Record

Colorado Certificate of Immunization - The Parent/Guardian of the camper must submit documentation of immunization status as required by Colorado Department of Public Health and Environment (CDPHE).

OR Certificate of Medical Exemption - Statement of Medical Exemption: The physical condition of your camper is such that vaccination would endanger their life or health or is medically contraindicated due to other medical conditions.

OR Certificate of Non-Medical Exemption - The parent/guardian of the camper is claiming a nonmedical exemption from the vaccine(s) indicated in form. Provided to the camp at least **2 weeks** in advance of the camper's arrival.

Summer Staffing Requirements

Hiring Process

We recruit 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, and go through an interview with our Program Director before receiving a job offer. Once an offer is accepted, each staff member must pass three background checks before hiring.

Training

Once summer staff arrives, they go through 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 lead a child to Christ, how to discuss Bible studies, personal spiritual formation, how to safely run all camp activities, and more.

All staff members will also be trained and certified with the American Red Cross in CPR/AED and First Aid. The CNAs 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.

<u>Age of Children</u>	<u>Number of Children</u>	<u>Number of Staff Members</u>
5 - 7 yrs. Old	6	1
8 - 10 yrs. old	8	1
11 - 13 yrs. old	10	1
14 - 17yrs. Old	12	1

Payment

Payment Due

You must pay IN FULL two weeks prior to the camp start date.

Scholarships

Partial scholarships are available for families needing financial assistance.

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 3 WEEKS IN ADVANCE" so that we may give another child on the waiting list a chance to attend. The \$100.00 deposit is non-refundable. The remainder of your camp fee will be refunded or can be credited to your child's account to be applied towards your child attending a different Golden Bell camp. We are unable to issue a refund if your camper arrives at Golden Bell on the first day of camp and is found

to be sick, has a fever, or has lice. Your camper will be sent home to keep other campers from exposure.

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.

While at Camp

Camper Check-In and Pick-Up

Itch-ee-Ow-ee, Adventure, and Velocity Check-in is from 1:00pm- 3:00pm. No early check-in is allowed. If a camper must check-in late, please contact us in advance to make those arrangements. Please remember to have all medications and spending money for your camper (if you have not set up a spending account online) with you at Check-in, not packed in their suitcase.

Pick-Up is at 10:30am. 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. We invite you to stay for a free lunch with your camper and a closing Ceremony starting at 12:00pm.

Snack Shack and Gift Shop

The Snack Shack is offered to campers at various times throughout the week. Our Snack Shack has a full menu. We serve traditional wings, soft pretzels, mozzarella sticks, French fries, personal pizzas, burritos, nachos, slushies, candy, chips, drinks, etc.

The Gift Shop is usually open for campers on their last day at camp, as well as for parents during pick-up. Snacks, drinks, souvenirs, and camp apparel are available for purchase.

Most campers spend an average of \$30-\$40 per week. You may apply money to your camper's online 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 of \$5.00 and less will be automatically donated to the camp, unless you request a refund. Please allow 7-10 business days for refunds over \$5.00.

Camper Communication

Sending Mail

We encourage communication between campers and parents. Parents are 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. We also 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.

Mailing Address

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

Email Address

camper@goldenbellcamp.org

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.

Homesickness

The staff has been trained in how to handle this expected hurdle. Please know that the Directors and Counselors take 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.

Here are some tips for preventing homesickness before camp.

- DON'T make the 'pick-up deal' by telling your child that you will come pick them up from camp if they don't like it. Children typically lose any motivation to succeed at

camp if they think a parent will come get them. They will hold you to this deal and it will make it much harder for us to help your camper adjust to life at camp.

- DO talk about homesickness before they leave home! It is so important to talk with your child about how normal it is to feel homesick at camp. Talk about what they should do if they experience homesickness at camp. Let them know that they can be homesick AND still have a great time!
- DO set some camp goals with your child. In addition to making friends and having fun, camp is about trying new things and learning new skills. We encourage all of our campers to set some personal goals.
- DON'T tell your camper that you'll be so sad without them. Of course, it is okay for them to know that you will miss them, but we want to avoid them worrying about mom or dad while at camp. Try saying, "I am going to miss you, but I know you are going to have the best time! I can't wait to hear all about it next weekend."
- And please! DON'T tell them they can call home. We generally do not allow campers to call home during the week; typically, phone calls home only make homesickness worse. If we have concerns about your child, we will have a staff member contact you.

Camper Cell Phone Policy

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. 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.). In addition, we do not have great reception up here, so phones are not an effective method of communication.

If a camper is found with a phone, it will be taken to the office for the remainder of their stay at Golden Bell 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 take photos and videos during the week that will be compiled into a presentation at the end of the camp.

What about Nintendo Switches, Apple Watches, Etc?

We ask that all technology be left at home so your camper can have a full experience at camp. If a camper brings any electronics, they will be taken to the office until departure day.

What about a change of plans or a family emergency?

In case of a change of plans (picking up at a different time, etc.) or a family emergency at home, please call our camp office at (719) 687-9561. 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.

Camper Packing List

Golden Bell suggests the following items to pack in addition to whatever else you need to make the most of your mountaintop adventure:

What TO Bring

- Clothes, including warm and cold weather clothing.
- 1-2 outfit for messy games
- Warm Pajamas
- 1-2 Warm Jackets or Sweatshirts
- Raincoat or Poncho
- Closed-Toe Shoes for hiking, adventure course, horseback riding and play (2 pairs, if possible, in case one gets wet)
- Sleeping Bag & Pillow
- Swimming Suit (One piece for girls, or modest two piece)
- Towels (Shower and Pool)
- Toiletries (Shampoo, Soap, Toothbrush, etc.)
- Bible & Notebook
- Pen or Pencil
- Water Bottle (should be at least 32oz)
- Backpack
- Sunscreen & Bug Repellent (labeled with camper's full name per Social Services)
- Chapstick
- Flashlight
- Stuffed Animal or Comfort Item

- Dirty Laundry Bag
- Costumes/Outfits for Theme Nights
(if noted in Camp Schedule)
- Camera

PARENTS: please make sure shorts are fingertip length and tank tops are modest and have at least a 2-finger shoulder strap for safety during our activities. Jeans or long pants & closed toe shoes (NOT crocks) are REQUIRED for horseback riding. Mountain weather can be unpredictable with temperatures ranging 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.

