



NEW LIFE CAMP • RALEIGH, NC

— DAY CAMP —

Parent Handbook



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Welcome to Summer Camp!

Dear Mom & Dad,

We are so honored that you have chosen to send your child to New Life Camp this week. We are going to take great care of your child physically, emotionally, and spiritually. We hope that your child has the time of their life and makes memories that they will never forget. More importantly, we pray that your child will experience the love of God through our fine staff.

If there has ever been a year when families need New Life Camp, this is it. New Life Camp has enjoyed being a place where kids can unplug and get away from the noise. That's just what we want to do this year.

This handbook will inform you of everything you need to know for this week. We hope that you will turn to it daily to:

- See what your child is doing at any given time.
- See what your child is learning.
- Learn what they are learning.
- Receive reassurance that your child is in good hands.

We hope that this handbook is helpful to you and that you have a wonderful week, too.

Again, thank you for choosing New Life Camp.

Aaron Miller
Director of Camping Operations

New Life Camp Accreditation, Certification, and Achievement



We are accredited by the American Camping Association (ACA). ACA Accreditation means that we care enough to undergo a thorough peer review of our operation — from staff qualifications and training to emergency management. ACA collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to assure that our current practices reflect the most up-to-date, research-based standards in camp operation. We comply with 300 health, safety, and program quality standards.

[Click here for more details on ACA accreditation.](#)



Our staff are trained and certified by the American Red Cross in CPR, First Aid, and AED operation. The American Red Cross First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies for victims.

[Click here for more details from the American Red Cross.](#)



New Life Camp has been awarded Best Camp by voters participating in the WRAL.com Voter's Choices Awards two years in a row (2018 and 2019).

[Click here to see our award.](#)

5 Frequently Asked Questions about New Life Camp

As parents, your children are among the most valuable gifts that God has given you. While your child's well-being is of utmost importance to you, you also want your child to experience the adventure, growth, and fun that summer camp brings. You can do both. Here are 5 questions that you should ask of those you entrust with your child.

1. *How do you choose your staff?*

We feel that more important than our facilities or program are the staff that we choose. We take this responsibility very seriously. Every staff member goes through an extensive application process of:

- Application
- Interview with two full-time staff members
- Reference Check
- Background Checks (from both criminal and national sex offender websites)

After this process, we choose whom we believe to be the very best candidates in our pool of applicants.

2. *How do you train your staff?*

Each counselor has gone through training. Some of the areas covered in this training include:

- Huddle Management
- Camp Rules & Staff Policies
- Camper Discipline & Behavior
- Camper Hygiene and Illness Prevention
- Child Protection
- CPR/AED/First Aid Training
- Emergency Procedures
- Health & Safety
- Personal Counseling
- Privacy
- Special Needs Inclusion
- Supervision
- Weather-Related Procedures

3. *How will my child be supervised?*

Our staff to camper ratios are as follows:

- Day Camp – Camp 1 (Ages 4-7): 1 staff member to every 6 campers. Huddles contain as many as 18 campers each.
- Day Camp – Camp 2 (Ages 8-10): 1 staff member to every 9 campers. Huddles contain as many as 18 campers each.

On top of the training the staff receives in keeping all campers in vision and acting when necessary, the campers also receive this instruction: "You should never be where a counselor is not." Every event starts with a head count. We also have a missing camper procedure in place, if it is ever needed.

4. *How can my child report in an event that someone is hurting him/her?*

On Monday morning, we instruct all the campers that it is not only appropriate but necessary to report any incident of anyone either hurting them or making them feel uncomfortable. Reports should go to their counselor or any other staff member. All accusations will be taken seriously.

5. *What is your policy about staff/camper contact after camp?*

There is sometimes great opportunity to mentor campers beyond the summer. Many parents develop a love for their child's counselor and the effects their relationship has caused. However,

we think it would be a mistake to give unsupervised access to your child to any adult outside of your family. That being the case, while having full confidence in our staff within our program, we do not recommend them as babysitters or any other situations that would involve them being alone with a child, including private conversations by phone, text, social media, etc. For further information on our policies, please make a request at www.newlifecamp.com.

Important COVID-19 Details

Summer camp will look different this year due to precautions surrounding COVID-19 as we are guided by the Center for Disease Control, the American Camping Association, and the North Carolina Health Department. We have included these differences in this section as well as where applicable throughout the handbook.

Considerations for those with High Risk

Though we believe that we can run camp safely for the general public, we recognize that camp will not be a wise choice for campers with high risks, nor campers that have family members with high risks. We implore you to contact our office so that we can get you paid in full for next summer so that we can hold a spot for you then.

Conditions that qualify as higher risk concerning COVID-19 are:

- Asthma
- Chronic Kidney disease being treated by dialysis
- Chronic lung disease
- Diabetes
- Hemoglobin disorders
- Immunocompromised
- Liver Disease
- People aged 65 or older
- Serious heart conditions
- Severe obesity

Pre-Screening of Campers

You will be receiving a pre-screening form that must be completed before arriving at camp. You can prepare for that pre-screening by being mindful of your child's general health starting at 14 days before your child's first day of camp.

Your child will not be able to participate if any of the following are true in the 14 days before camp.

- Have had a fever of 100.4° F. or greater.
- Have had a persistent cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, or vomiting.
- Have been outside of the following states in the last 14 days before their week.
 - North Carolina
 - South Carolina
 - Georgia

- Tennessee
 - Virginia
- The individual has been in close contact with a person who has been diagnosed with, tested for, or quarantined because of COVID-19.

Our Health Precautions

Some of the general things New Life Camp will be doing to keep campers and staff safe and health are:

- Promoting healthy hygiene practices
- Intensifying cleaning, disinfection, and ventilation
- Ensuring physical distancing of cabins and huddles from one another
- As of June 28th, masks for staff and volunteers will be required while on site.
- Masks for campers are welcome but not required.
- Limiting sharing
- Training all staff
- Health monitoring and pre-camp screening
- Daily checking for signs and symptoms
- Rehearsing our Communicable Disease Plan (CDP)

Camp Check-In

We will be administering a drive through check in process for both Day Camp and Overnight Camp.

- You will be emailed the week before camp with your huddle assignment and check in time frame.
- Siblings will be allowed to be checked in at the same time.
- You will be getting out of your car only to unload luggage, meet one of the counselors, and give your camper a hug goodbye.

Huddle Grouping and Social Distancing

During the week, campers will only be allowed to participate in activities with campers in their huddles. Social distancing will be impractical for some of the activities that the huddles are participating in. Just like you have quarantined at home with your family, your camper will be quarantined with their huddle and interacting with each other much in the same way. Huddle groups will be socially distanced from each other.

- Occasionally, one huddle will be paired with another huddle for an activity but will maintain social distancing.
- Pairs of huddles will always be paired with the same partner huddle.

Meals

- Meals will be eaten at the campers' huddle spots.
- Day Camp campers will be bringing their own lunches from home this summer.
 - Please do not pack any food that contains nuts as New Life Camp is a nut-free zone.
 - Please do not pack any food that needs to be refrigerated or microwaved.

Visitors

- Visitors will not be allowed while camp is in session.

Photography

- As we use much more of our program staff's time cleaning and disinfecting, you will notice a decrease in the amount of photography we are able to post. We will try to connect with you in other meaningful ways throughout the week.

Family Night

- There will be no family night on Friday this year, but we hope to have an open house at some point during the year in which we could invite you to enjoy camp as a family.

Check-Out

- Just like check in, you will receive a time for pick up and siblings can be picked up at the same time.

Policies to Keep Your Children Safe

Supervision

Counselors will be given a clipboard with their campers' information on it that must be in the possession of a counselor at all times. Counselors will use their clipboards to track where their campers are at all times. If a camper is not with their counselor, they must be with another staff member. Counselors have almost no other job except to keep track of their campers.

Emergency Procedures

The staff have been trained in the following procedures that have been constructed specifically for New Life Camp:

- Fire and Evacuation
- Medical Emergency
- Missing Camper
- Visitor of Questionable Intent

Weather Policies

A full-time staff member on duty will periodically monitor weather conditions and forecasts. We also receive weather alerts for any watches or warnings.

In the case of excessive heat or poor air quality, the full-time staff will notify the summer staff via walkies or announcement of the current conditions. The staff are then trained to watch for heat exhaustion and make sure that the campers are drinking plenty of water and staying out of direct sunlight (except for in the water).

In the case of thunderstorms, the full-time staff will notify the staff and campers to take shelter in a specific location if time allows or to seek the closest shelter available. Staff will do head counts to account for every camper. Every camper will remain under shelter until the threat has abated. All water events will be canceled or postponed for 30 minutes after the last distinct clap of thunder.

In the case of a hurricane or tornado, the full-time staff will notify the staff and campers to take shelter in Johnson Gymnasium. Staff will do head counts to account for every camper.

First Aid Policies

1. If your camper is going to need medications: All medicines must be in the *original* containers and turned in during Check-In. You will register the medications during Check-In. The Infirmary staff will keep medications locked and create a schedule so that campers receive their medications on time or as needed. Many of the medications are given in the Dining Hall at meal times. The evening medications are given at the last Snack Shack time (8:30 pm) in the Infirmary. Any other times will be arranged for them by our Infirmary staff.
2. If you want our first aid staff to be able to give your camper Tylenol, Ibuprofen, Benadryl, Tums, or Pepto-Bismol without us having to call you first for a minor complaint, you can indicate your authorization on their medical form at Check-In.
3. If your camper has a communicable disease, do not send your child to camp, but please contact the main office to let us know. New Life Camp reserves the right not to admit people who pose a communicable disease risk to others.
4. Our privacy policy is that we share information with only those deemed necessary for comprehensive care.
5. There is a first-aid-certified adult on call 24 hours a day. A registered nurse will visit for a few hours each day for an Infirmary records review and any campers in need of a second opinion.
6. A doctor has signed our Infirmary protocol. If you want to see a copy, it will be available at the medical Check-In tables.
7. If your camper gets very sick or seriously injured, you will be notified and if necessary, take the camper home for recovery. You may also be asked to take your child to the doctor if it is needed. In case of an emergency, 911 will be called first.

Further Health Details

The Infirmary at New Life Camp is for continuing medication and doctor's orders of day-campers and overnight campers during their stay at camp within the limits of the staff training. It is a place for first aid and continued secondary aid as a health problem resolves. We follow the physician-reviewed procedures that include the examination of symptoms, distribution of medication, and standard first aid. There are limits. If a camper or staff member requires continued care and cannot participate in camp with their cabin or is deemed to have a potential infectious disease or needs to visit a doctor, the parent will be responsible for transport to a doctor or bringing the camper home. The camper can return to camp with a doctor's note or 24 hours with no fever.

New Life Camp recognizes that the parent is a great resource. The Infirmary staff may call with questions or advice on treating your child, such as "What do you usually do when your child gets a migraine" or "What do you usually do when your camper has leg cramps?" We notify parents if the child has any visible facial injury, tooth injury, black eye, splinted finger, etc.

Sending a camper home: a camper must be sent home to recover if there is a true fever of 100° F or above, if there are symptoms of a communicable disease, or if there is a need of constant medical attention to assist recovery. Examples:

- An upset stomach, vomits once, then feels better and no fever = camper can stay at camp.
- Persistent vomiting = go home.
- Sore throat without complications = stay at camp, but with fever or headache = go home.

If the child has been playing outside, the temperature might not be a fever if it is just heat. We will allow the camper to rest in the Infirmary and provide water to drink. We will retake their temperature after 30 minutes from the water intake for a true reading. Prolonged or intense discomfort and inability to participate in camp is a signal that a home recovery is a good idea. The First-Aid-Provider's supervisor will be contacted with questions.

If there is an injury requiring a doctor's visit, the parent will be advised of our opinion. If we are unsure if it requires a doctor visit but think there might be a need, we can call and let the parent decide if a doctor's visit is necessary. It is the camp policy that a parent, guardian, or emergency contact person be responsible to transport the camper to the doctor when it is not a true "911" emergency. If we struggle in locating the parent, we will notify the First-Aid-Provider's supervisor. The First-Aid-Provider is not permitted to abandon other campers to transport the camper. Campers are to be picked up at the main office in the Activities Center, where the parent must sign them out. Please bring a doctor's note if the doctor thinks the camper may return as well as any new instructions for physical limitations or any new medications.

Pack Your Bags for Camp

We have extensive details on what your child should bring to camp and what they should not, including What to Wear. Please [click here](#) to view our Pack your Bags for Day Camp page for complete details.

Special Days

- Win-Win Wednesday: Campers should wear clothes supporting their favorite team. If they don't have a favorite team, they can wear their favorite color.
- Huddle Thursday: Thursday is Huddle Day. Show your huddle spirit by wearing your huddle colors.
 - Bumble Bees: Yellow
 - Caterpillars: Green
 - Rock: Gray
 - Rollie Pollies: Red
 - Sisters: Pink
 - Storm: Black
 - Thunder: Blue
 - Tiger Beetles: Orange
- Camp Shirt Friday: on Friday, we all wear our camp t-shirt that is given out on Thursday.

Day Camp Schedule

Due to our huddle grouping and social distancing policies, each huddle's daily schedule is different and as such we will not be able to post specifics here. Each huddle will get to participate in all the activities we are able to offer (weather permitting) including swimming, Bible story, outdoor adventure, fishing, boats, Snack Shack, and more.

Helpful Things to Know

Keeping You Posted

Here are some of the reasons New Life Camp will call you:

1. If your camper is unusually homesick.
2. If your camper is seriously hurt (any cut requiring stitches, broken bones, torn ligaments, or concussions).
3. If your camper is sick (fever of 100 degrees or more, vomiting, diarrhea, or dizziness).
4. If your camper is missing something that they need.

Lost and Found

1. During the week, all lost and found is brought to a table designated for it in Johnson Gym.
2. After the week, all lost and found is brought outside the Activities Center main entrance and placed in a designated space.
3. The staff will not look through the lost and found at phone call request. You must come to camp to look at the lost and found if you believe anything is missing.
4. After 5 days, the lost and found will be donated.
5. If your child gets home with anything that does not belong to them, please bring it back ASAP.

Visitor Policy

- Visitors will not be allowed while camp is in session.

Picking Your Child Up

1. We will not allow anyone who is not on your pick-up authorization form to leave with your child.
2. This is true for early pick up as well as rides out.
3. Please note that this includes parents. If you want to update your authorization, please go to your online dashboard and update it under Forms section.
4. We request, if possible, that you do not pick up your child temporarily or early.
5. If you do need to pick them up temporarily or early, please call 919-847-0764 one hour beforehand, so that we can have them waiting for you along with the necessary paperwork. You will pick them up in the parking lot. Please call 919-847-0764 when you have arrived in the parking lot with your vehicle make and color. Please bring photo ID.

Monday Check-In

We will be administering a drive through check in process for both Day Camp and Overnight Camp.

1. You will be emailed the week before camp with your huddle assignment and check in time frame.
2. Siblings will be allowed to be checked in at the same time.
3. You will be getting out of your car only to unload luggage, meet one of the counselors, and give your camper a hug goodbye.

Rides In

1. Rides In on Tuesday through Friday will be as follows:
 - a. Camp 2 (Sisters, Storm, Thunder, Rock) – 8:00-8:30am
 - b. Camp 1 (Tiger Beetles, Bumblebees, Caterpillars, Rollie Pollies) – 8:30-9:00am
 - c. If you have campers in both groups, you may drop off at either time.
2. You will remain in a carpool line and drop your camper off at Johnson Gymnasium. There will be a brief health screening each day before your child will leave the vehicle.
3. If you are unable to bring your child at the assigned time, please call our office at 919-847-0764 once you have arrived in the parking lot and remain in your car. A staff member will come to you to bring your child to their huddle.

Rides Out

1. Rides Out on Monday through Thursday will take place at Johnson Gymnasium starting at 4:45pm. Rides Out will continue until 6:00 pm.
2. If you must pick up your camper early, you need to arrive prior to 4:15pm. No campers will be checked out between 4:15 and 4:30pm. Please note, if you arrive at 4:15pm or after, you will be directed to the rides out line.
3. At check-in, each camper will be assigned a pick-up number for the week. Please have these pick-up numbers written or printed in large text and placed on the dashboard of your vehicle when you come to pick up. Our checkers will see the number and call for your child to be brought to your car.
4. If a driver does not have a number or it does not match, we will also use the pick-up authorization form you filled out online. This process will take longer to pick up.
5. You will be assigned and emailed a pick-up time for Friday Rides Out.

Other Programs Offered at New Life Camp

Click on the links below to find out more about these programs and register:

- **Family Bible Lessons** – these are monthly online lessons from September-April that you can do as a family at home. Not only can you learn about the Bible together as a family, your children ages 8-18 can earn a discount off of next year's summer camp by completing them.
- **Next Level Basketball League** - Next Level Basketball is designed for the beginner as well as the player who wants to take their game to the next level. At the same time, they are also challenged to take their relationship with Christ to the next level. (Ages 8-18)
- **LEARN** – LEARN is our program for home-schooled children that supplements what parents are teaching their children at home. There are two branches: Clubs for ages 4-13 that give children a taste of learning experiences and Academics for ages 8-18 that focus more on course work in a classroom setting.

- **Saturday Night @ Camp** - Get a taste of camp by coming to SN@C. Children are divided into three groups: kindergarten, elementary, and middle school. Supper is provided for all, and each group will review the biblical theme we learned during summer camp. This also is a great opportunity for a parents' night out. This event takes place monthly from October-March. (Ages 4-14)
- **High School Hangout** - Join us once a month October-March for an exciting time with other high school students. We will have activities throughout the year at New Life Camp. We will also spend time will reviewing the biblical theme we learned during summer camp. (Ages 14-18)
- **Storm Athletics** - This is our home-school athletics program that competes against local schools and is part of the North Carolinians for Home Education Athletic Conference. We currently offer cross country, soccer, volleyball, basketball, and baseball. (Ages 11-18)
- **Sports Skills Training** – These training sessions are provided for beginners up to Varsity players who want to improve their game during the off-season. (Ages 8-18)
- **F.E.A.S.T.** (Followers Eat And Share Together): this is an open meal time at New Life Camp for family and friends to share together. All proceeds go to support the ministries at New Life Camp. Takes place on Wednesday evenings September-November, January-March.
- **Retreats** – these are opportunities throughout the year to squeeze a week of the camp experience into a weekend. There are separate retreats offered in the fall and winter seasons for elementary school, middle school, and high school students (Ages 8-18)

Ready to Get Involved?

God uses so many people to make New Life Camp run. Are you interested in being one of those people?

We have all kinds of opportunities including:

- | | |
|---------------------------------|--|
| ○ Prayer Warriors | ○ Parking Attendants |
| ○ Godly Basketball Head Coaches | ○ Special IT Projects |
| ○ Basketball Assistant Coaches | ○ Providing Staff Meals |
| ○ Basketball Referees | ○ Providing Scholarships |
| ○ Basketball Score Keepers | ○ General Fund Financial Supporters |
| ○ Basketball Team Parents | ○ Individual Staff/Missionary Financial Supporters |
| ○ Camp Store Volunteers | ○ Program Financial Supporters |
| ○ Cleaning Opportunities | ○ Special Project Financial Supporters |
| ○ Envelope Stuffers | |
| ○ Grounds Work | |
| ○ Kitchen Help | |
| ○ Maintenance | |

We use all kinds of individuals and groups including:

- Parents
- Churches
- Sunday School Classes
- Youth Groups
- Scout & Girl Scout Groups Needing Service Projects
- Individuals Needing Community Service
- All Individuals Looking for a Place to Serve

For more information on how God can use you here, [click here to contact us](#).

Experiencing the Week as a Parent

You love your child. You're excited for them to get away from all the distractions of this world. You're excited about how they're going to learn and grow. They're going to have a great time! BUT YOU MISS THEM LIKE CRAZY! Some parents can even start to obsess. Asking questions like, "Will my child resent me for leaving them in new location for a day? Does his counselor remember everything I told him? What if he wants to come home?"

First, missing your child is completely normal. We would be concerned if you didn't miss your camper while they are away. However, a study in *USA Today* found that there are more "child sick" parents than there are home sick children. Children need parents. There's no doubt about that. But could it be that some parents need the children more than the children need the parents?

It feels good to be needed, doesn't it? We all want to feel like we're irreplaceable. Whatever fears and thoughts go through your "child sick" mind, one thing you can count on is your child needs you, and that's not going to change. However, this is an opportunity for them to show you how much you've taught them and grow more in those areas of maturity: communicating for themselves, social skills, independence, trying new things, trust, responsibility, making good choices, and seeking out for themselves what they believe about God and spiritual matters.

Trust your job in parenting enough to give them a chance to use what you've taught them and mature it. Trust the decision you made to send them to a camp that has a great record and cares about your child and your family deeply. Finally, trust the God who gave you your child in the first place. Though you can't hover over camp like a helicopter this week, God is with you and with your child each moment of each day this week. This is going to be a great week for your child. It's ok to miss them, but just look forward to seeing them when they tell you all about the great adventure you allowed them to take.

Learn What Your Child Is Learning

Each day, we will share a Bible story with your children and show through that story our theme for this summer: Encountering Jesus.

Children in Camp 2 (ages 8-10) will also have a session each day called Kids on a Mission, where we will introduce them to a different country or area of the world, discuss their culture and lives, and highlight some missionary families in that country and what they are doing to make the Gospel of Jesus known to them.

We encourage you to ask questions on your way home or at supper each night to see what they are learning.

Here is the basic description of our Encountering Jesus theme:

(Credit is due to JD Greear and Andy Stanley whose teachings greatly impacted our theme this summer.)

1 Timothy 2:5-6

For there is one God, and there is one mediator between God and men, the man Christ Jesus, who gave himself as a ransom for all, which is the testimony given at the proper time.

Our theme for summer camp this year is **Encountering Jesus**. Throughout the week and each activity, we will look at God's word with your child to reason together. This week, we want to invite campers to consider the one true God as He has revealed Himself.

1. Evidence in His Creation
2. The Bible
3. Jesus Himself
4. The Holy Spirit speaking to us today.

Memory Verse Schedule

- Week A – 1 Timothy 2:5 (ERV)
 - Week B – John 14:6 (ESV)
 - Week C – Matthew 5:16 (ESV)
 - Week D – Matthew 6:20 (ESV)
 - Week E – Matthew 6:21 (ESV)
 - Week F – Luke 9:23 (NLT)
 - Week G – Luke 9:24 (NLT)
 - Week H – Romans 8:1 (ERV)
 - Week I – Ephesians 2:8 (NLT)
-
- New Life Camp has no desire to take the place of parents. We do, however, aspire to be one of the best partners a family could have.
 - We at New Life Camp pray for you regularly.
 - We pray for the Gospel to impact your life and the lives of your family.
 - We pray for you to be immersed in God's Word and the wisdom and peace it brings.
 - We pray that God would use you greatly in your children's lives.
 - We pray that God uses New Life Camp to bless you in your great cause of parenting!
 - Here are some resources that we have found helpful.
 - *Equipping for Life: A Guide for New, Aspiring, & Struggling Parents* – by Andreas and Margaret Köstenberger
 - *Shepherding a Child's Heart* by Tedd Tripp
 - *Transforming Children into Spiritual Champions* by George Barna and Bill Hybels
 - *The New Dare to Discipline* by James C. Dobson
 - *Parenting Isn't for Cowards* by James C. Dobson
 - *Age of Opportunity* by Tedd Tripp
 - *The Jesus Storybook Bible* by Sally Lloyd-Jones
 - Podcasts
 - Risen Motherhood
 - Andy & Sandra Stanley's Four Stages of Parenting - <http://anthology.study/studies/part-1-four-stages-of-parenting/56/>
 - Desiring God's Twelve Tips for Parenting in the Digital Age - <https://www.desiringgod.org/articles/twelve-tips-for-parenting-in-the-digital-age>

Follow NLC on Social Media

Click on the links below and please follow us!

- Facebook: [newlifecamp](#)
- Instagram: [newlifecampnc](#)
- YouTube: [newlifecampvideos](#)

We Value Your Feedback!

We would like your feedback on how to serve you better. You will receive a quick survey by email at the end of the week to help us in this regard. We would be so grateful if you would take the time to give us your thoughts. If we can do anything in the future to be of service to your family, never hesitate to ask. We will do all we can.