

FALLING CREEK CAMP



Tuxedo, North Carolina

Parent Handbook 2021

June, Main, 2-Week and Junior Camp Sessions

*Falling Creek Camp's mission is to provide
a setting, a program, and dedicated leadership
to allow our boys the maximum opportunity
for personal growth and fun
as they develop an understanding of
their relationships with nature,
their fellow man, and God.*

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Pre-Camp Checklist

- Watch the *Pre-Camp Checklist* and *Opening Day* video accessible from the Videos section of our website.
- Read this handbook carefully.
- Visit the Covid-19 Updates section, accessible from the home page of the website, for detail about our guidance, decision-making, and protocols that may not be covered in the Parent Handbook.
- Complete the following required **online forms** in your CampInTouch account by the due dates:
 - Online Health Form (includes Allergy and Medication information)
 - Online Travel Form (required for all campers, includes information about trunk shipping)
 - Communicable Disease Waiver (complete online)
- DOWNLOAD and PRINT** the following **barcoded/faxback** forms from your CampInTouch account. Scan and email, upload, or fax completed forms to **828.333.5507**, by the due date (***no cover pages needed – forms include a barcode unique to each camper***).
 - Physician’s Examination Form (Please use our form as it meets our accreditation standards-to be completed by physician-must be current within 1 year-immunization records not required)
 - Insurance & Authorization Form (parent signature required authorizing medical treatment if necessary; copy insurance cards onto form, not separately—should only be 1 page)
 - Pre-Camp Health Screening Form (**must bring to camp on Opening Day**)
- If your son will take **medication(s)** at camp, please read and follow the instructions in the **Medical Information** section regarding packaging and bringing medications to camp. Compliance with our medication policy and process is required for all medications taken on a daily basis, whether prescription or over-the-counter. “As needed” medications are also discussed in the Medical Information section. We appreciate your mandatory compliance with our policy.
- Review the packing list.
- Label all personal items with the camper’s first and last name, including clothes, shoes, masks, towels, pillows, pillowcases, trunks, backpacks, and gear.
- Please review this Parent Handbook and the Parent Information topics within the Parent section of the website, www.fallingcreek.com/parents for answers to questions you or your son may have about camp.
- Cell phones, smart watches, iPods/other music players, and any other electronics are not allowed to be brought to camp. Non-internet accessible cameras and GoPros may be brought to camp. Label everything. Falling Creek Camp is not responsible for lost items including cameras, GoPros, or watches.
- Inform family and friends of our **Mail, Package, and Visitation policies**.
- Please call (828.692.0262) or email (mail@fallingcreek.com) us regarding any concerns or questions.

Note: To access the CampInTouch system for forms and account information: www.fallingcreek.com and select the MY FCC link at the top left corner of the page. Login using your camp system email and password. Contact Falling Creek Camp if you do not have a login or if you get locked out of your account.

2021 Traditional Summer Sessions

June Camp – Sunday, June 6 to Friday, June 25

Main Camp – Sunday, June 27 to Friday, July 23

2-Week Camp – Sunday, July 25 to Friday, August 6

Junior Camp – Sunday, August 8 to Friday, August 13

Falling Creek's Leadership Team

*“Behold, how good and how pleasant it is for brothers
to dwell together in unity.” Psalm 133:1*

For over four decades, this verse has been recited to open each Sunday night campfire. Long-standing traditions and a commitment to character development are hallmarks of the Falling Creek program.

We are grateful to be stewards of this place where generations of boys have developed skills and the self-reliance to become fine young men.

It is an honor to continue this tradition. We work hard throughout the year and eagerly await the summers—with the promise of all that camp offers and the possibilities within each Falling Creek camper.

Yates and Marisa Pharr – Directors/Owners

Dusty Davis – Chaplain

Diana Byrd – Food Services Director

Paige Hafner – Communications Director

Kyle Jeffries – Program Director

Nathan Newquist – Operations Director

Annie Pharr Ramsbotham – Media Manager

Zeb Ramsbotham – F.A.R.M. Manager and Staff Coordinator

Zach Rivera– Assistant Program Director

Ben Williams – Outdoor Adventure Director

Facilities: Drew Boggan, Doug Smathers (Director), Simon Wilson

Detailed bios for each member of our year-round team may be found on our website, www.fallingcreek.com. Select About Us the Camp Leadership from the Menu.

High Expectations of Campers

We expect all Falling Creek boys to be positive members of our camp community and abide by the Falling Creek Honor Creed and the Falling Creek Code (listed below).

Bullying and Harassment

Falling Creek Camp has a firm stance against all types of bullying. Bullying is repeated inappropriate behavior, either direct or indirect, whether verbal, physical or otherwise, conducted by one or more persons against another or others.

Bullying may sometimes rise to the level of harassment and will be governed by our harassment policies and corresponding corrective actions. Bullying is also a direct violation of the Falling Creek Camp Code. Examples of bullying may include; when one or more persons are excluded, teased, taunted, or put down by others with the intent to cause emotional injury; slandering, ridiculing or maligning a person or his or her family; non-verbal threatening gestures, insults or name-calling, constant criticisms, public reprimands, spreading rumors or gossiping, and other humiliating behavior or conduct with the intention of causing emotional injury.

Bullying may also occur electronically through emails, text messaging, instant messaging, or other communication through social networking sites such as Facebook, Instagram, or Twitter. If I feel that I (or another camper/staff member) have been subject to bullying, whether during camp season or during the off-season, I should report the incident in the same manner as harassment or sexual harassment. I understand that the Camp Leadership will address all incidents of bullying with a full investigation and appropriate corrective action will be taken where necessary.

Every person has the right to expect to have the best possible experience at camp, and by working together as a team to identify and manage bullying, we can help ensure that all campers and staff have a great summer at Falling Creek Camp.

What Not to Bring to Camp/Use of Weapons

Bringing to camp or use of weapons; tobacco products; Juul, vape, and any other e-cigarette products; alcohol; drugs; or drug paraphernalia are grounds for dismissal from camp. The right is reserved by the Directors to dismiss any camper whose behavior is detrimental to the general welfare of the community. In such cases, no refund will be made.

Falling Creek Honor Creed

Believing that leadership, unselfishness, courage, honor, hope, loyalty, honesty, and fair play manifest themselves in the spirit of Falling Creek, we pledge our spirits, minds, and bodies to achieving these ideals.

Falling Creek Code



Warrior Spirit

Live with courage
Always do your best
Strengthen your body, mind, & spirit
Persevere



Positive Attitude

Be fun to be around
Live with enthusiasm
Focus on the positive
Be grateful for God's blessings



Servant's Heart

Follow the Golden Rule
Treat everyone with respect
Make friendship a fine art
Take initiative to help others



Moral Compass

Do the right thing
Act with integrity
Take responsibility for your actions
Tell the truth

Preparing for Camp • Covid-19 Expectations and Guidelines

Covid-19 updates may be accessed from the home page of the Falling Creek Camp website: <https://fallingcreek.com/parents/covid-19-updates>. Covid-19 protocols documented in the Parent Handbook are evolving and updates will be posted to the website in the Covid-19 updates section.

Campers and staff will be expected to follow “low-risk” behaviors for 14 days prior to camp. This means staying home and away from other people as much as possible for a 14-day period. This includes forgoing unnecessary travel, eating out, play dates, sleepovers, and large crowds. Campers and staff will demonstrate social responsibility by following all public health guidelines if participating in in-person work, school, traveling to camp, or organized group settings.

We understand that there are other educational and sports opportunities that are offered as the world moves out of this pandemic. If your son will be participating in these, check out the protocols the organization has in place. These organized activities need to adhere to layered risk-management practices that include mask wearing, hand washing, and social distancing to be considered “low risk”. Mask wearing is one of the best ways to prevent transmission. Regardless of state regulations, we expect this to be a behavior for the 14 days prior to camp. Coming to camp is a big investment in the growth of your son. We want him to enjoy the full session. Your family’s adherence to these guidelines is crucial to the success of this summer.

Daily symptom tracking will be required for 10 days prior to arrival at camp. The Pre-Camp Health Screening Form will be found in the “Forms & Documents” section of your CampInTouch account once available. There is a unique barcoded form for each camper in CampInTouch.

If you are quarantining after an exposure, or you have tested positive for Covid-19, you will need to wait until your quarantine period is over and you are cleared to participate in camp.

Look now at your camper’s calendar for the summer. Confirm that any plans can meet the “low-risk” exposure policy two weeks prior to coming to camp. Consider how symptom tracking and testing needs will be satisfied. Also give thought to how other family members’ high-risk behaviors may affect your son’s potential exposure and subsequent quarantine.

Testing Requirements Prior to Camp

Testing prior to and during camp is one of the recommended components to mitigating the spread of Covid-19. This is according to the American Camp Association (ACA), the Association of Camp Nurses (ACN), and the Centers for Disease Control and Prevention (CDC).

A negative **PCR test for Covid-19** is a required part of our pre-arrival screening to camp. We require the test to be administered **within 5 days prior to arrival**, typically no earlier than the Wednesday before Opening Day. Two acceptable alternatives to testing would be documentation noting Covid-19 diagnosis 90-days prior to arrival and recovery/clearance of isolation OR copy of vaccination card with series completed at least 14 days prior to Opening Day.

We have partnered with Precision Health Solutions. A test kit will be sent to each camper (and Father/Son participant) prior to each session for convenience. It is administered at home with a

nostril swab and sent back to the lab. Instructions will be included. You may use a different test provider if you choose. If the test kit you receive will not be used by your camper, we encourage you to pass it on to someone else that may find it useful for their situation.

Following guidelines, we will test again a few days into June, Main, and 2-Week sessions. Those meeting the above criteria related to recent diagnosis or vaccination will be excluded. Precision Health Solutions will be administering the same nostril swab that was sent to your homes so your camper will not have unwarranted fears over what to expect.

Along with mitigating the spread from asymptomatic or pre-symptomatic campers, we will use this test information for programming decisions. (Read about “cohorts”.)

Summer staff in June, Main, 2-Week, and Junior will meet these testing requirements as well.

Places to Stay

There are many options for accommodations in and around Flat Rock, Hendersonville, and Asheville. The Hendersonville Visitor’s Center is a great resource for activities and accommodations in the area: www.historichendersonville.org. The Mountain Lodge, off I-26 in Flat Rock, is close to camp and offers a discount to camp families: www.mountainlodgeflatrock.com, 828.693.9910. You may also visit the Parents/Travel/Places to Stay and Attractions section of our website for a list of places to stay.

Opening Day

We are planning for an Opening Day drop off in which parents remain in their vehicle. We’ve created an informative video you may watch with your son(s), available in the Videos section of the website, so that everyone knows what to expect on Opening Day! Our counselors will work with the boys to ensure they get settled in with their belongings and engaged with their cabin mates. Beds will already be made and the boys can add their personal touches to their bunks.

Please arrive between 9:00am and 11:30am.

We realize that meeting your son’s counselor can give you a sense of their personality and leadership style in the cabin group. We are sorry that we are not going to do this in-person this summer. We will be making a brief video with each counselor, so you can still be introduced to our great team of 2021 staff. You’ll receive a small video introduction from your son’s counselor on the afternoon of Opening Day. While it is true that the staff member and campers in the cabin group will share in daily activities together, the campers will interact and engage with many more influential counselors in the camp community throughout each day, who are here to help him succeed. We are proud of all the members of our team, and each has been hand-picked for this summer. We stand behind the training they receive, their character, and their skills. We have thoughtfully placed them with certain cabin groups.

Due to Covid-19 precautions, we request minimizing the number of family members present for Opening and Closing Days. We request that each person in the car remain in the car and wear a mask for the duration of drop-off.

Arrival and Greeting

Plan to arrive at camp via our main entrance off Green River Road (exit 3 off highway 25). Upon arrival you will be greeted by Falling Creek Camp staff who will ask your camper's name(s) and provide you with a packet including:

- a hangtag with the name(s) of your camper(s) to be immediately hung from your rear-view mirror,
- nametag(s) for your camper(s),
- trunk tags for up to 2 pieces of luggage such as a trunk and duffle bag or frame backpack (keep these tags ready for luggage drop-off),
- Opening Day checklist of the stops to make during drop-off and things to know once you leave camp.

You will be directed to proceed up the mountain to the next stop, Health Screening. We recommend placing your car in low gear and keeping a slow-steady pace during the climb. Be sure to catch the view of Falling Creek Falls along the way. Have the Pre-Camp Health Screening Form completed with negative PCR tests or other documentation attached and available for the screeners.

Symptom Screening

The next stop once you reach the top of the mountain will be for temperature and symptom checks and turning in the Pre-Camp Health Screening Form(s). **The completed form will be required for your camper(s) to be admitted to camp. There is a section to be completed the morning of Opening Day.** Please have the form and attachments (negative PCR test results or proof of having had Covid-19 within 90 days), ready.

Each person in the car will have their temperature taken.

If any challenges arise during the Symptom Screening, there will be a pull-off area and a director will be available to discuss next steps.

Medications

Once the temperature and symptom check has been successfully completed, you will proceed as follows:

Scenario	Proceed
No medications and no need to speak with a nurse, OR medications filled by local pharmacy, Whitley Drugs and no need to speak to a nurse	Direct to trunk drop-off (green)
Medications packaged according to guidelines and in gallon-sized baggies with camper name, ready for drop-off. No need to speak to a nurse.	Express medication drop-off (yellow)
No medications but want to speak to a nurse	Medical team line (red)
Medications and want to speak to a nurse	Medical team line (red)

Trunks/Luggage

Trunks/large luggage will be removed from your car at the trunk drop-off stop. Please have the trunk/luggage nametag stickers ready for the staff. Trunks/Luggage will be delivered to the cabins. Please pack your car so the trunk/luggage is easily accessible. Also, please remove the wheels from trunks before arrival as they often get lost.

We are asking that all camper belongings be contained in the trunk and no more than one additional bag, such as a duffle. Any additional items over two, the camper should be able to carry to the cabin themselves such as a pillow, their frame backpack, a sports gear bag, or day pack.

Camper Drop-Off

If trunks are shipped to camp and your camper has no additional luggage, you will be directed to camper drop-off.

Campers will exit the car in the Visitor Parking Lot and connected with other members of their Line at the gym area. From there, they will be escorted to their cabin to join their cabin mates and counselor(s) to begin settling in, meeting new friends, and having fun!

In order for us to keep cars moving to accommodate everyone's timely arrival, please do not linger at the camper drop-off! Be prepared to say good-byes and know that your camper will be united with his cabin mates and counselors quickly. We will assist you in the case of a difficult separation.

Opening Day Health Concerns

In the interest of a healthy camp community, if your son has a fever or is sick within 24-hours of Opening Day, please contact camp to discuss next steps.

Lice

If it is suspected that your son may have been exposed to head lice prior to camp, please perform a lice treatment before arrival and notify the medical staff about your concern. A head check for lice may be obtained from your local doctor or a treatment center such as Pediatric Hair Solutions. All campers will have their heads checked for lice on Opening Day. If a camper comes to camp with lice, we will arrange for professional care. The cost of this treatment is \$350, payable to the third-party provider. Parents will be responsible for the cost of treatment.

Travel by Air

Requirements for Covid-19 precautions vary by airline. Please check with the airline to be sure you understand the requirements for air travel to/from camp. There may be charges for Covid-19 testing, that Falling Creek may require, for boys flying home from camp.

In addition, we require that anyone flying to camp follow all Covid-19 guidelines for safe travel such as mask wearing, and frequent hand washing.

Airline reservations should be made early. Please note the itinerary details, including the airline confirmation number, on the Online Travel Form by the due date. **Also, email a copy of the itinerary and receipts for baggage and “Unaccompanied Minor” fees (return flights only) to mail@fallingcreek.com.**

When planning for flights to and from camp, please try to book a direct or non-stop flight. If a connecting flight is necessary, be advised that many airlines do not allow minors flying alone as a designated (paid for) “Unaccompanied Minor” on flights that connect or on the last flight of the day. We would like campers to arrive on Opening Day in time to enjoy activities, so we request that you do your best to reserve flights that arrive before noon.

Due to travel time to the airport, check-in, and security screening, we ask that departures from camp be scheduled between 9:00am and noon if possible--earlier is always better.

Note: Please check with your airline or travel agent concerning the policies for designated “Unaccompanied Minors” and other details regarding minors before booking tickets. Most airlines require that all children under the age of 15 fly as a designated “Unaccompanied Minor”.

Parents must pay for airline baggage and “Unaccompanied Minor” fees for both arrival and departure in advance. Please keep a copy of the receipt for any fees paid and email them to mail@fallingcreek.com. We will ask to have a method of payment on file for unplanned airline charges for boys leaving camp by plane.

Our staff will meet your son just outside the security area when he arrives at the airport. If your son is flying as an Unaccompanied Minor, our staff can meet him at the gate. **Yates Pharr is the name to put on the Unaccompanied Minor form as the person picking your son up** at the airport. Staff members will be wearing a white polo shirt with a green Falling Creek logo. We ask that your son wear a Falling Creek shirt, if possible, to help our staff instantly identify him at the airport.

Our camp staff will assist boys in the airport and provide transportation to and from the Asheville, NC (AVL) and Greenville-Spartanburg, SC (GSP) airports on Opening and Closing Days at no extra

charge. We suggest that campers have a carry-on bag with a change of clothes, towel, swimsuit, and toiletry items in the event of delayed luggage. Please check airline policies on acceptable carry-on items (including liquids).

UPS (preferred) and FedEx are the most effective means for handling trunks and large baggage. **We urge you to ship trunks to and from camp if your children are flying.** The baggage screening procedures and long check-in times are avoided by the children having only carry-on bags.

If you do send checked luggage (trunk, duffle bag, backpack, etc.) identification tags and camp stickers should be affixed. Please put two name tags on each piece of checked luggage, showing both home and camp addresses and phone numbers. Indicate on the travel form exactly what is being checked and what is being carried on. Please check with your airline for baggage charges and policies for both arrival and departure.

Cell phones, wallets, electronics, passports, and ticket information will be collected from the camper upon arrival to camp and held securely in the Program Office for the duration of the camp session. Phones will be charged prior to Closing Day if a charger is left with the phone.

Note: If your son has any issues while in route, make certain he knows to get in contact with you immediately. Then we ask that you contact us at camp with the details. Likewise, we will contact you if any issues arise while transporting your son to or from the airport.

Arriving Early/Late – Departing Early/Late

We cannot accommodate campers arriving or departing on days before Opening or after Closing Days for the session. Specifics for campers arriving or departing at **times** outside of the arrival and departure time periods on Opening and Closing Days need to be discussed with a camp director.

The same applies for campers leaving before Closing Day which we discourage if possible.

In 2021, campers who are unable to arrive on opening Day will not be able to join the session without being fully vaccinated or having had, but fully recovered from, Covid-19 in the past 90 days. This is due to the larger cohort group to which we will expand after day 5.

Shipping Luggage

To Camp: Luggage may be shipped to camp via UPS (1st choice) or FedEx. Please send luggage a week to ten days prior to your son's arrival so that it will be at camp on time. **Please note:** our shipping address differs from our mailing address.

Ship to:
Camper Name
c/o Falling Creek Camp
816 Falling Creek Camp Road
Zirconia, NC 28790

From Camp: We take luggage to Mail Box & Pack at the end of a session to be shipped home. To expedite the process, make sure that you note this on the Online Travel Form, with address information. Please indicate which pieces of luggage are to be shipped as we match our records with those of Mail Box & Pack. **Please note:** We cannot save boxes for items to be shipped.

Contact Mail Box & Pack online at www.mailboxandpack.com (select Camp Shipping) to arrange for pre-payment for shipping. Please do not send pre-paid shipping labels to camp.

Get to Know Your Son's Counselors

Campers find out who their counselors are once they arrive at camp. We will post videos of our outstanding counselors for you to review after drop-off on Opening Day. Counselors will write a brief welcome note to you once they are settled in with their cabin group. We will mail the note early in the first week of camp. You will receive your first more detailed Parent Letter at the beginning of week 2 of camp. It will be posted in your CampInTouch account and we will communicate when it is available.

Closing Day

Closing Day is a busy and bustling time. **Please plan to pick up your son between 9:00am and 11:30am.** We cannot accommodate earlier pickups on Closing Day as campers and counselors are enjoying one last hearty breakfast and time together before departure. We will then be ready to welcome you.

Due to Covid precautions, we request minimizing the number of family members present for Opening and Closing Days.

We request that each person in the car remain in the car and wear a mask for the duration of the pick-up process.

Campers and counselors will return to their cabin after breakfast and morning assembly and wait to be called to the Gym once you have arrived at camp.

Except for charges pre-authorized by you, families will be billed after the end of the camp session for travel expenses, prescriptions, or medical expenses that exceed the store deposit.

If your son is missing an item once you return home, please alert the Program Office 828.692.0262.

CampInTouch Online

The CampInTouch system allows you to complete your son's online forms, send one-way emails to your camper(s), view photos from each day at camp, and read the daily Yates' Yak camp blog.

To reach the site, visit www.fallingcreek.com and go to the MY FCC section found on the top left side of the home page. Your email address is your username. If you don't know your password, click "Retrieve Password". If you get locked out of your account, call (828.692.0262) or email (mail@fallingcreek.com) the camp office and we will unlock your account and send you a link to reset your password.

Personal Camper Information

Often, months pass between the application process and Opening Day of camp. If a situation has occurred that could affect your son's camp experience, please contact camp via phone (828.692.0262) or email (mail@fallingcreek.com).

Health Forms

In an effort to create a happy and healthy camp community for your son, it is critical that you complete his health forms by the due date. We request that the Health Form be filled out online and the Physician's Examination Form be downloaded for completion by the physician and faxed back or uploaded back into your son's account once completed. The fax number is on the form and no cover sheets are needed. Our medical staff reviews all forms prior to Opening Day. Campers will not be allowed to remain at camp without completed health forms. If your son's physical is scheduled for a time after the due date of the Physician's Examination Form, that is okay. Submit the form when completed. In this case, complete all other forms by the due date.

Please have the physician complete the camp Physician's Examination Form as it meets our accreditation standards.

Medication and Medical Information

Our Infirmary is staffed by registered nurses and a physician throughout the summer. They screen minor complaints, provide first aid, and administer and dispense medications as needed.

Anything taken to treat or manage a condition or symptoms is considered medication. **All medications must be kept in the Infirmary.** With the exception of second inhalers for asthma, second epi-pens, and prescription dermatological creams, campers are not allowed to keep medication in their cabin, including pain relievers, vitamins, and other over-the-counter medications.

To improve the efficiency and accuracy of administering medication at camp, Falling Creek has specific guidelines for how medications are handled at camp. We require all of your child's prescription(s) and any over-the-counter oral medications, taken on a daily basis, to be packaged and dispensed according to our guidelines. Any medications taken on a DAILY basis require a prescription for camp, including over-the-counter medications. For example, if your son takes Claritin every day, your doctor must write a prescription for it and it must be filled according to our guidelines. Call us well before your camp session begins so we can spend ample time answering your questions and allow time to find solutions.

Please complete the Medication Management section of the online Health Form in your son's CampInTouch account to let us know how your son's prescription(s) will arrive at camp so that we are prepared to follow-up accordingly. Again, compliance with our medication policies is required.

All tablet and capsule medications are to be filled by a pharmacist in a specific type of unit-dose (blister pack) container, based on the time of administration, and include the prescription label on the package. This includes prescription and over-the-counter medications taken on a daily basis. If your son takes over-the-counter melatonin or Zyrtec, daily, as an example, the doctor must write a prescription and it must be filled and packaged according to our guidelines. Most doctors understand this and are happy to write a prescription.

We use 30-day unit-dose packaging at camp. If a 30-day supply of medication is sent to camp, unused medication is returned to you. Inhalers, creams and ointments, epi-pens, and liquids can be in their original packaging but must be individually labeled with the pharmacy prescription label.

Medications taken on an "as needed" basis, such as migraine medicine, do not require unit-dose packaging but must be in the original packaging with a prescription label. Common medications such as pain relievers, antihistamines, eardrops, wound ointments and creams, and antacids are stocked in our Infirmary. You do not need to bring such medications to camp. Due to variances in personal preferences, camp staff will not provide or apply insect repellent. Your son may bring his own insect repellent and apply it himself. Please contact a director should you have any questions or concerns.

Following are flexible options to help you meet camp's medication guidelines. Please indicate this preference in the Medication Management section of the Online Health form:

Option 1: Use Falling Creek's pharmacy:

You may mail or have your physician fax/e-scribe your son's prescription(s) for camp medications, including prescriptions for any over-the-counter medications taken on a daily basis, to our local pharmacy, Whitley Drugs in Hendersonville, NC. Whitley Drugs personnel will fill the prescription(s) in unit-dose (blister pack) packaging and have it delivered to camp by Opening Day. Also, please complete the Whitley Drugs Camper Information Form included in your CampInTouch account and return to Whitley Drugs via fax or mail. There is a fee per child for this convenient service as described in the Pharmacy Packet. Please be sure to complete this process and your information form for Whitley Drugs **30 days prior to the start of camp.** Whitley Drugs will process your insurance.

Option 2: Use your local pharmacy:

Ask your local pharmacist to package a supply (enough for the length of the camp session, including Opening/Closing Days) of any prescription and over-the-counter tablet and capsule medications (prescription required), taken daily, in unit-dose (blister pack) containers that meet Falling Creek guidelines (see next section).

Option 3: Use your local pharmacy, Falling Creek provides packaging:

If your pharmacist does not have unit-dose packaging available but is agreeable to packaging it in a medically approved container, we will mail you the materials to take to your pharmacist for packaging based on information you provide in the Medication Management section of the

online Health Form. Your pharmacist will not package medication that is not being filled by them based on a prescription. Again, even over-the-counter medications, if taken daily, must be prescribed by a physician for camp.

Vacation Overrides for Medications

You may need to fill a prescription for camp before your son's next refill is available insurance-wise. Your pharmacy may have to do a "vacation override" to satisfy the insurance company. Whitley Drugs can work with your insurance company regarding vacation overrides, too.

Packaging Description:

We use 30-day unit-dose packaging at camp. A separate unit-dose package (blister pack) is used for each time of day that medication is dispensed. Please do not have multiple administration times packaged in the same blister pack.

For example, if medication A is taken daily at breakfast, we need (1) 30-day blister-pack for medication A. If medication A is taken at breakfast and dinner, we need 2 blister packs for medication A. If 2 medications are taken at the same time of day, they may be packaged together or in separate blister packs. Here is an example of what unit-dose blister packs look like. This example shows 30-day supplies of medications for breakfast, lunch, and dinner, packaged separately:



Please note the procedures for medication drop-off/speaking with a nurse on Opening Day of camp if your son takes any medication or has any health concerns. Please do not bring medications that have not been packaged according to our guidelines to camp on Opening Day. The exception would be a new prescription for an illness prescribed right before camp starts, such as an antibiotic. This would need to be in the original bottle, labeled by the pharmacy and you would need to speak with a nurse at drop-off.

All unused medication will be returned to you on Closing Day.

The nurses regularly dispense medications four times a day: breakfast, lunch, dinner, and prior to bedtime. When your camper is on a camp trip, his medication will be dispensed by a counselor. Unit-dose packaging helps the staff with efficient and accurate dispensing of medications.

Because some medications take 4-6 weeks to reach a therapeutic level, please speak with a director if your child's medication has been altered within three months of the start of camp. Additionally, ADHD medications can have the same benefits for your son in the camp community as it does in school. Helping him focus in his activities or diminish impulsive behavior in social situations could give the same advantage to succeed at camp.

Incidental treatment and supplies are handled at camp with no charge, but prescriptions or "in-town" doctor or dentist visits will be billed to your insurance company on file and parents will be responsible for payment. Parents will be invoiced for any medical or prescription charges incurred by Falling Creek Camp.

Medical Attention at Camp

If your camper should need medical attention for any reason while at camp, our medical team is available to care for him.

In the presence of symptoms consistent with Covid-19, we will assess their health and utilize rapid antigen testing. (In the event that the parent cannot be reached, we will not delay the antigen test.) If the camper is symptomatic and tests positive, a positive Covid-19 diagnosis will be assumed. We will notify the parent and expect the camper to be picked up, preferably within 12 hours, and recover at home. In longer sessions, we will discuss each scenario regarding the possibility of the camper's return after being cleared from isolation and fully recovered.

If the rapid antigen test is negative, the medical team will continue to treat and identify the cause of the symptoms, including a PCR nasal swab to confirm antigen test results, and a strep test. He will remain in the care of the nurse team until his symptoms are resolved and he is fever-free for 24 hours, following our usual protocol for any illness.

Parent Communication Regarding Medical Concerns

Advanced emergency care and consultation are available at local physicians' offices and area hospitals. A camp nurse, physician, or director will communicate with parents by phone in the unlikely event of significant illness or injury.

Parents will be notified if their son spends the night in the Infirmary, visits an out-of-camp doctor/dentist, is prescribed a medication due to illness or injury, or has a tick removed.

Health Insurance and the Insurance & Authorization Form

If campers are covered by a health insurance policy provided by their parents, insurance information should be provided on our Insurance & Authorization Form in your CampInTouch account. Please note that the form in your camper's online record is uniquely barcoded for your son. If a family chooses a self-pay option for medical care, complete the Insurance & Authorization form and indicate "self-pay" where insurance information is requested.

**Copy the front and back of your insurance card onto the Insurance & Authorization Form--
please do not send a separate attachment.**

The form also requires a signature as it authorizes medical treatment for your son in the unlikely event that it may be required. The form may be faxed back to us (number on the form), scanned and emailed to mail@fallingcreek.com, or uploaded directly to your son's CampInTouch account.

Dining Hall and Nutrition

Our camp community is served three well-balanced meals each day. Fruit is available as a snack throughout the day in the Dining Hall, and we serve a cookie snack most evenings.

If your son has a food allergy, note it on his health form. We will work to offer substitutions. We do not make modifications for food preference as we offer a variety of food options.

Because we eat family style, have cookouts, buffets, and offer a salad bar, it is Falling Creek's expectation that by sending your son to camp, you are asserting to us that your child has knowledge of their diet and can manage their food choices.

Falling Creek Camp cannot guarantee campers or staff will not come in contact with foods he/she may be allergic to, or other allergens (see Allergen Policy, next section). If your child has a severe allergy or dietary restriction, contact the camp directors to discuss if Falling Creek Camp is properly equipped to manage it.

Allergen Policy

Falling Creek Camp uses the following guidelines pertaining to allergens in the food offered:

We are conscious of the ingredients in all our meals as it pertains to allergens. Menu items served at meals in the dining areas and at cookouts that contain known allergens of campers and staff are listed on an allergy board. We consider a food item to contain an allergen if it is listed in the ingredients or the item's packaging states language such as it "may contain" the allergen or is "made on shared equipment". We do not consider a food item to contain an allergen if the item's packaging states language such as it is "processed in a factory that also processes" the allergen.

Substitutions for the main course and dessert are offered.

As an alternative or addition to the meals served, we offer items such as simple salads, soup, cheese, yogurt, cereal, and rice and beans at a common table. We serve sugar cookies most evenings (substitutions for allergens are offered). We also make soy butter and rice milk available. These options are not listed on the allergy board. Campers and staff should be aware of the risk of cross-contamination that can occur in this setting.

For meals eaten out of the dining hall on trips and pack outs, substitutions are given to those with dietary restrictions when appropriate.

Cabin Mate Requests & Placement

One of the benefits of a camp experience involves meeting and making new friends from different places. Falling Creek Camp encourages campers to attend without concern for hometown buddies. We will carefully consider a mutual request (each boy must request the other) for boys of similar age and grade. No more than two campers from the same area/city will be placed in the same cabin. We prefer campers to be placed in cabins with other boys in the same grade because of maturity and shared experiences. We will not place campers more than a grade apart in the same cabin. **All cabin requests need to be communicated to camp in writing 30 days prior to the start of a session.** Email requests to mail@fallingcreek.com. We do not make exceptions to our cabin placement policies.

Cohorts (June, Main, and 2-Week Camp)

For the June, Main, and 2-Week Camp sessions in 2021, each cabin will be considered a “household”. The (8-9) campers and (1-2) counselors will be housed together and eat family-style meals together. Masks need not be worn when with cabin mates. We will start with each camp session with 6-7 cabins operating as a cohort. These cohorts or “neighborhoods” will be grouped based on age/grade, much like our tribes were in previous years. After testing results from day 5, the six original cohorts will pair to make three groups of 12-14 cabins. These groups will be called Lines.

Cohorts (Junior Camp)

In Junior Camp each cabin is paired with another cabin. This group of 16 boys and counselors will be considered a “household”. Households rotate together to different activities throughout the week. Masks need not be worn when with those in your "household". Cohorts or "neighborhoods" of 11-12 cabins will join together for larger activities such as Evening Program.

Lines (formerly “Tribes”)

In 2021, Falling Creek is introducing a change to our cabin group designations from ‘Tribes’ to ‘Lines’. Campers' cabins are divided into four different groups by age, known as 'Lines.' From youngest to oldest, the Lines are named Sorrel, Tsuga, Betula, and Robinia. Samara is the fifth Line for counselors who do not live in a cabin with campers. Each of the four camper Lines corresponds with a part of the Falling Creek Code.

Note that for the 2021 summer, we will only be using three of the four lines; Sorrel, Tsuga, and Betula, for ease of programming with Covid-19 protocols in place.
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The youngest Line, Sorrel, rejoices in the sweetness of life and is known for their Positive Attitude. Sorrel is the nickname for the Sourwood tree, known for the sweet honey made from its flowers. The Tsuga Line is named for the Carolina Hemlock (*Tsuga caroliniana*). Known for their Servant’s Hearts, the Tsuga Line is always considerate of the collective. The Robinia Line is named for the Black Locust (*Robinia Pseudoacacia*), known for their Moral Compass. This Line is as sturdy, reliable,

and dependable as the tree it is named for. The oldest Line, Betula, is named for the Yellow Birch (*Betula alleghaniensis*), a pioneer species in the new growth of a forest, which paves the way for others. Known for their Warrior Spirit, the oldest boys in the Betula Line create new beginnings, share their knowledge with others, and lead by example.

Gatherings at Camp

Large group gatherings in close proximity will be adjusted for 2021. We will use the large, open-air space in the gym for gatherings. We have increased the space at Morning Watch. Our dining area will be expanded to allow for tables outside under cover so we can all eat at the same time. Many of the things that make camp great will still be in place

What do I need to pack?

It is important to pack enough clothes for a full week, plus a few extra days. **Laundry** (see more below) is done every Friday for all in-camp sessions, except the Junior Camp session. There will be times that campers get wet or dirty and want to change. Please use the packing checklists to help pack for camp accordingly. We suggest using a durable camp trunk (please remove removable wheels). Some campers bring traditional camp trunks, while others may bring the hard plastic style, it is up to you. Trunks are typically kept under the bottom bunk which has 19-1/2" of clearance, and the campers keep their clothes and belongings in the trunk. Visit What To Bring to Camp in the Parents section of the website for reliable trunk vendors and discounts. Check out the *Pre-Camp Checklist* video found in the Videos section of our website.

Green & Gold Shirts

June, Main, and 2-Week Camp campers are assigned, by cabin, to a green or gold team upon arrival to camp. Team assignments are for all-camp games and some other in-camp activities.

The packing list for the June, Main, and 2-Week sessions includes (1) green and (1) gold t-shirt. A reversible Falling Creek green and white ("gold") shirt is available through the online store prior to camp. Green and gold t-shirts brought from home are fine. The shirts may have writing on them—they do not have to be plain.

Packing Lists-Overnight Gear

The packing list is a suggested list for the June and Main camp sessions. Adjust slightly for the 2-Week session. There is a separate packing list for the Junior Camp session. *Although not all campers choose to go on extended backpacking trips, campers in all sessions will go on cabin overnight campouts and need to carry a sleeping bag, rain gear, clothes, water bottle, their share of the group's food, etc. A daypack or book bag is not large enough or sturdy enough to hold the necessary gear.*

Cabin overnight campouts will not be part of the programming for 2021 so a frame backpack is not required for that purpose. For June, Main, and 2-Week Camp sessions, we recommend sending a frame backpack, and a sleeping bag/pad with your camper if he intends to participate in a backpacking adventure, and a sleeping bag/pad with your camper for any other multi-day adventures. If you aren't sure if your son will be interested in out-of-camp adventures or not, encourage him to consider his options while he is here and send him with the gear just in case!

We have resources for camping gear listed on our website in the Parents section, select What to Bring to Camp. If you do not want to purchase a frame backpack, ask a friend or neighbor if they have one your son can borrow.

Masks/Gaiters

Masks will not need to be worn within a camper's cabin group (cohort), including inside their cabin. With those outside of the cabin cohort, our rule this summer is having at least 2 of the 3 common NPIs (masking, distancing, and outdoor activities) present at all times. Because of this, we expect that masks will be a big part of the summer when outside the cabin cohort. Masks will not be worn in water sports. Masks are the trade-off for allowing choice in activities this summer.

Each camper should pack enough masks for the session. We suggest 10 double-layered gaiters or masks that are washable/reusable. He may bring disposable masks to use, but if disposable masks are preferred, please pack 2-3 per day in case they get wet or dirty.

Gaiters/buffs may be worn as long as they are at least 2 layers thick around the nose and mouth. We have provided a video for turning a single-layer gaiter/buff into a double on our website. Select “Covid-19 Updates” from the home page and scroll down to access the video.

We request that the camper’s name be on the front of each mask/gaiter/buff so that we may easily identify him while he is wearing his mask or gaiter/buff. It will also help us with lost and found.

Sheets and Blankets

Falling Creek provides sheets and blankets for all campers and staff. Therefore, personal sheets should not be brought to camp unless required for medical reasons. Falling Creek is not responsible for personal sheets and blankets. Boys should bring their own pillows, pillowcases, and towels. Please label them. If your son packs an extra blanket, remind him not to send it to the camp laundry with the camp sheets/blankets.

Camper Laundry

We use a commercial laundry service and ask that you send clothing of a simple nature that will look neat with a wash-and-tumble-dry process. Laundry is sent out on a weekly basis and is returned the next day. There is no laundry service for the Junior Camp session.

Please pack a laundry bag for your son that is of good quality and that may be securely closed. Laundry bags that cannot be securely closed may lose the contents. Again, label all clothing items.

What Not to Pack—Electronics Policy

Campers should not bring any food, candy, lighters, matches, water guns, weapons (see Knife Policy), or balloons, to camp. Aerosol products are discouraged unless required for sunscreen or insect repellent preferences. **All electronics, including iPods/music players, cell phones, smart watches, and electronic readers such as Kindle and Nook, may not be brought to camp.** If these items are brought to camp, we will collect them and hold them in our office until Closing Day. **Campers may bring cameras/GoPros that do not have internet connectivity with them to camp. Cameras/GoPros are only to be used outside of the cabin setting.** Falling Creek Camp is not responsible for lost cameras or GoPros.

Clothing, sports gear, trading cards, and any other items of sentimental or high monetary value should left at home. Falling Creek Camp is not responsible for lost, missing, damaged, or destroyed personal property.

Campers do not need to bring cash to camp; any incidental purchases from the Camp Store will be deducted from your son’s store account balance after the end of the camp session. Incidental purchases may include batteries, a toothbrush, stamps, or an extra water bottle. The exception is for campers who may need spending money for the airport, if flying. Cash or credit cards for travel may be checked into the Program Office on Opening Day.

Knife Policy

A small knife that fits into a pocket can be a useful tool in the backcountry. Boys aged 13 or older are permitted to bring one such knife to camp. The blade must be entirely enclosed by its handle or sheath when not in use and is not to exceed 3 inches. Lockable blades and non-serrated edges are allowed. Double-edged, spring-loaded blades, switchblade knives, or other bladed objects such as Ninja stars are not allowed.

With the highest concern for safety, boys are obligated to tell their counselor or trip leader prior to using their knife. When not in use, the knife must be stored under control of its owner. Campers using a knife for purposes other than a beneficial tool will lose this responsibility and privilege.

Dismissal from camp will be immediate if the knife ever represents a weapon or is used irresponsibly.

It is assumed that boys, aged 13 or older, who bring a knife to camp have their parents' approval and have proven to them that they are qualified to handle a knife properly.

Hammock Policy

Hammocks have become increasingly popular at camp. As an optional item, we welcome boys to bring their hammocks and straps (also include tarp, stakes, and line for out-of-camp trips) to camp. Hammocks may be used for resting in camp during appropriate times and sleeping on out-of-camp trips, following the guidelines outlined below.

Hammock Guidelines

1. Hammocks may not be hung on top of each other/stacked.
2. Hammocks are to be hung at a height that allows entry without assistance/climbing.
3. There are areas of camp where hammocks are not allowed.
4. Hang hammocks to sturdy, living trees only.
5. Campers are responsible for their hammocks and accessories. Falling Creek Camp is not responsible for lost or damaged hammocks or accessories. Label hammocks and accessories.
6. Please take hammocks down when not in use.

On out-of-camp adventure trips, hammocks may be used for sleeping, however, it remains essential for campers to **pack both a sleeping bag and sleeping pad** as outlined in the Parent Handbook. This will ensure that, regardless of sleeping arrangement, boys remain warm and dry while camping. If a hammock is to be used for sleeping during an overnight adventure trip the following guidelines are to be observed:

1. A hammock tarp is required for protection from the elements and nighttime dew.
2. A liner, sleeping bag, or blanket should be used with the hammock for warmth and additional protection from the elements.
3. The hammock and tarp must be set-up and secured prior to nightfall.

Footwear Policy

To prevent injuries to staff and campers, athletic shoes should be worn at all times. Crocs, flip-flops, and sandals without a heel strap are not appropriate for camp. Due to our varied terrain and active culture, closed-toe shoes and socks are recommended.

Label Everything

It is important to have **all** your son's clothing and belongings clearly labeled with his **full name**, not initials - **including shoes, sleeping bag, tennis racquet, toothbrush, backpack, trunk, etc.** Sharpie markers work very well, as do name tapes, and name stamps. Visit What to Bring to Camp in the Parents section of the website for reliable name tape and label vendors.

Lost and Found

We make a strong effort to return lost and found items while your son is at camp and have greater success if all items are labeled with his full name.

With the exception of socks, underwear, water bottles, and towels, Falling Creek will return labeled items to campers once they have left camp. Mailing related costs may be charged to your account.

Unlabeled items will be logged and kept for a short time following camp, and then donated to local charity if not claimed. Falling Creek is not responsible for lost items.

Camp Store

We partner with Everything Summer Camp to provide our traditional Falling Creek gear, as well as new merchandise, online and accessible throughout the year.

You can access the Falling Creek online store via the Everything Summer Camp website:
http://www.everythingsummerncamp.com/falling-creek-camp?camp_code=behold

In accordance with our **No Package Policy**, please do not have items ordered from Everything Summer Camp shipped to camp.

Following is a look at the home screen for the Falling Creek store on the Everything Summer Camp website. Please note, the code to access Falling Creek's page is "behold".



Our on-site camp store will not be open on Opening and Closing Days for 2021. We will open the store to campers some weekdays during the June, Main, and 2-Week camp sessions for purchases of essential items only, such as an extra water bottle, replacement toothbrush, batteries, etc. On-site camp store expenditures will be charged to your son's store account. If a camper has a need for an essential item outside of the store hours, we will provide it to him.

Store Deposit

The store deposit is \$30 per camper for the June, Main, and 2-Week sessions and covers incidental purchases such as water bottles, toothpaste, stamps, batteries, postcards, laundry bags, or flashlights from our camp store while your child is at camp. It may also be used to cover the cost of any prescriptions, medical incidentals, or travel charges for your camper. The unused portion of the deposit will be refunded at the end of the camp session. Clothing and other camp gear is not available for campers to purchase during the camp session but may be purchased and shipped home before camp through our online store: www.everythingsummerncamp.com (camp code: behold). We do not open the store to campers during the Junior Camp session.

Main Camp/Ironman note: Should your son participate in the Ironman event, his store account will be charged for the popular Ironman participant t-shirt.

Store Order Form

For 2021, we are offering some items for sale via an online Store Order Form found in the Forms and Documents section of your CampInTouch account. Preordered items will be labelled and packaged for your camper and delivered to him the first week of camp. The Store order Form will not be available after May 1st.

Camping Out

Campers at Falling Creek have opportunities for spending a night or more in the great outdoors during each session. Overnight campouts, canoe trips on rivers or lakes, backpacking adventures, mountain biking, and several rock climbs are a big part of our program. These could be some of the most exciting times your son spends with us at camp. Your son will need a few basic items for these camping trips. We suggest borrowing this gear if you have a source.

Frame Backpack

The frame is critical because it lets the pack maintain the proper shape for holding camping gear and helps with weight distribution. Typical school-type day packs or book bags don't have enough room for carrying a sleeping bag, clothes, and other camping gear. The pack needs to be large enough to fit about three soccer balls inside (30-40 liters), plus have outside pockets and places where a sleeping bag can fit. The frame may be external to the pack, but internal-framed packs are popular, easy to manage, and take up less space. Lastly, be sure that the straps fit your son. Some examples of internal frame backpacks that are also adjustable for growing boys are: REI Tarn 40 (liters), Deuter Fox 30 or 40, or the Osprey Ace 38.

Sleeping Bag

Hollofill, Polarguard, or some other synthetic fill are recommended for sleeping bags for summer out-of-camp trips. Be wary of down or cotton as wet down or cotton, in a sleeping bag or on a camper's body, is cold and miserable. The sleeping bag should fit into a stuff sack. When stuffed, it should be about the size of a watermelon or smaller since it will be carried in or attached to the backpack. A temperature rating down to 40 degrees is adequate.

Rain Gear

A good rain jacket is a must at camp. It goes over fleece to keep the wind and water away. Jackets, sweaters, and hats made of fleece retain their warmth even when wet. Again, please stay away from cotton items. Avoid plastic ponchos which are easily torn when walking in the woods. A good rain jacket should repel water and preferably have a hood.

Other Camping Items

Except for long trips, where a boy may be carrying 1/4 to 1/3 his body weight in his pack, most boys will not need hiking boots. Trail shoes or light hikers are fine, as are running or other types of comfortable/sturdy sneakers. Flashlights and Head Lamps with LED's are wonderful on trips and around camp at night.

A pad to place under their sleeping bag is essential. Some are made of foam material that is more comfortable than simply sleeping on the ground. Others fill with air when used, and then deflate for packing. Visit What to Bring to Camp in the Parents section of the website www.fallingcreek.com/parents for reliable vendors of outdoor equipment. Please label all gear.

No Package Policy (please share with family members)

In the interest of creating a non-materialistic camp community, fairness, and to the relief of many parents, Falling Creek has a no package policy. **Any packages received that are larger than a standard (letter-size) envelope will be returned to the sender or held in the office until the end of camp. This includes books and magazines.** We encourage families to donate reading materials to our camp library for the benefit of the entire Falling Creek community.

Please inform family and friends and remind them not to send food, candy, or gum in letters. **If your son forgets to pack an essential item, contact the camp office.** We have a grace period of the first few days of camp for receiving forgotten essential items. The package must be pre-approved by the camp office. Your son will open the package in the camp office and only be allowed to keep the essential item. Please adhere to the no package policy. It is very disappointing for a package to arrive for a camper and for him to not be able to keep it if it is a non-essential item.

Social Media Policy

Campers and staff may not post words, photos, or videos that may reflect negatively on camp, other campers, or staff members. It is each parent's responsibility to monitor his/her son's Facebook page and other social media outlets. We have staff guidelines regarding social media use and interaction with campers outside of camp. We cannot be responsible for staff/camper interaction outside of your camper's camp session.

Birthdays at Camp

Campers celebrating birthdays at camp enjoy being sung to and sharing birthday cake with their cabinmates. We recommend that families celebrate prior to or after camp. If your son has a birthday while at camp, it is an option to leave a small gift at camp on Opening Day for our staff to deliver to him on his birthday. The gift drop-off will be on the way out of camp. Be sure the gift is in a well-labeled bag for your son. You may also mail a birthday gift ahead of time to the attention of the Program Office. Let us know to expect it at mail@fallingcreek.com. In the interest of fairness to all campers, we only celebrate birthdays that occur during the camp session.

Visitation

Attending camp provides a unique opportunity for boys to gain independence and self-reliance. Therefore, we have a **no visitation policy.** For 2021, we are not offering camp tours during camp sessions.

Mail and Phone

Mail should be sent to PO Box 98, Tuxedo, NC 28784. Please include your son's cabin name or number on the envelope. You will get your son's cabin assignment on Opening Day. If you send mail prior to Opening Day, your son will receive it on Monday after Opening Day. Please note that our mailing and shipping addresses are different. Please send mail to the post office box. Cards and

letters for your son may be left with us on Opening Day at a designated spot (likely as you exit camp). Be sure to have them ready and in a sealable plastic bag with your son's name on it since this year will be a drop-off scenario. We will distribute them according to your instructions beginning on the Monday following Opening Day.

You may call us at any time during camp at 828.692.0262. If we are not available, please leave a message and we will return your call as soon as possible.

We are happy to speak with you and will work with you to ensure your son has a positive and successful experience at camp. Direct phone calls to campers are not allowed, and campers are not allowed to call home. We have found that phone calls interfere with a camper's adjustment and scheduled activities. We encourage you to communicate with your child through letters and one-way emails which are delivered to campers each day after lunch.

It is recommended you send pre-addressed/stamped envelopes, in a sealable plastic bag (to protect from moisture), to camp with your camper. If requested, our office will scan and email letters home for international campers and for parents traveling.

Email & Online Photos

Falling Creek offers access to daily photos of camp life and allows you the option to send one-way emails to your child. To reach the site, go to the Login area of our home page. Follow the directions on the login page to access your family's information. The nominal charge for "CampStamps" helps offset our costs to provide the email service.

An unlimited number of photos may be downloaded from CampInTouch at no charge. The photos from the session are high-resolution files that can be reproduced. Photo prints and photo gifts may also be ordered through the CampInTouch application based on the application's pricing.

Homesickness

To assist in preparing your son for camp, please watch the *How to Help Homesickness at Camp* video available in the Video Gallery in the News section of our website.

Homesickness may occur during the first few days of camp. Explain to your son that this is normal. Our staff members are alert to boys that are homesick and will work with them. Homesickness routinely disappears after a few days.

You may receive a sad and/or negative letter from your son (or several), especially if he is homesick the first few days of camp. Usually, subsequent letters are more positive and upbeat. If you are worried or concerned, contact the camp office. We will check on your son and give you a full report.

When you write to your son, it is helpful to center your attention on what the child is doing at camp rather than detailed accounts of what is happening at home. In all cases, be sure to set a positive and encouraging tone when sending notes to your son.

You, as a parent, need to be ready for your child to go to camp. You will also feel pangs of "homesickness" for your son. **Don't make "bargains" with your child by telling him if he doesn't like camp or is homesick, you will come get him.** This sets the child up for failure and a lack of serious effort to give camp a chance. If your son thinks there is a chance you will come get him, that is what he will focus on.

Part of the camp experience is for a child to learn self-sufficiency and self-confidence. A camp experience provides a child the opportunity to learn the give and take of cabin living with a group and to develop interpersonal relationships. Know that your child is in good hands and we monitor his adjustment and well-being. Help us make this a positive-growth experience by supporting and encouraging him to try new things and take advantage of all Falling Creek has to offer.

Preparing for Camp

Being away from home/family and adjusting to the camp experience is part of going to camp. There are many ways to help children prepare for camp. Please consider the suggestions listed below:

- ❑ View the Camper Q & A at www.fallingcreek.com/about-us to answer any questions you or your son may have about camp.
- ❑ Watch the *Your Guide to Opening Day*, *Pre-Camp Checklist*, and *How to Help Homesickness at Camp* videos available in the Videos section of our website.
- ❑ Read books or watch videos about going to camp. We recommend *The Secret Ingredients of Summer Camp Success*, a dvd by Dr. Chris Thurber, available here: <https://www.acabookstore.org/p-4269-the-secret-ingredients-of-summer-camp-success.aspx>.
- ❑ Talk with other parents and friends whose children have gone to camp.
- ❑ Become familiar with camp schedules & procedures.
- ❑ Prepare your son for the Opening Day connection to camp. It should be a quick process to say your goodbyes at drop-off. Your son will be joined with other campers first thing and united with his counselors and cabin mates quickly.
- ❑ Prepare your son to care for himself – problem solve with your son; anticipate problems like, “What if... I lose something, or don’t feel well, etc.”
- ❑ Role play with your son about how to respond to camp situations.
- ❑ Inform the family about writing letters to your son while he’s at camp. Keep letters and emails upbeat and positive. Too many letters and emails can sometimes make campers think about home too much and cause homesickness. Keep this in mind.
- ❑ Be positive about your son’s upcoming experiences at camp - avoid statements like, “I know you will have a great time at camp, but I will miss you so much” or, “I know you are excited about going to camp, but will you miss me, or the family pet, etc.?”
- ❑ Let your son know there are many people he can speak with at camp if he has any concerns or anything to share about his experience here; his counselor, Line leader, Yates & Marisa, or any other director. Yates & Marisa have a box accessible only to them for notes from campers and staff wanting to share information, confidentially.

FCC Activity Progressions (Scout – Warrior)

Falling Creek’s camp-wide progression system gives campers the opportunity to build confidence as they advance through five levels in each activity. Each level has a set of criteria a camper must complete in order to advance in an activity. The levels are skill-based with leadership and service components. The names assigned to each level are:

Scout • Explorer • Challenger • Ranger • Warrior

Activity counselors chart the campers’ progress. Some levels can be achieved in a few days, while some may take several summers to complete. Campers who reach Ranger and Warrior are recognized on the Hall of Fame board on the side porch of the Dining Hall. Campers do not work on progressions during the Junior Camp session.

Waypoints



What are Waypoints? In navigation they are a set of coordinates that represent a fixed location, or an objective along a planned course in one’s journey. Falling Creek developed the Waypoints tradition so campers and staff can pursue intentional objectives throughout their journey. Progression is not age restrictive as the boys are able and encouraged to pursue advancement based on their interest.

There are Waypoints for each person’s unique course at Falling Creek, from campers to staff members. Currently, progression Waypoints can be earned in nearly 50 activities and specialty awards. Achievements will be rewarded with Waypoint Markers at the end of each session that can proudly be displayed on a frame-worthy base map of Falling Creek’s campus.

New campers and staff will receive a map after their first summer. These Waypoints are highly sought after by campers and staff alike. We encourage the boys to challenge themselves to progress in the many activities offered at Falling Creek Camp.

Swim Skill Classification

The swimming ability of each camper is assessed on Opening Day. Boys that demonstrate solid swimming skills will be classified as “Gold Swimmers” and those who need to work on their skills will be termed “Green Swimmers”.

To be considered a Gold Swimmer, the following criteria must be demonstrated:

1. Jump feet first into water over the head, level off, and begin swimming.
2. Swim 100 yards (4 lengths) in a strong manner using freestyle (front crawl). Turn onto back and swim 25 yards using an easy, resting elementary backstroke. No stopping or “doggie paddling” is allowed during the Swim Check. Swimming the entire distance does not automatically qualify as showing ability. After swimming the distance, an evaluation will be made whether solid skills have been demonstrated. Several factors are considered in the determining proficiency:
 - consistent stroke throughout the whole length of the swim
 - body level in the water
 - arms consistently clearing the water
 - consistent and continuous kick
 - continuous forward motion
 - exhaustion level by the end of the swim
 - demonstrate ability to rest when exhausted when on back
3. Tread water for 5 minutes

Green Swimmers are required to take swimming instruction as one of their six daily activities and are not eligible for out-of-camp sailing, paddling, and other water-related trips. Green Swimmers are able to participate in lake canoeing and free swim activities in camp, wearing PFDs.

Gold Swimmers are welcome to sign up for swimming as an activity period to improve their strokes, work on progressions, and have fun.

Daily Scheduled Activities • June, Main, and 2-Week Camp

Boys at Falling Creek are able to choose their activities and set goals for skill progression and mastery. We were committed to protecting this important part of our camp culture when planning within guidelines for this summer. Campers will choose their daily schedule of activities and participate in activities with others in their cohort.

Within the first week of each session, every cabin will participate in a Cabin Adventure such as hiking, paddling, rock climbing, mountain biking, or sailing based on the age and skill of the boys in the cabin. These adventures will take the place of our traditional Cabin Overnights. This will allow the same focus on fun, bonding, and new experiences while keeping the boys in roomier cabin quarters than the shelters allow for sleeping. If your son's Cabin Adventure is on a trail, river, lake, or rock off the mountain, it also allows this group of boys to ride in a vehicle together without additional risk of exposure and spread since they are already a "household".

After testing results from day 5, we will use this information to make programming decisions beginning the second week of camp sessions: The six original cohorts will pair to make three groups of 12-14 cabins. These groups will be called Lines. Trips in hiking, paddling, rock climbing, mountain biking, and sailing will be offered to each Line. These larger cohorts will participate together in their chosen activities and Evening Programs. We may adjust other programming and restrictions based on testing results.

During the June, Main, and 2-Week Camp sessions your son will choose six activities to make up his daily schedule (see Junior Camp session Activities, below). Some activities use multiple activity periods as noted. Horseback Riding, for example, is 2 periods, which leaves 4 periods for other activities. Your son will work with program directors, activity leaders, and counselors to create a customized activity schedule on Opening Day. Campers have an opportunity to adjust their schedules each week.

Activities Offered at Camp (not all activities may be listed):

Archery	Flag Football	Rock Climbing
Arts and Crafts	Horseback Riding (<i>2 period block</i>)	Sailing (<i>3 period block</i>)
Backpacking Trips	Lacrosse	Soccer
Basketball	Mountain Biking	Swimming
Blacksmithing (<i>ages 10+</i>)	Music	Tennis
Climbing Wall	Nature	The HEAT (Fitness)
Cross Country	Outdoor Skills Certified	Theater
Disc Golf	Paddling (<i>canoe/kayak</i>)	Ultimate Frisbee
F.A.R.M.	Pickleball	Woodworking
Spin Fishing	Pottery	
Fly Fishing (<i>3 period block</i>)	Riflery	

Outdoor Adventure Program

Falling Creek’s outdoor adventure program offers opportunities for campers to experience activities they may not be able to do at home in the areas of backpacking, mountain biking, river kayaking and canoeing, and rock climbing. Campers participate in “preps”, in-camp, for an area of interest to qualify them to be able to sign-up for adventures in and out-of-camp. Adventures may be one day or multiple days with camping throughout beautiful western North Carolina. Campers progress in the adventure activities based on their skill development and trips are designed for different skill levels.

Preps and trips are announced regularly and campers who sign up will opt out of their regularly scheduled activities during the time they are participating in the outdoor adventure.

The boys learn about outdoor adventure opportunities on the first day of camp and are encouraged to try something new. Many boys discover a lifelong passion for a sport by participating in the adventure program!

Junior Camp Session Activities

Junior Camp session campers follow a structured schedule with their counselors and cabinmates consisting of over 15 traditional camp activities throughout the week. Activities may include, and are not limited to:

Archery	Flag Football	Riflery
Arts and Crafts	Horseback Riding	Swimming
Blacksmithing	Outdoor Skills	Disc Golf
Climbing Wall	Nature	The F.A.R.M.
Fishing	Paddling	Woodworking
Field Games	Free Choice Time	

Traditional Falling Creek Schedule – Monday through Friday

Wakeup
Morning Watch
Breakfast & Morning Assembly
1st Activity
2nd Activity
3rd Activity
Free Swim/Free Choice
Lunch/Rest Hour
4th Activity
5th Activity
6th Activity
Free Swim/Free Choice
Supper
Evening Program
Cookies
Call to Quarters
Lights Out/Evening Embers
Taps/Camp is Silent

Saturday Schedule

Wakeup
Morning Watch
Breakfast & Morning Assembly
Tournaments & Special Activities
Lunch/Rest Hour
All Camp Game
Free Swim/Free Choice
Supper
Evening Program
Cookies
Call to Quarters
Lights Out/Evening Embers
Taps/Camp is Silent

Sunday Schedule

Wakeup
Breakfast
Cabin Cleanup
Cabin Inspection
Church
Free Swim/Free Choice
Lunch & Ice Cream Sundaes
Rest Hour
Special Sign-up Activities
Supper (may be a cookout)
Evening Program
Campfire
Call to Quarters
Lights Out/Evening Embers
Taps/Camp is Silent

2021 June, Main & 2-Week Camp Suggested Packing Checklist

Please adjust slightly for 2-Week Camp

- | | | |
|---|---|--|
| <input type="checkbox"/> 7-10 masks/dual-layer neck gaiters-camper name on front | <input type="checkbox"/> 8-10 pairs of socks (2 synthetic/wool) | <input type="checkbox"/> Antibacterial body soap |
| <input type="checkbox"/> \geq 8 t-shirts* | <input type="checkbox"/> 2 pair of athletic shoes | <input type="checkbox"/> Shampoo & other toiletries |
| <input type="checkbox"/> Wicking t-shirt | <input type="checkbox"/> Water shoes (see Footwear Policy) | <input type="checkbox"/> Rain jacket (not a poncho) |
| <input type="checkbox"/> Long-sleeve wicking shirt | <input type="checkbox"/> Pillow & (2) pillowcases | <input type="checkbox"/> LED flashlight or headlamp (no strobe/laser pointers) |
| <input type="checkbox"/> White polo shirt for Sunday | <input type="checkbox"/> Laundry bag (with a secure closure) | <input type="checkbox"/> \geq 2 Water Bottles (24oz/durable) |
| <input type="checkbox"/> 6-8 shorts (for activities) | <input type="checkbox"/> 3 towels/3 washcloths (for bathing and swimming) | <input type="checkbox"/> Books & school-assigned summer reading |
| <input type="checkbox"/> 2-3 jeans or long pants (1 cotton/denim for blacksmithing) | <input type="checkbox"/> 2 PJs or other sleepwear | <input type="checkbox"/> Stationery/stamps in sealed bag |
| <input type="checkbox"/> 2 bathing suits | <input type="checkbox"/> Toiletry bag/container | <input type="checkbox"/> Daypack or string pack |
| <input type="checkbox"/> \geq 8 boxers or underwear | <input type="checkbox"/> Toothbrush with cover | <input type="checkbox"/> Sunscreen & bug repellent |
| <input type="checkbox"/> Fleece jacket or hoodie | | |

*Each camper should have **1 green and 1 gold t-shirt** (any style, writing okay) for team activities. Reversible green/gold (white) shirts are available at Everything Summer Camp.

We provide all the equipment your son needs for activities except as indicated above. See the Parent Handbook for information about gear required for trips. Sheets and blankets are also provided by camp. **The following items are OPTIONAL:**

- | | | |
|--|--|---|
| <input type="checkbox"/> Fishing equipment | <input type="checkbox"/> Sleeping bag (w/ stuff sack)** | <input type="checkbox"/> Soccer shin guards |
| <input type="checkbox"/> Lacrosse stick & gear | <input type="checkbox"/> Sleeping pad** | <input type="checkbox"/> Crazy Creek chair |
| <input type="checkbox"/> Climbing shoes | <input type="checkbox"/> Duffel Bag** | <input type="checkbox"/> Ping pong paddle |
| <input type="checkbox"/> Camelback for biking/hiking | <input type="checkbox"/> Stuffed toy (no keepsakes) | <input type="checkbox"/> Biking water bottle |
| <input type="checkbox"/> Frame backpack (internal or external frame) for backpacking** | <input type="checkbox"/> Hiking boots (broken in) | <input type="checkbox"/> Spare eyeglasses (recommended) |
| | <input type="checkbox"/> Pens, pencils, or colored pencils | <input type="checkbox"/> ENO type Hammock w/straps |
| | <input type="checkbox"/> Tennis racket | <input type="checkbox"/> "Magic" Cards |
| | | <input type="checkbox"/> Theme Day clothes/props* |

**Items required for Adventure trips. Duffel bag is for packing gear for non-backpacking trips.

Visit Falling Creek Camp's online store, www.everythingsummerncamp.com (camp code: Behold) for many packing list items. Label everything. FCC is not responsible for lost/damaged personal equipment. No personal archery bows or firearms may be brought to camp.

*Theme day themes will be announced prior to camp.

2021 Junior Camp Suggested Packing Checklist

- | | | |
|---|--|---|
| <input type="checkbox"/> 6-7 masks/dual-layer neck gaiters w/ name on front | <input type="checkbox"/> Rain jacket (not a poncho) | <input type="checkbox"/> Water bottle (24-oz/durable) |
| <input type="checkbox"/> 5-6 t-shirts | <input type="checkbox"/> Pillow & pillowcase | <input type="checkbox"/> Books & school assigned summer reading |
| <input type="checkbox"/> 5-6 shorts | <input type="checkbox"/> Laundry bag
(with a secure closure) | <input type="checkbox"/> Stationery/stamps
(in sealed bag) |
| <input type="checkbox"/> 2 jeans or long pants | <input type="checkbox"/> 3 Towels/3 washcloths (for
bathing and swimming) | <input type="checkbox"/> Day pack or string pack to
carry water bottle |
| <input type="checkbox"/> 2 bathing suits | <input type="checkbox"/> 2 PJs or other sleepwear | <input type="checkbox"/> Sunscreen & bug repellent |
| <input type="checkbox"/> 6 boxers or underwear | <input type="checkbox"/> Toiletry bag/container | |
| <input type="checkbox"/> 6 pairs of socks
(1 synthetic/wool) | <input type="checkbox"/> Toothbrush with cover | |
| <input type="checkbox"/> 2 pair of athletic shoes | <input type="checkbox"/> Antibacterial body soap | |
| <input type="checkbox"/> Water shoes
(see Footwear Policy) | <input type="checkbox"/> LED flashlight or headlamp | |
| <input type="checkbox"/> Fleece jacket or hoodie | <input type="checkbox"/> Shampoo & other toiletries | |

We provide all the equipment your son needs for activities except as indicated above. **See the Parent Handbook for additional details as indicated.** Sheets and blankets are provided by camp.

The following items are optional:

- | | |
|--|--|
| <input type="checkbox"/> Fishing equipment | <input type="checkbox"/> Crazy Creek chair |
| <input type="checkbox"/> Stuffed animal (no keepsakes) | <input type="checkbox"/> Spare eyeglasses |
| <input type="checkbox"/> Hiking shoes (broken in) | <input type="checkbox"/> Extra blanket |
| <input type="checkbox"/> Pens, pencils, or colored pencils | |

Visit Falling Creek Camp's online store: www.everythingsummerncamp.com
(camp code: Behold), for many packing list items.

Label everything. FCC is not responsible for lost or damaged personal items/equipment.

Falling Creek Camp

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