

DAY CAMP HANDBOOK



Sequanota

Lutheran Conference Center and Camp

Get Ready for Summer Camp!

THANKS FOR REGISTERING FOR CAMP



We are busy preparing for your arrival - hiring counselors and staff, working on the facilities, and putting the finishing touches on the summer programs. We are excited to hear that you will be joining us for camp this summer!

This handbook will help answer some questions about your week at camp. If you have any additional questions, please contact the camp office by phone (814) 629-6627 or email contact@sequanota.com.

We can't wait to share this summer's theme with you - Boundless: Beyond God's Measure; which is based on the bible verse: *"I want you to know all about Christ's love, although it is too wonderful to be measured."* -Ephesians 3:18 God is good and has created a beautiful world for us to live in. Christ loves us unconditionally, welcomes everyone regardless of our unique identities, forgives us when we stray, and gives us all the gifts and abilities we need to show love to others. Throughout the week, campers will learn that God's love is good, loving, welcoming, forgiving, and generous but most importantly it's BOUNDLESS!



Sequanota offers a holy place to connect with Christ, creation, and community.

TYPICAL DAILY SCHEDULE

9:00a	Arrival & Opening Gathering
9:30a-11:00a	Activity Rotations (<i>bible study, nature, crafts, games, group building</i>)
11:00a	Sports Clinic
12:30p	Lunch & Song Time
1:15p-3:15p	Activity Rotations (<i>pool time, hiking, canoeing, slip-n-slide</i>)
3:15p	Camp Store
3:30p	Closing Skits & Songs
4:00p	Departure

WHAT TO BRING TO CAMP

Please label all belongs.

General Items for each day:

- ☐ backpack - keep belongings together
- ☐ water bottle
- ☐ insect repellent
- ☐ sunscreen
- ☐ swim suit (rash guard)
- ☐ sandals for at pool
- ☐ towel
- ☐ light jacket/rain coat
- ☐ hat (optional)
- ☐ extra outfit (in case of an accident)

Wear to bring to camp each day:

- ☐ good tennis shoes for running/hiking
- ☐ comfortable shorts & t-shirt

Sports clinic extras

Soccer:

- ☐ shin guards & soccer socks
- ☐ cleats

Swimming:

- ☐ goggles
- ☐ extra suit & towel (optional)

Volleyball, Basketball, Archery:

- ☐ nothing additional is necessary



Camp is surrounded by nature, which includes water, mud, sticks, rocks and roots. As you pack for camp, please keep this in mind as you decide what to wear and bring to camp. If you have any questions, please contact us. Any personal equipment brought to camp is the responsibility of the camper. Sequanota is not responsible for lost or damaged items.

WHAT TO LEAVE AT HOME

Expensive items or expensive clothing
Cell phones
Laptops
Electronic games
Pets
Food & Drinks
Jewelry

Alcohol or tobacco
Illegal drugs
Knives/Firearms/weapons
Revealing swim suits
Over-the-counter medication (If brought must be given to nurse)

“Not allowed” items will be held by staff and returned at the end of the day. We reserve the right to search personal belongings, with camper present, if we believe inappropriate have been brought to camp.

PAPERWORK & PAYMENTS

PAPERWORK & FORMS

All camper forms can be found as online forms on the Parent Dashboard. Log into the Parent Dashboard using the same email address and password you created for the registration process.

To access the forms, look for the forms tab on the Parent Dashboard and complete the paperwork for each camper. **All paperwork needs to be completed by June 1.** If you would prefer paper forms, please contact the office. Required forms are:

- Camper Information
- Consent & Waiver
- Pick-up Release
- Health History 1-4
- Camper Health Care (signed by physician)

FINAL PAYMENTS

Your balance should be paid-in-full two weeks before arrival. If the church is paying a portion of the registration fee, please make sure the portion you are responsible for is paid.



NATURE EXPLORATION

field games

BIBLE STUDY

song time

GAGA BALL

basketball

ARCHERY

hiking

SWIMMING

arts & crafts

CANOEING

skits

4-SQUARE

volleyball

CREEK HIKES

Soccer

CAPTURE THE FLAG

bonkers

STRING TAG

camp store

CAMPFIRES

worship

CABIN TIME

slip-n-slide

Arrival & Departure Information

ARRIVAL & CHECK-IN INFORMATION

Daily Check-in
Main Camp Dining Hall
from 8:50 - 9:10 AM.

During the first check-in, all camper paperwork will be confirmed and finalized. We request that only one parent/guardian, accompany the camper. The first day the process will also include turning in medications to the camp nurse, answering updated medical questions, and having an opportunity to deposit money at the camp store.

After the first day, check-in will only require a confirmation of the pick-up person. Campers will remain in the vehicle until a staff member checks the camper in.

Campers will be assigned an area to place their backpack for the day. Please make sure that all belonging fit in the backpack or bag



CAMP STORE

All campers have an opportunity to visit the camp store daily. At the camp store, campers may buy camp shirts, souvenirs, water bottles, snacks, drinks. Store money (cash or check) can be deposited for the camp store during camper check-in on Monday. It will be kept on account for the week of camp. Please try to avoid bring money daily. We recommend \$20-30 for the week. \$2-3 per day is enough only purchasing a snack. Refunds can be picked up at the camp store on Friday afternoon during check-out & pick-up. Any money that is not picked up will be put toward the designated to the campership fund.



DEPARTURE & CHECK-OUT INFORMATION

Daily Pick-up
Main Camp Dining Hall
from 3:50 - 4:10 PM.

Please remain in your vehicle. We will dismiss campers as in order of arrival. Once your camper is with you, loop around through the stone cabins to exit back onto the main camp road.

On Friday, closing and pick-up will be at Founders' fire circle/chapel.

Parents, grandparents and guardians are welcome to join us for a 30 minute worship service beginning at 4:00 p.m. at Founders' fire circle/chapel. **Campers will be signed out to leave camp at 4:30 p.m.** Family members are invited to bring lawn chairs to the service since seating will be limited.

Prior to departure, please

- Sign your camper out with the staff at the tent. Only preassigned adults will be able to check-out a camper.
- Collect all of your camper's belongings; it's a good idea to check the lost and found, dining hall, and craft cabin.
- Pick up your camper's medications if necessary.
- Check if there is a balance of store money at the camp store.

Camp Store - Lost & Found - Health Care

LOST & FOUND

We collect LOTS of lost and found items every week at camp. Please label your camper's belongings properly. There's nothing we like better than being able to return things to their owner! All lost items are kept until Labor Day, after which they are donated to a local charity. Feel free to go through the week's Lost and Found items box, located in the Dining Hall, during check-out if you suspect an item is lost.



PHONE CALLS & VISITS

We welcome and encourage you to support your camper with notes from family and friends. Encouragement can come from letters mailed, letters dropped off at check-in or emails. Campers do not have access to telephones or email so please do not encourage campers to call or email home. If there is an emergency, staff will contact you immediately. The emergency number, available to you anytime is (814) 629-6627. Any cell phone brought by a camper will be kept in the office for safe keeping until the end of the week. There is also no visiting of campers allowed during their stay.

HEALTH CARE INFORMATION



The health and safety of each camper and staff member is of the utmost importance to us at Sequanota. Campers will receive a health screening as part of the registration process.

State law requires that all medications be given to the Camp Nurse upon arrival (prescription and non-prescription). Our nurse team has found it very helpful to distribute medications that are already in bubble packs. Your local pharmacist will have more information on bubble packs.

All campers, volunteers, and staff must have a current health history form before coming to camp.

A rapid COVID-19 test can be completed at camp if recommended by the camp nurse.

MEDICATION POLICY

- All medications must be in original prescription container or bubble pack from the pharmacist. If you are sending over-the-counter medications, please provide written instructions from a physician. Unless we have these instructions, we can only administer medications as written in our Medical Treatment Procedures (approved by the camp doctor).
- The first full day's dosage of any new medication must be given at home.
- Parents are responsible for picking up medication or making shipping arrangements if forgotten.

Parent Medical Notification

Sequanota will notify parent/guardian of a camper injury or illness when:

- A fever lasts longer than 24 hours
- Flu symptoms last longer than 24 hours
- The Camp Nurse or Physician recommends that the camper be taken to the Emergency Room or his/her office
- Emergency medical treatment is needed
- A reoccurring medical condition or problem persists

Directions - Policies

Where is Sequanota?

If you are using Google Maps or a GPS, enter the address:

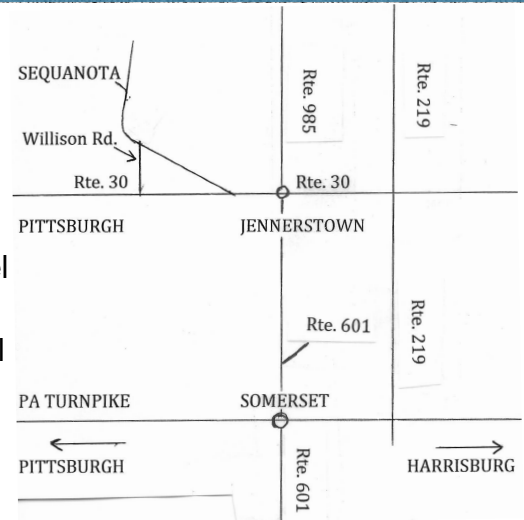
368 Sequanota Road, Boswell, PA 15531

Directions:

From the west (Pittsburgh): Follow the PA Turnpike/I-76 and travel east to Exit 110/Somerset. **continue below

From the east (Harrisburg): Follow the PA Turnpike/I-76 and travel west to Exit 110/Somerset. **continue below

From the south (Baltimore/DC): Follow I-70 and travel west to Breezewood. Follow PA Turnpike/I-76 and travel west to Exit 110/Somerset. **continue below



****From Somerset/Turnpike exit:** After exiting the toll booths, travel to the second traffic light and turn left onto 601 North. After 4 miles, 601 N will make a right turn. Continue to travel straight on 985 North to Jennerstown. There is a BP gas station at the intersection.

At the traffic light in Jennerstown, turn left on Rt. 30 West. Travel a 1 1/4 miles. Watch for the Sequanota signs. Turn right onto Willison Road. At the stop sign, turn left and travel - 1 mile. Sequanota's entrance is on the left - look for the green and white signs.

From the north (Johnstown/Altoona/State College): Follow Rt. 219 South to the Jennerstown/Rt. 30 Exit. Turn right at the end of the exit ramp onto Rt. 30 West. Travel about 3 1/4 miles. Watch for the Sequanota signs. Turn right onto Willison Road. At the stop sign, turn left and travel - 1 mile. Sequanota's entrance is on the left - look for the green and white signs.



NON-VIOLENCE POLICY

Sequanota is a welcoming community where all of God's children can gather for worship, relaxation and fun. No camper, staff, volunteer, or visitor will be made to feel unwelcome based on age, sex, race, color, sexual orientation, national origin or disability. Harassment or bullying of any kind will not be tolerated.

CAMP DISMISSALS

On rare occasions, campers are asked to leave camp before the end of the week. This is due to the camper's behavior not being in accordance with Sequanota's policies and practices. In these situations, the camper will be dismissed with no refund of the registration fee, and the parent/guardian will be responsible for the immediate transportation of the camper from the camp.

REFUND POLICY

The registration deposit is non-refundable and non-transferable. A refund will be made of any payment above the deposited amount if cancellation occurs at least 30 days before the first day your camp session. No refund once the camp session begins and no carry over of deposits from year to year.



GRATUITIES

Gratuities or tips of any kind are prohibited, in order to ensure fair treatment for all campers, staff and volunteers. If you would like to make a contribution toward the end-of-summer dinner for summer staff, please speak with one of the directors.