

HEALTH CENTER: Hours: 7 a.m. to 11 p.m.;
Emergencies: 11 p.m. to 7 a.m.

Health Center carries basic over-the-counter medication (Tylenol, Motrin, Benadryl, etc.). All prescription medications must be turned in to the health center. All medication must be in original container and will only be given to person prescribed.

Prior to departing for camp, confirm that no camper has a communicable disease. Please do not bring contagious children to camp. They will be sent home.

Campers who may become ill must report to the health center. Sick campers will remain in the health center until feeling better or returned home.

EMERGENCIES: In the event of a medical emergency due to sickness or injury, those around the individual should not try to assist beyond their level of training. Highland Lakes Administration has formed a Camp Emergency Response Team (CERT). The people on this team are trained to respond to emergencies that may occur during a camp session. To initiate CERT, an adult would stay with the individual who needs help and send someone to locate a staff member with a radio. The first CERT member on the scene will implement the emergency response per protocol.

FIRST AID: Recreation staff carry basic first aid supplies in their fanny packs.

SECURITY: Volunteer staff assists HLC to maintain the overall security throughout the camp. The assistant director of security will direct nightly curfews, and enforce the scheduled "lights out". Security also assists with sick or injured guests.

ELECTRONIC DEVICES: Not permitted. Highland Lakes will not be held responsible for devices that are lost or stolen.

CONCESSION STAND: Open daily with extended hours. Items range in price from .50 to \$2.00. Cash only. There are also drink vending machines located throughout the campus.

GIFT SHOP: Open daily. Whether you need a souvenir, personal hygiene items, or a small snack, you can find it here. The gift shop is stocked with many items, all available at a reasonable price. Church Color Group Spirit shirts and bandanas are available. You can take home the camp experience by purchasing a camp video.

SPECIAL EVENTS: Graduated H.S. Senior Coffee Shop –There will be a special time on the 2nd night of camp for those who have graduated high school. Some of our summer missionaries will be available to discuss college life with your graduates as well as a short encouragement time with the band and/or guest speaker. The coffee shop will be located in the dining hall. Sponsor does not have to stay during this, but you do need to make sure your student arrived at the event.

LAST DAY: Pick up trash in your dorm. Be sure to check Lost & Found for items belonging to your group; pick up any medications you brought; and, check the office for camper mail. No lunch is served on the final day. Churches will depart immediately following the closing celebration / tradition of Ringing the Bell for all new believers.

LEADERSHIP TEAM: In order for each camp session to honor God and achieve His will, we need the involvement of many adult leaders. It is never too late to volunteer to serve on our leadership team. We are excited to see what God will do in your life as He uses you. For more information contact Sandy Sirkel by phone (512/264-1777) or email—sandy@highlandlakescamp.org.



CAMP PERSONNEL

Danny Dawdy, Executive Director
Judy Sansom, Assistant Executive Director
Sandy Sirkel, Summer Camp Coordinator/Registrar

Journey Camp Survival Guide

SO THIS IS WHAT YOU SIGNED UP FOR?

If you are receiving this Survival Guide, you have volunteered to accompany your church's youth group to summer camp. The Highland Lakes Ministry Team would like to say "Thank you!" for taking the time to invest in the lives of youth.

You have a very important role while at camp. You will be expected to serve as a group leader, encourager, disciplinarian, dorm supervisor and discussion leader.

The Texas Department of State Health Services requires that all adult sponsors successfully complete a Child Protection course, and be screened for criminal and sex offender records. It is your responsibility to make sure your church has submitted this mandatory information prior to your arrival. Whether this is your first time at Highland Lakes Camp, or you are a regular attendee, this valuable information will help you prepare.

Your personal spiritual preparation for serving as a camp sponsor is a vital part of your time at camp. You will only be able to lead your students as close to the Lord as you are yourself. Therefore, you should spend time in prayer and meditation before the Lord prior to camp activities, and throughout the week.

Whether you mean to or not, you will inevitably influence the lives of the young people entrusted to your care. You are a vital part of the camp experience. We have been and will continue to pray for you.

ORIENTATION: After your arrival at camp, an adult camp sponsor meeting will be held. During this meeting, you will have the opportunity to meet other adult sponsors in your dorm, so you can become familiar with and coordinate the recommended dorm dynamics.

Registration is from 2:00—4:30. Your church may schedule a group picture during this time at either the prayer garden or the welcome sign.

The Welcome to Camp activities, as well as some of your church group times, will be outside on the grounds. You may want to bring a blanket and/or outside games (Frisbees, etc.) for this time.

SUPERVISION: There are many reasons why students need to be supervised. Sin is common to all. Your students should be in your line of sight at all times. There are many reasons for this: male/female relationships; students may wander off to a prohibited, unsafe area; they may have an unhealthy lifestyle (eating disorder, drugs); and if allowed in dorms unsupervised this provides an opportunity for theft, drugs, etc. Help us to help you keep your campers safe.

SPONSER MEETING: A sponsor meeting is scheduled every morning in the chapel which is across from the dining hall. At least one adult sponsor from each church should attend. This is a time to get important daily information, meet other sponsors, ask questions, pray and encourage each other.

PRAYER ROOM: We are requesting that each Church Contact enlist prayer warriors for their campers. Prayer request boxes will be placed in the Worship Center for collection of prayer requests. All prayer requests will be taken to the prayer room to be prayed over. You (and your students) have the opportunity to visit this prayer room during all meals, choice time, and breaks.

T-SHIRTS: T-shirts given at registration will be Journey theme t-shirts. They are all one color. Most churches wear these on the last day and/or to take their group picture. Your church may also prefer spirit t-shirts of their church group color. These can be purchased at the gift shop.

OFFICE: The camp program office is open at 8:00 a.m. each day. This is the place to head to pick up mail, if you have lost or found items, your nametag or booklet needs to be replaced, or you have questions or concerns. We close each evening once security notifies HLC staff that all campers are inside their dorms and lights are out. For after hour emergencies, call 512/264-2559.

LOST AND FOUND: Please make sure a sponsor from your church visits the lost and found. It is located on the porch of the main office. Found valuables are kept inside at the front desk.

NAMETAGS: Each camper will receive a nametag at registration. Nametags must be worn by every person at all times to help identify campers, sponsors and staff. Nametags are the most common item lost during the week. If lost, a replacement is \$2.00.

MISSION EMPHASIS PROJECT: Highland Lakes **Ring the Bell** is an on-going fund raising campaign for the new Miles Auditorium. Upon request, HLC will provide any interested camper Ring the Bell coin holders. Each coin holder will hold 40 quarters (\$10.00). The students bring their filled coin holder to camp. The Ring the Bell offering will be collected during a designated worship time.

Give to the **Austin Baptist Chapel** ministry which helps feed the homeless in downtown Austin. Suggested items: non-perishable food or personal hygiene items. These items will be collected when you arrive at camp during check-in. *Both mission emphasis projects are optional.*

DINING HALL: The dining hall will be open during specified meal times only. Meal times for each camp session are posted on the dining hall doors. No food is to be taken from the dining hall. In order to accommodate all our campers, please clear (bus) your tables as you leave. All allergies/special dietary needs should be reported a minimum of two weeks prior to your camp session.

Dining hall set up:

- Breakfast: both serving lines have same hot items. Cereal bar in back center. Fruit bars at entry doors.
- Lunch: Right side has hamburgers and hotdogs. Left side has grab and go basket. Sandwich bar at back center. Salad bar at back entry doors.
- Dinner: Both serving lines have homemade style meal. Salad bar at back entry doors.

As we do not use the color rotation at breakfast, it is advisable to go to breakfast early to avoid long lines and crowds. Please do not allow anyone to return to the dorm after they eat breakfast as that is when we are restocking toilet paper, emptying trash, and sanitizing the bathrooms.

The dining hall does not serve lunch on the final day of camp.

DORMS: Along with bringing your bedding, please pro-

vide paper towels for the hand drying of your campers.

WATER: Campers need to drink plenty of water. Although drinkable, tap water in dorms is well water and may taste bitter. Water stations are located throughout the camp. Personnel refill these stations with R/O water and ice throughout the day. Campers are encouraged to carry water bottles with them. Water bottles can be purchased at the gift shop.

RED “ASK ME” BUTTONS: You will find HLC staff wearing these. We are here to serve. Just ask. If for some reason you do not get the answer, please contact the office or director of department that your question pertains to.

MAINTENANCE: Maintenance problem forms can be found in the Camp Program Office. In the event of toilet overflow, broken water pipe or power outage, please come immediately to the Program Office and let us know. If after normal business hours, urgent needs may be reported to staff at the Health Center.

RECREATION: Highland Lakes covers 240 acres, and in order to keep camp a fun experience, we must also keep it safe. There are rules that must be followed and some are due to insurance regulations especially those regarding the waterfront. Please encourage your students and adults to follow the rules and directions of staff. You set the tone for your group. If there is any matter that you feel is being handled inappropriately, please contact the recreation director or assistant director.

Sign ups for some recreation activities will take place in front of the dining hall each morning.

Most outdoor activities (challenge course, zip line, BMX, archery and rifle range) require for campers to wear closed toe shoes.

Part of recreation is our Wild and Crazy Games. Anyone participating should bring clothes that can get wet and dirty. It is suggested that campers bring old clothes that can be thrown away.