

# STUDYING GOD'S WORD



## Growing in Christ

Evening worship led by the camp pastor, Bible classes, and campfire song times give campers many opportunities to continue growing "in wisdom and stature, and in favor with God and men." Luke 2:52



A Note from  
Bonclarken Camps



## SERVING OTHERS

### Operation Christmas Child Missions Project

Each camper packs a shoebox to share the true meaning of Christmas with a child in need. These powerful symbols help to reach children all over the world with the message of God's love for them.

## My Day at Camp Bonclarken

- |       |                             |
|-------|-----------------------------|
| 7:00  | Rise and Shine!             |
| 7:40  | Blessing & Flag Pole        |
| 7:45  | Breakfast                   |
| 8:30  | Bible Class                 |
| 9:30  | Climbing Tower              |
| 10:45 | Crafts                      |
| 12:00 | Lunch                       |
| 12:40 | Cabin Time                  |
| 1:45  | Paddleboats at the Lake     |
| 3:00  | Nibble Nook                 |
| 3:30  | Shop & Rock                 |
| 4:30  | Get cleaned up for supper!  |
| 5:45  | Supper                      |
| 6:30  | Camp Games                  |
| 7:30  | Singing and Worship         |
| 8:15  | Campfire & Good Night Song  |
| 8:45  | Brush teeth & fluff pillows |
| 9:00  | Cabin Devotions             |
| 9:30  | Lights Out!                 |

# CAMP BONCLARKEN



## SWIMMING



## SPORTS



## CRAFTS



## GAMES

Camp Bonclarken offers a Christ-centered camping experience for boys and girls who have completed grades 2-8. Campers will be encouraged through Bible study, recreation, crafts, music, adventure activities, visits to the Nibble Nook, evening worship, and nightly campfires at the lake.



## MAKING FRIENDS

Friendships that last a lifetime!

At Camp Bonclarken, campers develop friendships through shared meals and devotion times, whole camp games, campfire nights, and many other fun activities!



## MAKING MEMORIES

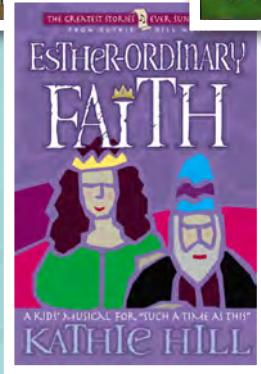
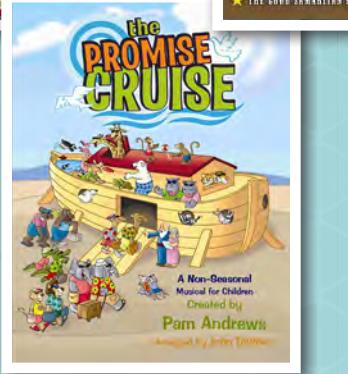
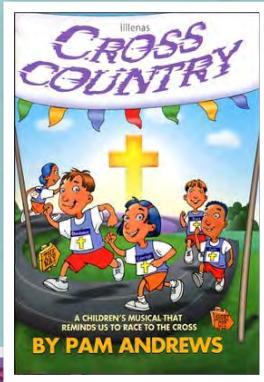
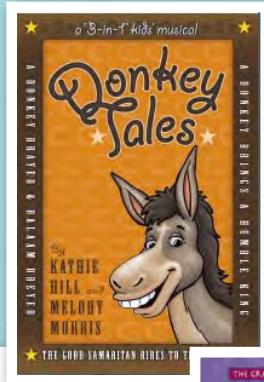
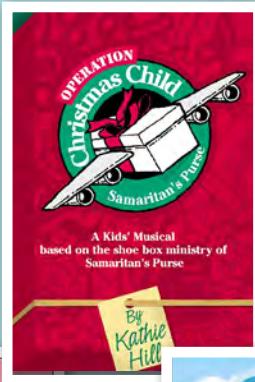
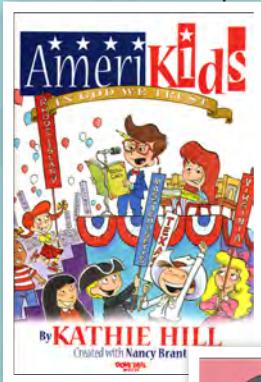
Camp traditions = memories in the making!

Whether it's dressing up for theme night, enjoying an ice cream at the Nibble Nook, or decorating the cabin for inspection—Camp Bonclarken traditions help campers make fun memories!

# MUSIC/DRAMA CAMP

Music/Drama Camp is a great opportunity for boys and girls who have completed grades 2-8 to have lots of fun learning about set design, costuming, and program design in preparation for a musical production based on God's Word and Biblical principles. Musicals performed include: Operation Christmas Child: the Musical, Go, Go Jonah, Esther-Ordinary Faith, The Promise Cruise, Amerikids: In God We Trust, Donkey Tales, and Cross Country.

Camp culminates on Friday evening with the performance of the musical and a pizza & swim party. Parents, friends, and family are encouraged to attend this admission-free performance.



## Purpose Statement

Bonclarken Conference Center and Camps exist to provide and promote a Christian environment for inspiration and renewal, worship, education, fellowship, and recreation.

## Medical Information

**Please note:** Medical forms must be completed for each camper each year. Previous medical forms may not be used for this year's camps.

A physical conducted by a licensed medical professional is required for each camper.

Please mail the signed, completed physical form in time to arrive two weeks prior to the start of camp.

## Camp Safety

For camper safety and protection, all activities are governed by American Camping Association standards. All waterfront activities are supervised by certified lifeguards. All campers are required to obey the rules posted at the waterfront and are expected to follow instructions of the lifeguards.

## **Description of Bonclarken Camps Adventure Activities**

The activities mentioned on the Bonclarken Camp Programs Child/Youth Release waiver will be provided by Camp Bonclarken or Music/Drama Camp in conjunction with the Bonclarken Recreation Department. The Bonclarken Recreation Department strives to further the gospel of Christ and His love by providing opportunities for those using our facilities to be challenged and grow. Our philosophy is one that focuses on personal growth through "challenge by choice" rather than competition.

Adventure activities provide campers an opportunity to experience powerful spiritual and personal growth by challenging them to try new things in a safe, supportive environment. By offering a variety of adventure and recreational activities, we hope to encourage all guests who participate to excel in their own way. Campers will have the option to sign up for one or more of these activities on the first day of camp, however they are not required to sign up for or participate in any of these activities. Please note age requirements for each activity and be aware that not all activities are offered at each session of camp.

### **Climbing Tower**

Bonclarken's 45-foot climbing tower simulates the popular activity of rock climbing. Campers have the option to scale a climbing wall with routes ranging from very easy to very challenging. All adventure activities are conducted with the utmost attention to safety. All necessary equipment such as harnesses, carabiners, helmets, and ropes are provided, managed, fitted, and set up by our trained and experienced staff.

\*Minimum requirements: 6 years of age. Campers must be able to fit into our harnesses- NO special rigging can be allowed.

### **Indoor Challenge Elements**

*During camp, the indoor challenge elements are generally used as a rain/inclement weather plan in place of the climbing tower/high swing/zipline. Campers may participate in the Dangle Duo (two campers work together to climb a giant ladder); the Cat Climb (campers scale a rope using vertical blocks); the Flying Squirrel (the camper is attached to the end of a rope via a harness and is hoisted aloft by the efforts of the rest of the group pulling on the other end of the rope); the indoor giant swing (see High Swing); and the indoor climbing wall (see Climbing Tower). All adventure activities are conducted with the utmost attention to safety. All necessary equipment such as harnesses, carabiners, helmets, and ropes are provided, managed, fitted and set up by our trained and experienced staff.*

\*Minimum requirements: 8 years of age and must be able to fit into our harnesses- NO special rigging can be allowed.

### **Leap of Faith**

Campers climb a 20 foot telephone pole and leap to tag a hanging element before being gently lowered to the ground. All adventure activities are conducted with the utmost attention to safety. All necessary equipment such as harnesses, carabiners, helmets, and ropes are provided, managed, fitted, and set up by our trained and experienced staff.

\*Minimum requirements: 8 years of age and must be able to fit into our harnesses- NO special rigging can be allowed.

### **Paintball**

Campers play on two teams of up to 5 people each in an exciting game of last man standing. Bonclarken provides extensive safety orientation; paintball markers (guns) and paintballs appropriate for use on our wooded course; and protective equipment including full face masks.

\*Minimum requirements: 12 years of age. Campers must wear long pants, hiking or tennis shoes - expect clothes to get very dirty. Outside equipment and paint is not permitted.

### **New Heights Dual Zipline**

Campers climb to a platform where a trained staff member clips them to a zipline pulley. From the platform, there is an exciting drop followed by a speedy ride along the cable. All adventure activities are conducted with the utmost attention to safety. All necessary equipment such as harnesses, carabiners, lobster claw clips, helmets, and ropes are provided, managed, fitted, and set up by our trained and experienced staff.

\*Minimum requirements: 8 years of age and must be able to fit into our harnesses- NO special rigging can be allowed.

### **Boating**

Campers can use paddleboats or funyaks to navigate Bonclarken Lake. In order to use funyaks, campers must be 12 years old and have passed the swim test. Campers may also ride paddleboats; campers under age 8 must be accompanied by an adult. Our trained and experienced lifeguards manage and guard the waterfront, provide extensive safety orientation, fit campers for personal flotation devices (PFDs), and check boats out to campers. Safety provided equipment includes US Coast Guard approved PFDs in the appropriate size.

### **Swimming**

Campers can swim or splash in our junior Olympic-size pool. Depths of the pool range from 3.5' to 8' in clearly designated and divided areas. In order to be able to swim in the 8' deep end area, campers must pass the swim test by demonstrating ability to swim 25 yards continuously unassisted using strong swimming technique and without stopping. Our trained and experienced lifeguards manage and guard the pool continuously.

### **Archery**

Campers receive basic instruction in archery and use novice bows to shoot at targets. Safety equipment includes armguards.

\*Minimum age: 8 years.

### **Sliding Rock Trip**

Campers travel by van to Sliding Rock. Sliding Rock is a 60' natural rock slide with a 6-7 foot deep pool at the base. It is located in Pisgah National Forest and is a Forest Service recreation area with lifeguards on duty.

# Bonclarken Conference Center Food Allergy Policy

Bonclarken Conference Center is committed to the health, wellbeing, and inclusion of all our guests. Bonclarken Conference Center is not an allergen-free facility and makes no guarantee that guests with food allergies will not come into contact with allergens. Bonclarken does not make any guarantees, implicit or explicit, that any of our food, serving vessels, preparation vessels, utensils, or glassware will be free of all allergens. However, within reasonable limits, we will work to assist guests and groups in self-management of food allergies and provide them with a safe and enjoyable experience at Bonclarken. In order to best serve groups and individuals in the area of food allergies, Bonclarken has adopted the following policies:

**Group Leader Responsibilities**—It is imperative that group leaders do the following in case of food allergy:

- Identify group members with food allergies and be aware of the nature of them.
- Assist the guest or guest's parent/guardian in notifying Bonclarken Conference Center of the nature of the allergy.
- Make other group members aware of any restrictions on the food they may bring with them and anything they should do to avoid exposing the affected guest to food allergens.
- Ensure that there is a qualified adult in the group to provide basic health supervision. This person or a member of the group should possess current certification in first aid and CPR by a nationally-recognized provider. This person should be familiar with the appropriate medications and/or rescue treatments for all group members suffering from food allergies or other life-threatening conditions.
- Gather, maintain, and have available at all times information on all members of the group, which includes: name, address, emergency contact names and numbers, and any allergies/health conditions/restrictions. For minors without a parent on site, group leaders should also have signed permission to seek emergency treatment.
- Plan actions and identify resources that can be used in case of emergency.

**Individual Responsibilities**—It is imperative that the guest with a food allergy or the parent/guardian of the guest with a food allergy do the following:

- Notify group leaders and Bonclarken Conference Center of the nature of the allergy.
- Assist group leaders in identifying reasonable strategies to manage the food allergy.
- Share the guest's Food Allergy Action Plan with the group leaders and other group members who will be in close contact with the guest.
- Provide appropriate medications and/or rescue treatments for the guest to carry at all times.
- Authorize and train the group's designated health care supervisor to identify signs of an allergy crisis, administer appropriate medications and/or rescue treatments, and notify emergency contacts should the guest be incapacitated.
- Make sure all medications and prescriptions are up-to-date.
- In the case of minors, review with and educate the minor on allergy self-management and strategies for seeking assistance and handling an allergy crisis.

**Bonclarken Conference Center Responsibilities**—Bonclarken Conference Center will do the following in case of food allergy:

- Be an “allergy-aware” facility that works to provide an inclusive, least-restrictive environment for our guests to the best of our abilities.
- Assist the guest or guest's parent/guardian in identifying reasonable and appropriate self-management strategies for dealing with food allergies in our dining hall and on our grounds.
- Allow guests with documented food allergies to replace dining hall food with their own allergen-free food so they can participate in fellowship through meals with their group.
- Make maps and directions to area healthcare facilities available to guests and group leaders.

## Special Dietary Needs

Bonclarken Conference Center foodservice serves thousands of guests throughout the year. Some guests have special dietary needs ranging from religious preferences to sensory issues to special health concerns that are not related to life-threatening food allergies or celiac disease. Because Bonclarken Conference Center is committed to the health, wellbeing, and inclusion of all our guests, we will work to assist guests and groups in handling special dietary needs and providing them with an enjoyable experience at Bonclarken.

While our foodservice department works closely with group leaders and guests regarding special dietary needs, please be aware of the following limitations:

- Food items for special dietary needs (including vegetarian and gluten free options) are prepared in limited portions according to the number of guests reported.
- Because these portions are limited, we will prioritize serving guests whose special dietary needs have been reported by their group leader first. Bonclarken will provide a discrete means of identification for these guests.
- We will work to provide options for guests who have not reported their special dietary needs to their leader, however this may mean an extended wait on the part of those guests for additional items to be prepared and/or food items that are significantly different from items prepared for guests with special dietary needs that have been confirmed in advance with foodservice.

In order to best serve groups and individuals in the area of special dietary needs, Bonclarken has adopted the following policies:

**Group Leader Responsibilities**—It is imperative that group leaders do the following in case of special dietary needs:

- Communicate the importance of getting accurate information regarding special dietary needs from all guests at least one week prior to the event in order to ensure foodservice staff can order and prepare the correct portions.
- Identify group members with special dietary needs.
- Notify Bonclarken of any special dietary needs.
- Assist the guest or guest's parent/guardian in notifying Bonclarken Conference Center of the nature of the allergy.

**Individual Responsibilities**—It is imperative that the guest with a food allergy or the parent/guardian of the guest with a special dietary needs do the following:

- Notify group leaders and Bonclarken Conference Center of the nature of the allergy.
- Bring appropriate identification (provided by Bonclarken Conference Center) and introduce themselves to the foodservice staff.

**Bonclarken Conference Center Responsibilities**—Bonclarken Conference Center will do the following in case of special dietary needs:

- Prepare and serve alternative menu items to guests who have been identified as having special dietary needs in advance by their group leader.
- Provide information about ingredients and preparation of food.
- Assist guests who have not been identified as having special dietary needs in advance by their group leader in finding suitable options. **Note:** there may be a significant delay in this process and guests who have been identified in advance will be served first when an alternative menu item is provided.