



MT. GILEAD
BIBLE CAMP + CONFERENCE CENTER

Followers
of Christ,
One Camper
at a Time

**SUMMER CAMP
PARENT GUIDE**

2022

13485 Green Valley Rd.
Sebastopol, Ca 95472
www.mtgilead.org
707-823-4508



PIRATE'S PURSUIT

2022 CAMP DATES

High School (9th-12th grades)

Session 1: June 19-24

Session 2: July 17-22

\$579

Junior High (6th-8th)

Session 1: June 26-July 1

Session 2: July 24-29

\$569

Junior (4th-6th)

Session 1: June 12-17

Session 2: July 10-15

\$529

Kids Camp Day Program (1st-3rd)

Day Camp: July 5-8

**Please note: this program is a day program and not an overnight camp*

\$339

Timothy Team (Leadership Training)

Session 1: June 12 - July 1

Session 2: July 10-29

\$949



WELCOME TO CAMP!

We appreciate you joining us for our 59th summer camp. Our hope is that this guide will provide you with an overview of our camp, answer frequently asked questions, and provide valuable information to help assist you and your child prepare for a week at Mt. Gilead. In addition, we want to provide information on how we keep campers safe and healthy during their stay. We want to assure you that we will follow county guidelines in our daily operations and procedures. It is our priority to keep our campers and staff safe and healthy. Due to the persistent nature of the COVID-19 response in our local community, this guide will not provide specific answers on how we will go about following county ordinances. What we *can* assure you is that we are prepared to adjust our programs accordingly, in compliance with our county and state guidelines, as well as CDC recommendations. **For the most up-to-date information, please refer to our website or contact our office during business hours.**



Our theme this summer is **Pirate's Pursuit**. Our goal is to communicate a core biblical truth through decorations, games and a five-part Gilead original film. Mt. Gilead, as you know it, will be transformed into a swashbuckling enclave full of adventure and investigation. Join us as we pursue the most priceless treasure of all: Jesus Christ! With the help of buccaneers and buried gems, treasure maps and timeless tales, we aim to unveil and unpack the biblical truth that God is more valuable than anything we could ever dream of. Matthew 13:44 reveals that "the kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought the field." Philippians 3:7-8 expands on this truth; "But whatever gain I had, I counted as loss for the sake of Christ. Indeed, I counted everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ."

Mt. Gilead is one of the best places for your camper to spend a week this summer. We are passionate about providing outstanding learning experiences that teach independence, good decision making skills and teamwork, all in a Christ-centered environment. Camp is a place where character is developed, friendships are formed and fun memories are made that last a lifetime.

We look forward to serving you!



Dave Gould,
Executive Director



Cavin Hawkins and Grace Seder,
Program Managers



FREQUENTLY ASKED QUESTIONS

HOW DO I PAY MY CAMPER'S BALANCE?

ONLINE: Go to the online camper dashboard where you registered for camp.

You can navigate to the dashboard by clicking "register" on the top menu of the Mt. Gilead website www.mtgilead.org

BY PHONE: Call our office (707) 823-4508 and we are happy to process your payment.

HOW DO I SEND MY CAMPER MAIL?

Please address mail as follows:

John Doe
High School Camp #1
13485 Green Valley Rd.
Sebastopol, CA 95472

Mail is passed out at dinner Monday-Thursday. Please plan ahead and make sure to give a couple of extra days for mail to get here so your campers do not miss it.

HOW DO I SEND MY CAMPER A CARE PACKAGE?

You can choose from one of our care packages online (www.mtgilead.org/summer-camp) and we will distribute care packages at lunch. Care packages are available to order from Sunday-Wednesday (11:59 PM). *Please note that this function is only available online during the summer. When camps are not in session, it is removed from our website.*

WHEN IS CAMPER DROP OFF AND PICK UP?

DROP OFF: Sunday check-in starts at 4pm on the ball field.

Please notice that drop-off time is 2 hours later than previous years.

PICK UP: Friday closing chapel starts at 10:50am.

We are extending the closing session this year and are encouraging all parents to be a part of it. There will be seating reserved for parents in the back of the chapel.

WHAT'S YOUR VISITOR POLICY?

For the safety of our campers and staff, Mt. Gilead has a no visitor policy. If there is a specific need (e.g. to drop off forgotten items), contact Mt. Gilead office during business hours.

WHERE DO CAMPERS SLEEP?

Campers sleep in separate cabins (boys and girls). Each cabin has 5 bunk beds with restrooms and showers nearby. Camp Counselors sleep in the same cabin as their cabin group. For more information about cabins see page 10.

DO YOU POST ANY PICTURES OF CAMP DURING THE WEEK?

We post photos, videos and blogs on our social media sites. The best way to get the highlights is to follow us on Facebook and Instagram.



WHAT TO EXPECT FROM CAMP

Mt. Gilead Summer Camp Mission

For campers to know and be transformed by Jesus Christ through Authentic Relationships, Meaningful Experiences and Impactful Environments.

Intentional Programs

We want to see campers become committed followers of Jesus Christ. Everything that we do is about helping campers understand who Jesus is and how to have a growing relationship with Him. This is why we do camp, and everything from the chapels to the crazy camp games support that vision.

Biblical Truth

We believe the Bible is the authoritative truth, divinely inspired by God. The teaching of God's Word is central to our programming, and we look for creative ways to tie biblical principles to all aspect of our camps.

Church Partnership

We love the church, and our heart is to come alongside and support churches. Our desire is never to replace the work that churches are doing, but to help them minister to their campers and students.

Camper Focused

Our camps are focused on the camper experience. We love our staff, but camp is all about campers learning about Jesus and having fun.

Memorable Experiences

Camp is a place where significant memories happen! Our programs are put together with that in mind. We know that campers won't remember everything that is taught in chapel or shared by their counselor, but they will remember how God worked in their lives and the highlights of their experience at camp for a lifetime.

FACILITIES

Mt. Gilead is a Christian camp & retreat center in the Sonoma County redwoods on 238 acres, located just outside Sebastopol, CA. Our camp was founded in 1963. Since that time, we have hosted over half a million students and guests at summer camps, weekend conferences, outdoor education programs and church retreats. The map below gives you a general overview of our facility. We have highlighted a few key areas that are especially helpful for parents and campers.



❶ Main Office

This is where you check-in, drop off forgotten items, and sign your camper out early. This is also where you will go if your camper arrives at camp after registration on Sunday evening. Our office staff are available in person Monday through Friday.

❷ Main Chapel*

This amphitheater-style building gets a theme makeover each summer. The chapel is one of the most utilized buildings at camp. We have morning and evening chapel sessions, explain rules for games, and show our theme video and skits in this building.

❸ Dining Hall and Dining Deck

Campers enter the Dining Hall by cabins, go through our food buffets, then exit onto our dining hall deck to eat with their cabins and counselors. The Dining Hall is surrounded by Redwood trees and has picnic tables for each cabin. All meals for all campers are served here (Except for packaged continental breakfast items on Friday morning and evening snacks).

❹ Playing Fields

We have two large fields that we use for many of the awesome camp games that are part of our morning recreation and evening programming. The ballfields are where parking is located for both camper-arrival and camper-pickup on Sundays and Fridays.

❺ Recreation Canyon

Recreation Canyon has many of our camp activities like zipline, climbing wall, BMX course, and shuffleboard courts.

❻ Activity centers see page 12-13

❼ Housing facilities see page 10



*We are capable of adjusting our amenities according to county regulations in response to COVID-19.

Our chapel features eight sliding-glass doors which open to circulate plenty of fresh-air throughout the building. We are also prepared to move our chapel services to our outdoor amphitheater, if necessary, in order to comply with our county's camping regulations.



GETTING TO CAMP

PACKING LIST

BRING!



- **FACE MASKS**
- Closed-toe shoes
- Flip-flops or sandals
- Bible
- Notebook
- Pen / pencil
- Modest clothes for a week*
- Clothes for messy games
- Warm clothing / jacket
- Modest one-piece swimsuit
- Towel
- Toiletries* (Sunscreen!)
- Sleeping bag*
- Pillow*
- Flashlight
- Camera

** If your child is attending our kids camp program, they do not need to pack bedding or toiletries, only what they will need on a day-to-day basis.*

Do NOT Bring

- iPads / mp3 players
- Cell phones
- Other Electronic Items
- Knives and Weapons
- Alcohol
- Tobacco
- Drugs (prescription ok)
- Matches/lighters
- Fireworks

Optional:

- Bug spray
- Bikes**
- Scooters/Skateboards**
- Cabin Decorations
- Snacks

***You must provide your own helmet for skateboards and scooters. They are only permitted in designated areas.*

ARRIVAL DAY: Check-in process

1. Park

Start by parking on our ballfields. Staff will direct you to the best available parking spot. You are welcome to leave your luggage in your car until after check-in if that is easier for you. Proceed to the white check-in tents on the left side of the field.

2. Check in

Staff will check in your camper. They will make sure all paperwork is complete, including having you sign physical copies of our Activity Waiver and Medical Waiver. At this time, you will learn your camper's cabin assignment.

3. Register

There is a registration table for walk-up registrations and anyone who would like to add money to their camper's store account (store money can also be added to your account online or by calling our office). This is an opportunity to fill out any uncompleted forms. If registration is completed prior to arriving at camp, you get to skip this step!

4. HEALTH SCREEN

Throughout the registration process, our Health Supervisor and First Aid team will be actively involved in health-screening all campers. This includes a short questionnaire, visual evaluation, and lice check. At the First Aid table, our Health Supervisor and First Aid team are available to collect all camper medications needed at camp. Campers must turn in all medications in their original containers. First Aid staff will allow campers to keep insulin, epipens, and inhalers after they are checked in. You can add medications to your account ahead of time to streamline this process.



5. Drop off luggage

Place your luggage on the luggage trailer for your camper's cabin.

6. Meet your counselor

Last step is to meet your counselor. All of our counseling staff will be on-hand, ready to respond to any particular questions or comments you may have for them personally, and welcome your camper to Mt. Gilead!

This check-in process only applies to our overnight programs. Our Kids Camp program will have a drive through drop-off process that will be outlined in a email once your child is signed up for camp.

UPDATED JAN 18, 2022

ARRIVAL DAY:

After Parents Leave (HS/JH/JR)

Dinner

After check-in, campers meet at the dining hall for dinner.

Camp photo

You will receive a cabin photo for your camper at the end of the week. We also have full-camp photos available for purchase. This photo is taken around 5:45pm on Sunday and only campers present at the time will be included in the photo.

Move into cabins

We deliver the campers luggage from registration to the cabin areas. After dinner, the campers get settled into their cabins.

Chapel and Evening Program

We have an exciting opening program planned. This is an entertaining time that sets the energy for the entire week.



SHOPPING AT CAMP

Our Snack Shack and Gift Store are open daily during activity rotations. We are accepting cash or child-specific online accounts (you can preload money to your child's account for them to spend throughout the week).

There are two options for you to deposit money to your child's account:

1. Online from the Registration Dashboard
2. Over the phone by calling our main office.

Your child may also bring cash to spend at the Snack Shack and Gift Store. If you choose to give your child cash to spend, Mt. Gilead is not responsible if your child misplaces their cash, although we will do our best to make sure they keep track of it.

ENJOYING CAMP

DAILY SCHEDULE SAMPLE

8:00	Breakfast
9:15	Chapel
11:00	Big Game
12:15	Lunch
1:00	Free Time
5:00	Dinner
6:15	Chapel
7:30	Cabin Discussion
8:00	Big Game
9:00	Snack
10:00	To Cabins
11:00	Lights Out

** Lights out time changes with age group*

KID'S CAMPS SAMPLE SCHEDULE

7:30	Drop off and check-in
8:00	Complete Health Screening/ Campers Join Groups
8:30	Grab-n-go Breakfast/Snack
9:00	Rotation #1
9:45	Rotation #2
10:30	Outdoor Chapel #1
11:30	Team (Group) Discussion
12:00	Lunch
12:45	Rotation #3
1:30	Rotation #4
2:15	Rotation #5
3:00	Rotation #6
3:45	Outdoor Chapel #2
4:30	Team (Group) Discussion
5:00	Dinner
5:30	Pick up and sign out
6:00	Pick up complete

Kids Camp rotations include: crafts, hiking, pool time, basketball court games, field games, drama/music class and other recreational activities.



Cabin exterior



Cabin interior



Lodge interior

HOUSING

Roommate Assignments

During registration, you can request up to 2 cabinmates per camper. We do our best to meet cabin requests, but they are not guaranteed. Space is limited in each cabin and we cannot always honor requests of more than three campers that are grouped together.

Cabins

Each cabin is carpeted and has five bunk beds with mattresses. Portable restrooms are located throughout the cabin areas and bathroom facilities are close by (at Fir Lodge). The two cabin areas are fenced in and divided by our main road. Cabins are open air, tent style, and have canvas coverings that roll up and latch down. Typically there are 7-9 campers with 1 or 2 counselors per cabin.

Bathroom Facilities

Our Fir Lodge restrooms have individual shower stalls with doors to ensure your child's privacy and safety, with an additional shower trailer located behind Fir Lodge with private rooms. There are designated times for campers to utilize shower facilities and staff have separate, designated times. In addition to Fir Lodge, there are restrooms available near our pool and in the central part of camp

KEEPING
COVID
SAFE!



MEALS

We are thrilled to announce that, per our county's regulations and guidance, our meals are returning to buffet-style. Campers and their cabin mates go through the budget line in the Dining Hall and enjoy their meal outside with their counselors on the dining hall deck. **We are also ready and able to adapt our meal service plan, if necessary, according to county guidelines at the time of serving your camper.**



Special Dietary Needs

We work with parents and campers to accommodate food allergies and dietary needs.

Gluten-free, vegetarian and vegan options are available at all meals and labeled on the menu and on the buffets. To get other special meals, or if your camper needs their food plated separate from the buffet, they go to the kitchen window.

SAMPLE MENU*

BREAKFAST

- Pancakes
- Scrambled Eggs
- Bacon
- Oatmeal
- Fresh Fruit
- OR
- French Toast
- Scrambled Eggs
- Sausage
- Granola & Yogurt
- Fresh Fruit

LUNCH

- Hamburger Bar
- Hot Dogs
- Fruit
- Chips
- OR
- Taco/ Burrito Bar
- Assorted toppings
- Fresh Fruit

DINNER

- Spaghetti
- Steamed Broccoli
- Breadsticks
- Salad Bar
- OR
- Grilled Chicken
- Rice
- Steamed Veggies
- Salad Bar

EVENING SNACKS

- Fresh Baked Cookies
- Fruit Snacks/Goldfish and Fresh Fruit

** These are sample menus. subject to change, only certain items available each day*

LAST DAY SCHEDULE SAMPLE*

7:30-9:00 Clean up and move out (Some continental Breakfast items available in cabin areas)

9:00-10:00 Breakfast

10:00 Worship and Cabin Discussion:
Time for campers to think about what they have learned.

10:50 Closing chapel and parent program:
Camp Songs, Final Theme Skit, Worship, Final Message, Parent Announcements, Highlight Video. See the closing of our theme skit, enjoy the last chapel with us and see the highlight video of the week

11:30 Camper Pickup time:
Check your camper out with their counselor. Gift store will be open.

**This schedule applies to overnight programs, not our Kids Camp day program.*

ACTIVITIES

**JUNIOR HIGH &
HIGH SCHOOL ONLY**

Giant Swing

Our newest recreational element, the swing seats 4 campers 60-feet above the ground.



Archery

Our archery range can accommodate up to 6 archers at a time.

**JUNIOR CAMP,
JUNIOR HIGH &
HIGH SCHOOL ONLY**

Zip Line

Zip down with your friend on our 400-foot duel zip line.



Skate Park

Bring your skateboard or scooters from home and have fun.

Climbing Wall

Reach new heights! Climb our 32-foot climbing wall



ALL CAMPS

Swimming Pool

150-person capacity swimming pool with diving board.

BMX

Bring your own BMX bike or borrow one of ours.



Slap Ball

Dodgeball with a twist

Laser Tag

Enjoy our state-of-the-art laser tag with your friends



Snookball

Like a pool table, but with soccer balls.

Tetherball

Three Tetherball poles, are located near the basketball courts.



Craft Cabin

Campers have access to classic crafts including lanyards, friendship- bracelets and tie-dye.

Basketball

Two full courts



Nine Square

A twist on the classic games of volleyball and four square.

Shuffleboard

A blast from the past!



Snack Shack

Candy, smoothies, shakes and snacks are available for purchase during free time.

Playground

For our youngest campers, the playground is the perfect spot



Carpetball

Knock other player's billiard balls off the table by rolling a cue ball. It's like bowling with billiard balls.

Horseshoes

Old-fashioned fun for young and old alike!



Free Time

Age-appropriate activities are open for campers to enjoy.

CAMPER CARE

Homesickness

Homesickness is often a reality of overnight camping, but one of the unique experiences of camping is allowing campers to gain a sense of independence. All of our counselor staff go through an extensive staff training before the summer begins, which includes dealing with a homesick camper. If a camper is homesick, our counselors will do their best to comfort the camper. If the homesickness persists, the camp-site supervisor will talk with the camper and will connect with parents to find the best strategies for helping the camper through the session. Although we have campers each session who will wrestle with some homesickness, it is rare that a camper will need to be sent home. Campers who stick it out will gain an incredible sense of independence. Research shows that about 85 percent of campers feel some homesickness, but few continue to feel homesick past the first day or two. Here is our approach to dealing with this expected challenge:

1. Redirection- often times campers that are missing home can be redirected. We have a full schedule and keep the campers having fun. When they do experience homesickness, we encourage them to set a reasonable goal such as spending one night at camp without asking to call home. Most campers can do one night! Many, after having success one night, experience no more problems the rest of the week.
2. If a camper is having a really hard time, we will call the parent and come up with a plan of action. You know your child best and we will work with you to work out what will be best for your child.
3. Child calls home with staff member. Once the camper calls home, most tend to go home. This doesn't help to reduce homesickness, however, we do have campers that are not able to work through missing home and need to call. Every once in a while a parent convinces their camper to stay at camp.



Ways parents can help prevent homesickness before coming to camp

- Talk about it before coming to camp. It is good for campers to know that missing home is normal. Let them know that you will miss them, but you know they are going to have a great time at camp. Let them know that you can miss home and still have a great week at Mt. Gilead.
- Set goals with them. Encourage them to make new friends and try new things.
- Don't tell your camper that you won't be okay without them. Tell them you will miss them, that you know they will have an awesome time, and you can't wait to hear about it. Things like, "I don't know if I can spend a week without you" tend to make campers worry about mom and dad and are more likely to struggle with homesickness.
- Don't tell them that if they are homesick you will pick them up. We will absolutely include you in the process if they are homesick, and if you want to come get them, that is totally fine. Yet, if you tell them that you will come pick them up if they are sad, many will lose the motivation to work through missing home.



Healthcare

Mt. Gilead has medical professionals available to campers at all times. We generally have two nurses at camp each week who are currently licensed in the state of California. We have standing orders for care that have been signed by a doctor and approved by the Sonoma County Health Department. Our Summer Health Supervisor is a Registered Nurse and coordinates with all nurses to ensure that these orders are followed.

Medications

All camper medications must be turned in to nursing staff. Nursing Staff will allow campers to keep insulin, epi pens, and inhalers after they are checked in. Medications are dispensed to campers per parent instructions throughout the week. Please pick up your camper's medications on Friday prior to leaving camp. If medications are left behind, it is your responsibility to pick them up. Medications are kept for two weeks and then properly disposed of.

Illness and injuries

Illnesses and injuries sometimes happen at camp. Campers who have a fever accompanied by nausea, vomiting, or diarrhea must go home until symptoms have been resolved for at least 24 hours, at which time they can return to camp

per health department requirement. Allowing sick campers to remain at camp, even in isolation, is not permitted according to the Health Department.

While we do not call home every time a camper visits the nurse for an injury or illness, we do our best to keep parents informed of their camper's well being when injuries do occur.



Our Response to Signs of COVID-19

If a child or staff member reports symptoms of COVID-19, they will immediately be isolated for a short time until they are able to leave camp. If a child shows symptoms, parents will be notified immediately and will be asked to pick up their child and their belongings. If a staff member has symptoms, they will be sent home. Children and staff who are asked to leave Mt. Gilead due to symptoms of COVID will not be allowed to return to the grounds for two weeks after the resolution of symptoms. Symptoms of COVID-19 include:

- Fever over 100 degrees F
- Cough
- Sore throat
- Diarrhea
- Nausea
- Shortness of breath
- Loss of appetite
- Loss of smell

As the current COVID-19 situation develops and more information becomes available, known symptoms may change. Our Health Supervisor will stay alert to recommendations for screening and commonly reported symptoms per the CDC recommendations.

SAFETY



Water Safety

Mt Gilead hires certified lifeguards who have professional training through the American Red Cross. All swimming happens in a chlorinated swimming pool where we can ensure that lifeguards can see the bottom at all times.

Camp Staff

Our staff are a huge part of the camper's experience. The majority of our summer team are returning staff members, past campers or close friends with full-time or summer staff members. This allows us to hire people that are recommended by people who we know and trust.

Hiring Staff

The search for summer staff is a year-round process that we take very seriously. Our strongest resource for hiring new team members is staff alumni. We have an extensive application process, including questions regarding beliefs, work history, education, faith walk and personality. Candidates must also submit references from a pastor as well as a teacher/mentor or employer. The next step is for applicants to interview with our Program Managers. We seek to really get to know their background, experiences, qualifications and motivation for being

on staff. Once the application is complete and the interview is done, our Managers spend time praying and processing through our potential applicants. Those who are selected undergo a background check.

Background Checks

All staff and volunteers, prior to being hired, are required to authorize Mt. Gilead to run a background check. The background checks are completed by our HR department and are processed by Protect My Ministry. We also check references on all staff and volunteers.

Camper Supervision

Camper supervision is very important. We have a staff-to-camper ratio of 1:5 for our biggest camps. This includes counselors, activity staff and support staff. Most cabins will have 1 counselor with 8 or 9 campers. Kid's Camp is 1 counselor with 3 or 4 campers. During free time, we assign staff to monitor different areas throughout camp. We have a night watch program so that we have an alert presence on the grounds at all times while campers are at camp.



Training

We spend two weeks prior to camper arrival providing our staff with in-depth training. Here is a partial list of what is covered:

Emergency Plans

Mt.Gilead has established plans for a variety of medical emergencies as well as natural disasters. We practice these plans with all staff. In the unlikely event that Mt. Gilead has to be evacuated, we have an evacuation plan which involves transporting campers to the Graton Fire Department. If this becomes necessary, we will communicate via social media, email and by making phone calls when necessary. Our evacuation plan includes the establishment of an Emergency Director. This position will typically be filled by Dave Gould, Mt. Gilead's Executive Director, but could be filled by the Program Director, or another on-site manager.

First Aid Certifications

All staff, which directly engage or interact with campers, are CPR certified prior to the start of camp. This includes CPR, First Aid, and AED training. Mt. Gilead has an on-site AED for use during cardiac emergencies.

Camper Protection

Protecting Mt. Gilead campers is an integral part of our pre-camp training. This includes camper protection policies, mandatory reporting for child abuse, staff code of conduct, and safety awareness training.

Hard Skills and Soft Skills

We work hard to make sure staff are well prepared both in terms of hard skills and soft skills. Examples of each covered during training:

Hard Skills

- Activity Training
- Challenge Course Training
- Group Dynamics
- Decision Making

Soft Skills

- Cabin Management
- Spiritual Formation
- Debriefing Learning Experiences
- Leading Bible Studies



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