



**CAMP
SOUTHERN
GROUND**

2022 SUMMER CAMP

Everything You Need
To Know About Camp

A Parent's Guide

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The Basics



Counselors and Staff

Camp Southern Ground carefully selects young men and women for their interest and commitment to working with children in the outdoors. Each staff member must meet a high standard of dedication and skill. Interviews are conducted and references are checked. Staff members attend staff training designed by camp professionals to prepare them for the camp experience, which emphasizes counseling skills, group dynamics, safety procedures and activity skills. Our counselors are a strong, committed team with a single focus: a safe summer filled with fun, learning and growth opportunities for all.

Community of Camp

Camp Southern Ground offers a secure and welcoming community. Each camper is placed in a same-gender, similar-age "tribe." Tribes sleep in our state-of-the-art lodge, with indoor bathrooms and showers. Each room contains 4 bunks (8 beds) where campers are supervised at all times. We know that living in close quarters allows for an experience of group cohesion, which promotes life skills in sharing, cooperation, and compromise. Campers try new activities, broaden interests, make friends, express themselves, and feel a special sense of belonging. They gain the pride of being supportive members of their tribe group. We ask that you offer encouragement to your child around issues concerning the camp community, adjustments, and conflicts, should they develop. A roommate request can be made in the camper application.

Electronics Policy

Camp Southern Ground is a place to celebrate and enjoy the great outdoors—to take a break from everyday life and electronics. For this reason, please don't send your camper with a cell phone, tablet, computer, camera, or iPod! (We do however encourage reading and e-readers that cannot play video are welcome.)

We know that everyone has a cell phone today, but we request that you don't send one with your child. We want your child to make new friends, not spend camp time talking to friends back home. Also, the "photo" option on phones today poses a privacy risk to kids who are living together in a group setting. Cell phones also tend to make the traditional "home sickness" problem worse. We welcome communication in the camp office, and if there is any significant problem, we will call you. However, cell phones and other electronics brought by students will be collected and returned at week's end.

Food and Beverage Policy

All meals are served in the Dining Hall. In order to minimize the possibility of outdoor creatures and rodents, no eating or drinking is allowed in the lodge. Help us avoid problems with animals by not sending any food, snacks, or treats with your camper. If your child has a special diet, we will accommodate those needs on a case by case basis. Please contact us and tell us how we can help with your child's needs.

Care Packages

If you would like to send your child notes or small gifts from home, we encourage you to do so. However, we ask that you please follow some simple guidelines:

- Please **NO FOOD!** Nutrition is an important part of our camp. Your kids will be fed amazingly well (including snacks and some sweet treats).
- **One package per week** is more than enough. We know you love your camper, but multiple packages can become a distraction to the camper's overall experience.
- **Be POSITIVE!** Anytime you communicate with your camper, especially if they may be homesick, it is important to encourage them to be independent. Check out Audrey Monke's [sunshine parenting blog](#) on messages to send to your camper.
- **Send something fun!** Small toys, books, or photos from home are great items!

Medical

Camp Southern Ground has a full time nurse on-site at all times. All staff at camp are trained in First Aid and CPR. Campers are supervised 24 hours a day and all health care and medication administration is overseen by the camp physician. General care and first aid is always provided. If your child requires more detailed medical treatment, you will be notified and your wishes carried out. In the event of an emergency, your child will be transported by ambulance to the nearest hospital. At the hospital, a senior staff member will stay with your child and act as their advocate until you are notified and can arrive to proceed with treatment decisions.

Communicable Disease Safety Practices – For COVID and other communicable diseases, we will remain compliant with all local safety practices. We will determine guidelines and practices for camp in correspondence with our camp doctor and local guidelines.

Medication Management

All medications brought or sent to camp will be kept in the Health Center and administered by our staff. **Medications must be in the original prescription container,** complete with doctor's instructions. We ask that you send only essential medications. Camp Southern Ground has a supply of over-the-counter (OTC) medications and can provide those to your child with written authorization.

If your child takes medication to help them cope and excel in school settings, we strongly advise you to provide your child's medication to our camp nurse. We follow a structured schedule, so it is important that your child has all the tools necessary to succeed.

Medical Costs

In some emergency situations, there may be costs incurred for the proper care of your child. Physician care, hospitalization fees, emergency transportation and other related expenses are your sole responsibility, and you will be billed by either Camp Southern Ground or the treating organization.

Medical Forms

We require that all campers have up-to-date medical records on file. Basic medical forms must be filled out each year.

Routine Health / Medical Treatment

The Camp Nurse (RN) treats campers under the authority of the Camp Doctor, according to "Standing Orders", which are the procedures for treatment of reasonably anticipated illnesses and injuries. The US FDA approved over-the-counter medications are given based on the Standing Orders which include, but are not limited to, the list provided on the Health Form.

Parents may request a copy of the Standing Orders at any time, if they so wish. All health forms are reviewed by the Camp Nurse prior to administration of any over-the-counter medications to confirm parent permission.

Arrival and Departure from Camp

If your camper is registered for a session, but does NOT show up on the first day, a member of the camp staff will call to ensure that they are safely in your custody.

Dropping Off at Camp:

Campers are to arrive between 2:00 and 4:00 pm on Sunday, the first day of their session.

Please note: If you arrive early at camp, please wait on the paved road on the way into Camp Southern Ground. If you are very early, call the office for some ideas of things to do around town. Please do not block the camp driveway as vehicles may need to exit and DO NOT FOLLOW AUTHORIZED VEHICLES THROUGH THE GATE. We will open the gate at check-in time.

Picking Up from Camp:

Check out for all sessions is between 11:30 am and 1:30 pm on Friday. We will have an optional parent meet and greet at 12:00pm



You MUST have a photo ID to pick-up your child

If someone other than a parent/guardian is picking up your child, you must notify the camp and that person must have a photo ID.

Travel by Air

Many of our campers fly in from out of state and from all over the world! If you would like Camp Southern Ground to pick-up your child from the Atlanta Airport upon arrival, drop them off on their departure, or both, you will need to book your travel through our travel agency, Uniglobe. Once your camper's travel is booked, our staff will confirm the details with you as well. A Camp Southern Ground staff member will be at the airport to greet your camper and ensure they make it safely to camp. We will call you once your child has been picked up from the airport. Contact Gracie (gracie@campssouthernground.org) for more details about booking your child's travel.

You do not need to do this if you are flying with your child and dropping them off at camp yourself. Only if your child is flying alone.

CSG Travel Agent

Sunday flight arrival times at the Hartsfield Airport – between 11am to 2pm.

Friday flight departures – 1 to 4 pm

Joy Chapman

770-487-0487 say "Joy"

Unaccompanied Minor

If your child is under the age of 15 and traveling alone, you will need to sign them up for the unaccompanied minor program with your airline. This service allows an adult to take the child through security, drop them off at their airplane, and leave them in the safe care of the airline staff. In Atlanta, the CSG staff will pick up your child at their airplane and take them through the airport to get their bags and meet the shuttle to camp.

- [Delta's unaccompanied minor program:](#)
 - Required for all children 14 or younger, traveling alone.
 - Fee: \$150 per family, each way.
- [Southwest's unaccompanied minor program:](#)
 - Required for all children 12 and younger, travelling alone. If the child is over the age of 12, Southwest will still allow an adult to go through security, but they will not have to pay the fee.
 - Fee: \$150 per family, each way.

One week before your child's flight, Gracie will send you the contact details for the CSG staff who will pick-up your child in Atlanta. Have all of your child's flight details ready when you make the call. You may only list one person as the drop-off and pick-

up person. Please send contact details for whoever is listed as the home drop-off person to gracie@campsonthernground.org.

What to Bring to Camp?

We recommend that campers be sent with clothes to play and have fun in! Campers will get involved in a hands-on way and their clothing may show wear and tear. Camp is not responsible for lost or damaged articles. Please label everything with your child's first and last name.

Children lose things. Clothes or items that are not labeled will be placed in our Lost and Found, which is donated at the end of the summer. If we find a lost item that does have a label, we will happily ship it out to you. Parents will be responsible for shipping fees of returned items.

Camp Checklist:

- Clothing:
 - T-shirts (5)
- Shorts (5)
- Underwear (7)
- Socks (7)
- Sweatshirt (1)
- Long pants (2)
- Light rain jacket
- Swimsuit (2 are recommended)
- Pajamas
- Sun/ baseball cap
- Shoes
 - o Tennis shoes/Sneakers
 - o Water shoes (old tennis shoes or crocs work great!)
 - o Flip flops/Slides-- these may only be worn in the shower and pool area

Toiletries:

Campers will be mainly using shared restrooms, so placing these kinds of items in a separate labeled toiletry bag can be helpful! Ziploc freezer bags work great!

- Comb / hairbrush
- Toothbrush & paste
- Shampoo, soap, lotion
- Sunscreen
- Insect repellent
- Bath towel

Other Adventure Gear:

- Flashlight
- Sunglasses
- Reading material
- Notebook & pen
- Pillow
- Sleeping bag or blanket (sheets are provided)
- Hard plastic/metal water bottle
- Small backpack

What Not To Bring to Camp:

Food

Please don't bring any snacks, we have a very strict food policy at camp. All meals will have a variety of options and plenty of food for your child to enjoy. We also provide snacks between meals.

Money and Valuables

Campers will be living in a group environment and are asked to be careful with money and valuables brought to camp. Please speak to your child about putting their valuables in a special compartment of their duffle or they may ask that a staff member keep it for them in an envelope with the child's name.

A REMINDER - DO NOT SEND ELECTRONICS TO CAMP!

Items like cell phones, iPads, cameras, or video games are both a distraction and a potential cause of serious issues. If you would like your child to have any of these items during their travel time, they may check them in with the director upon arrival and be checked out when they leave. Camp Southern Ground is not responsible for lost or stolen items at camp.

A Few Common Sense Points. . .

You know these things already, but our standards require that we let you know the following:

- 1) Campers are NOT allowed to use drugs or alcohol when at camp.
- 2) Sports equipment is provided, so campers do not need to bring anything, like a basketball, for example.
- 3) Use of vehicles at camp is restricted to roads and parking areas - Please drive slowly. No one is allowed to ride in the back of a truck, or anywhere without a seat, and everyone must wear a seatbelt.

- 4) Pets are not allowed at camp, no matter how cute your puppy is.
- 5) Weapons are not allowed at camp, including pocket knives. (We know, pretty silly, but we just wanted to say it.)

Contact

How we Contact You

We will communicate with you in several different ways, but we can only do that if we have accurate contact info for you and your family, as well as your emergency contacts.

Email:

We use several services to help us communicate better with our parents. For email we use a service called CampSite. Please make sure that you do not have our email blocked; important information is sent through our emails.

Phone:

In some situations, we use a service called "call-em-all". It allows us to call all of our parents and give a brief message about what is happening at camp. We use this for non-emergency situations that we think parents should be informed about.

Emergency contact to parents is essential for the camp. Please make sure you include all numbers where you and your secondary contact may be reached day and night. Home, work, cell, and email are all important in the event of an emergency.

How You Contact Us

Camp Office: (678) 561-9600

Caleb Albert, Camp Director

Direct Line: 678-561-9605

Email: caleb@campsonthernground.org

Gracie Kuyrkendall, Communication Coordinator and Registration

Direct Line: 678-561-9604

Email: gracie@campsonthernground.org

How You Contact Your Camper

Closer to camp, we will provide you with an email address where you can send letters to your camper that will be printed and delivered daily. You will also receive photos of your camper.

Send letters or packages to:

Your Camper's name

100 Southern Ground Parkway

Fayetteville, GA 30215

Daily Schedule

This sample schedule is a basic format around which programs are designed. You will get a detailed schedule when you drop off your child, but we do want to keep a few surprises! This will give you a general idea of your child's daily routine while at Camp Southern Ground.

A TYPICAL DAY AT CAMP

7:20am	Wake up
7:45am	Flag Raising/Morning Inspiration
8:00am	Breakfast
9:00am	Activity Period #1
10:20am	Morning Snack
10:40am	Activity Period #2
12:00pm	Transition
12:30pm	Lunch
1:30pm	Activity Period #3
2:50pm	Afternoon Snack
3:10pm	Activity Period #4
4:30pm	Rest Time
6:00pm	Dinner
7:00pm	Evening Program
7:00pm	Evening Activity
8:30pm	Closing Campfire
9:00pm	Lodge Time
10:00pm	Lights Out

A Note from the Director

On behalf of the entire Camp Southern Ground team, we are extremely grateful that you have joined our camp family. We are committed to providing a fun, safe, and personable experience for both you and your camper. Camp Southern Ground is a place that is continuously growing and we are excited about where we are headed.

I am looking forward to getting to know all of our camp families, so please reach out anytime! Thank you again for your support, trust, and enthusiasm for Camp Southern Ground - and please make sure you come by and say "Hi!" to me this summer!



www.campsouthernground.org

Camp Director, Caleb Albert, 678-561-9605, caleb@campsouthernground.org

Communication Coordinator and Registration, Gracie Kuyrkendall, 678-561-9604,
gracie@campsouthernground.org