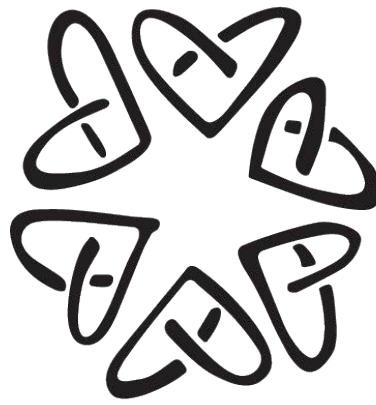


Camp Phone #
(254) 613-2121

info@camp-k.org
www.camp-k.org



CAMP
KOINONIA

CAMP HANDBOOK - 2024

GUIDING YOUR PREPARATION FOR A ONE WEEK SESSION

PLEASE READ THROUGH THIS INFORMATION CAREFULLY.

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THANKS FOR REGISTERING!

IT'S GOING TO BE A GREAT WEEK!

We hope you are as excited as we are for your son or daughter to come to Camp Koinonia this summer! We know they will have an incredible amount of fun and make new friends, but more than that, our biggest hope and ultimate mission is for their lives to be touched and transformed by God through the good news of Jesus Christ.

In this handbook, you should find all the information you need to prepare for camp. You will also find information regarding topics like what to expect at camp, when to visit, and how to communicate with your camper. If you need further information, contact the camp office with any questions you may have.

CAMP LOCATION

Camp Koinonia takes place at Hensel Christian Youth Camp. Hensel Camp is located on Singleton Bend Rd (just off of FM 1431, about 27 miles west of I-35). The location on Google Maps can be found on the Camp K website (<https://www.camp-k.org>).

PLEASE NOTE: It is your responsibility to arrange for your camper's transportation to & from camp.

TIMES TO REMEMBER

CAMPER CHECK-IN -- ARRIVAL SUNDAY

Check-in is 3:30-5:00pm Sunday afternoon. Details, including an assigned arrival time, will be emailed to you.

CAMPER PICK-UP -- CHECK OUT FRIDAY

Camper Pick-up is from 11:30am-12:15pm on Friday. Please make every effort to be here on time.

PLEASE NOTE: Lunch is NOT provided on Friday.

Check-in will be done from 3:30-5pm with assigned times on Sunday afternoon in order to spread out arriving campers. Please do not arrive more than 10 minutes before your assigned arrival time. We believe there is plenty of time to check-in and get your child settled in.

We appreciate your cooperation and look forward to your arrival.

WHEN YOU ARRIVE

- Each camper will have a scheduled time slot to arrive and check-in.
- Campers will be sent an email with their assigned Sunday arrival time.
- Upon arrival, campers proceed to the Dining Hall.
- All camper medicine (prescription and over-the-counter) must be turned in to our Medical Staff. See "Medications" section on page 5.
- Those with special dietary needs will meet with Kitchen Staff during check-in.
- After checking in, parents will drive their camper to their cabin, unload their stuff, and meet the Cabin Counselors.
- Campers are not allowed to have their cellphones or car keys during Camp. We recommend campers give these things to their parents before leaving. Otherwise, these items must be given to the Counselors.

Here are just a few of the activities that take place each day at camp!

DAILY ACTIVITIES @ CAMP

MORNING WORSHIP

After breakfast, we meet in the amphitheater for worship and to hear more about the focus of the day.

GROUP BIBLE CLASS

Our classes meet twice each day to study the Bible and discuss the day's particular focus.

ALL-CAMP ACTIVITY

Each day we have an activity that the entire camp participates in. Some examples are Capture the Flag, Kamikaze Kickball, or various cabin challenges.

GAME TIME

Fun, competitive games played together that help build comradery and cohesiveness among the groups and grade levels.

JOURNEY/BIG GROUPS

Small discussion groups that meet throughout the week to process what they heard in their classes and from the evening speakers.

CAMPER'S CHOICE

There is free time built into every day at camp. During Camper's Choice, campers get to play games with each other, work on crafts, etc. This time is also used for supervised swimming and hiking.

CRAFTS

Campers can choose from a number of project options during Camper's Choice. They can make things such as necklaces, bracelets, or invent their own creations using our craft supplies.

SWIMMING

Everyone has multiple opportunities to swim during the week. Campers that desire to swim must pass a simple swim test.

QUIET TIME

Campers are given the opportunity to have some time alone to pray & meditate on Scripture. This is a special practice that we hope campers will continue once they go back home.

EVENING WORSHIP

After dinner, we join in the amphitheater for worship and to listen to a speaker.

CANTEEN/REFRESHMENTS

Each evening, campers have the chance to rest, hang out, and enjoy snacks together. All canteen snacks and drinks are included in your camper fee.

EVENING FUN

The entire camp has fun together participating in various activities each night.

DEVO UNDER THE STARS

There's just something about getting away from the city lights and singing under the stars! This special worship time is the last thing that we do all together each day.

CABIN TIME

Each night, campers get a chance to reflect on the day with their peers in their cabin.

CAMP POLICIES

BEHAVIOR & DISCIPLINE

Regarding behavior, the Camp Koinonia staff expects our campers to:

1. Act respectfully and within basic Christian guidelines.
2. Behave in a manner that does not threaten their own safety or anyone else's (by their words or actions).

We are blessed to have volunteer camp counselors at both sessions who handle most of our behavior problems directly. Upon numerous or severe discipline problems, the Camp Director will be involved. At that time, the camper is given a single warning. At the next occurrence of any problem, they will be sent home without a refund. In more severe cases, campers may be sent home without a warning. This is left to the discretion of the Camp Director. If you plan to be out of town, we will leave the child with the family or person indicated as "Other Emergency Contact" on the student registration form.

Thankfully, God continues to bless Camp Koinonia with an excellent staff and group of campers, and therefore discipline problems continue to be few and far between.

DRESS CODE

We depend on the parents to help their campers determine appropriately modest clothing. The dress code will be enforced by camp staff. While the style seems to constantly change, our standards for modesty have not. Modesty is important and, because of this, we have a few rules concerning our dress code:

- A. All tops and shirts should cover the belt line (when arms are raised) and must be at least 3 fingers wide at the shoulder. No tank tops with armholes larger than 8" (when worn). No halters or spaghetti straps or shirts/tops that reveal cleavage. Sheer shirts must have a camp appropriate shirt worn underneath.
- B. Shorts should have AT LEAST A 4" INSEAM and skirts should be knee-length.
- C. Skin-tight clothing (tops, spandex, yoga pants, tight jeans, etc.), halter tops, and/or revealing clothing are inappropriate for camp and need to be left at home.
- D. During swim time, appropriate swim wear must be worn. Guys, swim trunks must be modest length. Girls, swimsuits should be a one piece, tank-ini, or t-shirt worn over swimsuit.
- E. Clothing with offensive or inappropriate designs, as determined by Camp staff or Director, is not allowed.

Parents, be conscious of the length and fit of ALL clothing. Please discuss the dress code with their camper BEFORE your camper packs and make sure they completely understand our Dress Code. It is your primary responsibility.

The Camp Director has the final say on what is appropriate and acceptable clothing at Camp and may ask a camper to change if deemed inappropriate.

PHONES AT CAMP

CAMPERS ARE NOT ALLOWED TO HAVE THEIR CELL PHONES AT CAMP KOINONIA. We recommend leaving cell phones with parents before camp begins. If in their possession, we require all campers to give their cell phones to their Counselor on Arrival Sunday for the entirety of the session. Campers' cell phones will be stored and returned on Pickup Friday. We believe that campers benefit from spending time away from texting, social media, and constant connection. Campers will not have access to any phones during the session. However, if there is a legitimate need for your camper to call home, they will be allowed to do so.

If you have an emergency or message that needs to get to your camper, call Camp K's number: (254) 613-2121.

CAMP POLICIES (CONTINUED)

At Camp Koinonia, every camper will have the opportunity for a safe and uplifting camping experience. A fun-filled, spiritually charged adventure is better facilitated when campers know their boundaries. Most importantly, all campers will be treated, and in turn should treat others, in a Christ-like manner.

1. Campers will embody the attitudes, actions, and heart of Christ while at Camp Koinonia.
2. I will treat my fellow campers with love and respect, lifting them up spiritually, mentally, and physically. I will not participate in any form of bullying, and I will defend others in all situations.
3. Campers will respect, submit to, and obey every member of the Camp K staff.
4. Campers will, above all else, focus on the #1 priority of Camp K – to draw closer in relationship with the Living God and will come with an open heart and open mind to what the Lord wants to do with this week of my life.
5. Campers will be good stewards of camp buildings and grounds.
6. Campers will not leave the camp without the permission of the Camp Director.
7. Campers are not allowed in the cabins of the opposite sex.
8. Campers must stay out of the creek in unsupervised situations (non-designated swimming times). Throwing campers or adults into the creek at any time for any reason is not allowed.
9. During canteen time, candy, soft drinks, and other sweets must stay in the immediate canteen vicinity (unless otherwise specified). All trash, cups, and wrappers should be placed in the proper waste receptacles.
10. Because the primary focus of Camp Koinonia is the spiritual growth of campers, campers will refrain from dating (or even handholding) for the duration of the session. We all have enough distractions as it is!
11. Campers should not be visited by peers while camp is in session.
12. Campers will follow the Camp K schedule and will work hard to BE ON TIME to all activities.
13. Campers will adhere to the Dress Code as described on page 3 of this handbook. A camper may be asked to change if inappropriate clothes are worn.
14. Vulgar, profane, or hurtful language or gestures will not be tolerated.
15. Possession or use of the following items at camp is prohibited: alcohol, tobacco in any form, e-cigs or vaping materials, illegal drugs and/or drug paraphernalia, cell phones, electronic games, electric guitars, radios, stereos, CD, DVD, iPod, mp3 players, fireworks, lighters, firearms, and knives. The abuse of any controlled substance, including prescriptions or over-the-counter drugs will not be tolerated. A zero-tolerance policy for this rule will be enforced and those who break it will be sent home at the parent's expense immediately and without refund.

The Director has enacted these rules to ensure the best camp experience possible.

By registering and arriving at camp, every camper acknowledges they have read and understand the expectations of the Camp Koinonia staff.

MEDICAL INFO

MEDICAL STAFF & LIFEGUARDS

During each session, we have at least one medical professional on campgrounds. Swim times are overseen by Red Cross Certified Lifeguards.

EMERGENCIES

If an incident occurs at camp, the staff will first attempt to contact the parent(s) and then proceed to contact the other emergency contact(s) from the camper application. If needed, any one of several Travis County hospitals, including Cedar Park Regional Medical Center, would be utilized for medical assistance.

MEDICATIONS

Prescription -- Prescription medications currently being taken are collected by our medical staff as directed by the Texas Department of Health and dispensed according to the doctor's instructions. Exceptions to this are emergency medications (i.e. inhalers, EpiPens) which students can keep with them.

Over-the-Counter -- The medical staff will be well-supplied for normal ailments. Over-the-counter medications are given to any camper who requests help with symptoms they are experiencing, unless instructed otherwise. These medications are administered per the manufacturer's instructions. If you have particular brands that you wish to send, be sure to turn them into the medical staff with the camper's name on it and they will be returned to you at the end of camp.

HEAD LICE POLICY

Self-contained communities, particularly overnight camps, are especially vulnerable to the spread of head lice. Camp has adopted the following policy in an effort to help prevent the spread of head lice during a student's time at camp.

- If live lice or nits are found on a camper, the camper will be removed from the general camper population and brought to the medical team for confirmation of the lice and/or nits.
- After confirmation, the medical team will contact the parent or emergency contact on file. Parents will be asked to pick up their camper as soon as possible. The campers will be kept from any activities that could potentially involve head-to-head contact until the parent arrives.
- The camper may return to camp ONLY if they seek treatment at an approved Lice Treatment Facility. The following clinics are the closest Lice Treatment Facilities to Camp K:
 - Hero Lice Clinic (47 miles)
22 Chisholm Trail Rd, Round Rock, TX 78681
 - Lice Clinics of Texas (37 miles)
600 W. 28th Street, Suite 202, Austin, TX 78705
 - LiceCare (Various locations)
1-800-492-5423
- If the camper is returning, the staff will wash their bedding and place the camper's hair care items in a Ziploc bag in the freezer overnight in an effort to prevent re-infestation.

For more information on head lice:

<https://www.cdc.gov/parasites/lice/head/index.html>

<https://medlineplus.gov/headlice.html>

COMMUNICATING WITH MY CAMPER

SENDING CAMPERS MAIL & EMAIL

Campers can receive both mail and email during the session. Each day at lunch, mail is distributed to campers and staff. You can send letters to camp or use our website to send emails to campers and staff. Please label all mail and emails with the camper's name and the grade they are going into.

MAIL & EMAIL GUIDELINES

We recognize that campers enjoy receiving mail from home while at camp and want to continue to allow this to be a part of the camp experience. Please follow these guidelines to help make this possible.

- Send meaningful correspondence to your camper. Send messages that are uplifting, encouraging, and beneficial to your child's experience.
- Mail arriving after 9:00am on Thursday may or may not be received by your camper due to Camp activities & schedule.

MAIL GUIDELINES

Campers can receive letters and cards during their session.

If sending via postal mail, address your letters to:

"Name of Camper "
c/o Belton Camp Koinonia
7801 Singleton Bend Road
Marble Falls, TX 78654

EMAIL GUIDELINES

Emails will be printed each day at 9:00am and campers receive them at lunch. Any emails received after 9:00am will be printed the following day.

Campers do not have access to a computer to reply to your messages. Your emails are simply for their enjoyment.

Please keep the following guidelines in mind:

- Fill out the Camper Contact Form on <http://www.camp-k.org>
- Please note your camper's first & last name in the subject line of the email.
- Please do not send pictures as a part of an email.

OTHER INFO

PHONES/CAR KEYS AT CAMP

CAMPERS ARE NOT ALLOWED TO HAVE THEIR CELL PHONES OR CAR KEYS AT CAMP KOINONIA. We recommend leaving these items with parents before camp begins. If in their possession, we require all campers to give their cell phones and car keys to their Counselor for the entirety of the session. These items will be collected upon the onset of camp on *Arrival Sunday*. Campers' cell phones and car keys will be stored and returned on *Check Out Friday*. We believe that campers benefit from spending time away from texting, social media, and constant connection. Campers will not have access to any camp phones during the session. However, please trust that if there is a legitimate need for your camper to call home, they will be allowed to do so.

EMERGENCY PHONE NUMBER

If you have an emergency or message that needs to get to your camper, call (254) 613-2121.

This phone number is to be called only in the case of a true emergency. In the event of an emergency, when you need to talk to someone at camp immediately, please call the emergency phone number. You may need to leave a message, but messages will be immediately forwarded to the Camp Director & you will receive a response very soon.

PREPARING FOR CAMP

HELPFUL TIPS
*Ideas to assist in making
your camper's week a
great one!*

CONDITIONS AT CAMP

In case you are not familiar with Central Texas in the summer, it gets HOT and can be buggy! But there are a number of ways these things can be managed and still have a great time.

- Talk with your camper about ways to stay cool during their stay.
- Purchase a non-breakable plastic water bottle (i.e., Nalgene bottle) to be carried throughout the day.
- Send them with plenty of sunscreen (with a High SPF) & insect repellent and remind them of how important it is that they apply them regularly. Our Counselors will also remind them daily.
- Consider bringing a small fan, extension cord, and bungee cords to hang it for their sleeping area.
- Consider packing a hat for your camper.
- Bring a backpack to easily carry the many items (Bible, journal, pen, sunscreen, water, etc.) they will need.

ACTIVITIES & HOW TO PACK

REMEMBER TO LABEL ALL OF YOUR CAMPER'S ITEMS.

Please pack their clothes ensuring that everything adheres to the Dress Code (see page 3).

It's possible that each day we will have a game or activity that will involve getting messy or wet. Here are some of our suggestions for how to pack:

TIPS FOR PACKING

- Bring up to 4 sets of clothes that can get messy or wet.
- Go to Goodwill and purchase some clothing for those messy days.
- Pack a couple of swimsuits. They can wear it under their clothes during some activities if they choose.
- *(Particularly helpful for younger campers)* Put sets of clothes in gallon baggies, labeled for each day.
- Bring clothespins to hang shirts, shorts, etc. on a clothesline near the cabin.

DRESS UP DAY – “Take Me Back Tuesday”

**Special Day
in 2024!**

To help celebrate camp's past 50 years, campers and staff are encouraged to dress up on Tuesday like it's the 1970s, 1980s, or 1990s. Don't be afraid to have fun with it. We can't wait to see how everyone looks!

WHAT TO PACK

LABEL ALL YOUR THINGS

PERSONAL ITEMS

- Bible
- Twin-size sheets & blanket or Sleeping bag
- Pillow and pillowcase
- 2-3 Towels and washcloth
(for showering and swimming)
- Toiletries: toothbrush, toothpaste, shampoo, soap, deodorant, etc.
- Bag/Shower tote to carry
- Dirty clothes laundry bag
- Pens or pencils
- Flashlight with good batteries
- Non-breakable plastic bottle for water
(i.e., Nalgene bottle)
- Camping chair (for Journey/Big Group time)
- Small backpack
- Insect repellent (Bring plenty)
- Sunscreen with high SPF
- Necessary medications:
Prescription or Over-the-Counter

All medications must be given to our Medical Staff and must be in the original packaging with the camper's name on the label. Exceptions to this are emergency medications (i.e. inhalers, EpiPens) which campers can keep with them. Details can be found in "Medications" section on pg 6.

Please label all items.

Camp Koinonia is not responsible for lost, damaged, or stolen items.

LOST AND FOUND

Items left at Camp will be kept for **three (3) weeks** after your session. After that time, all unclaimed items will be donated to a local charity in Belton, TX.

To inquire about any lost items, email the camp office: info@camp-k.org.

CLOTHES

Please ensure all clothes adhere to the Dress Code on page 4.

- Loose fitting T-shirts, modest shirts, or blouses
- Modest shorts and/or skirts
- Socks
- Underwear
- Pajamas/Clothes for bed
- Light jacket or rain poncho
- 1-2 Swimsuits (see Dress Code)
- (Optional) Nicer clothes for Wed. evening camp picture night (i.e. some guys choose to wear a Polo shirt; some girls choose to wear a nice blouse and nicer shorts/skirt, or a knee-length dress. All clothes MUST abide by the Camp Dress Code (page 4).

RECOMMENDED FOOTWEAR

- Closed-toe tennis shoes
- Old pair of tennis shoes
- Flip-flops or sandals
(to serve as shower shoes)
- (Optional) Water shoes or Crocs (Note: These are not to be worn during active camp activities)

OTHER OPTIONAL ITEMS

- Sunglasses
- Hat (to protect from sun)
- Camera
- Small clip fan
- Spiral or notepad
- Ball glove, frisbees, balls, etc.
- Inner tubes or other items for water fun
- Any items for Tuesday night's Follies

DO NOT BRING

- ✗ Bad attitudes
- ✗ Clothes that don't adhere to Dress Code
(Certain tank tops, spaghetti straps, crop tops, short shorts, etc.)
- ✗ Electronic devices
(including Cell phones, radios, Ipods/CD or MP3 players, video game players, TVs, laptops, tablets, walkie talkies, smart watches, etc.)
- ✗ Fireworks, matches, or lighters
- ✗ Pets
- ✗ Weapons, firearms, paintball or airsoft guns
- ✗ Bikes, skateboards, scooters, rip sticks, etc.
- ✗ Alcohol, tobacco, e-cig/vaping items, illegal substances
- ✗ Candy or food items
- ✗ Valuable or sentimental items
- ✗ Extra money

LEAVING CAMP

LEAVING CAMP EARLY

If your camper needs to leave camp for any reason during the session, please make arrangements with the camp office ahead of time (preferably prior to the start of camp) so we can have your camper ready for your arrival. You will need to sign out with the Camp Secretary and leave information about your return time. Please check in with the Camp Secretary when you return. If your camper will not be returning to camp, please inform us of this when you contact us and check out with the Camp Secretary.

CHECK OUT FRIDAY

Camper pick-up is from **11:30am - 12:15pm on Friday at their cabin.**

It's important that you **do not leave until your camper is signed out.** Their luggage & other items will be in a designated area near their cabin.

PLEASE NOTE: Lunch is NOT provided on Friday.

Keep in mind that until 11:30am there are activities going on, so while we realize it's a small window, we ask that you not come earlier than 11:30am.

Items left at Camp will be kept for three (3) weeks after your session. After that time, all unclaimed items will be donated to a local charity in Belton, TX. To inquire about lost items, email the camp office: [info@camp-k.org.com](mailto:info@camp-k.org).

SEE YOU SOON!

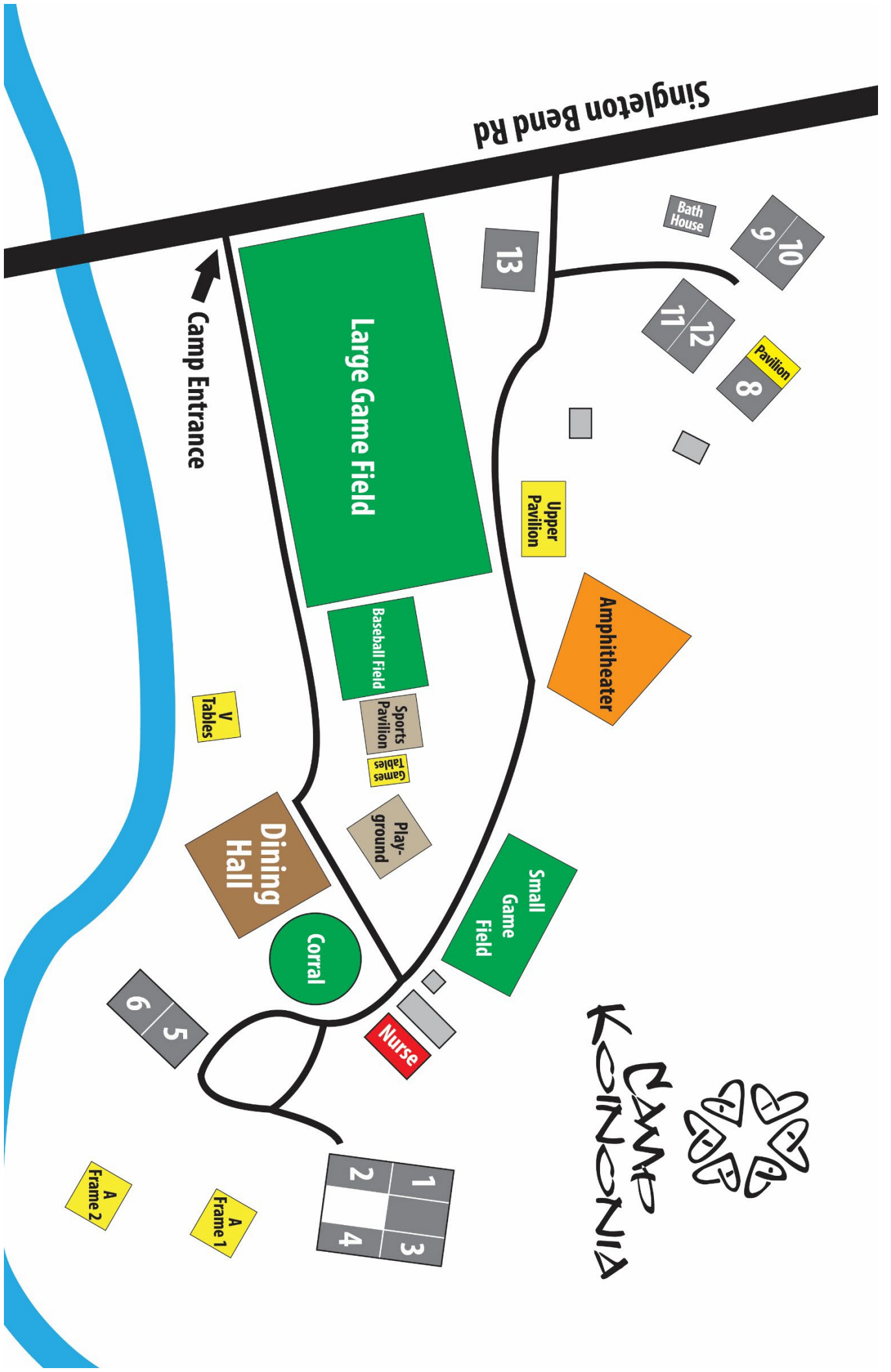
**PLEASE CONTACT US IF YOU HAVE ANY
QUESTIONS AS YOU PREPARE FOR CAMP.**

**Camp K Office & Emergency Phone Number:
254-613-2121**

Belton Church of Christ Office: 254-939-1816

Email: info@camp-k.org






 Koinonia
 CAMP