



Brookwoods



Deer Run

Leadership Development Program

2012 Handbook

Member



Christian Camp and
Conference Association

Christian Camps and Conferences, Inc.

34 Camp Brookwoods Road

Alton, New Hampshire 03809

Telephone: 603.875.3600 Fax: 603.875.4606

www.christiancamps.net





Dear Mom and Dad:

I would like to thank you for the opportunity you are giving the Staff of Christian Camps and Conferences to be with your child this summer at camp as part of the Leadership Development Program at Brookwoods and Deer Run. As you know, our camps are special places set apart to provide a camping experience based upon the teaching of the Bible; places to nurture the potential in young people; and places where campers learn more life skills in a summer camping experience than in nine months of school. A beautiful outdoor learning environment provides the setting for direction, purpose, and space in the lives of young people.

We are getting excited about the summer of 2012! As I write this letter in late March, the regular camp is still accepting camper applications, we are in the process of making final decisions on our summer staffing, and we are busy checking equipment for the summer.

Before you place this handbook aside, please review the checklist on page three. It will let you know what needs to be done before the program starts. Traditionally one of the more frustrating things for parents is to arrange the physical exams, so I suggest you immediately call up and complete those arrangements! Enclosed with this package is a copy of the Store Catalogue. Orders can be placed on the web site www.amerasport.com or 1-800 786-9402. I suggest that you place your order early enough to allow for delivery in time for camp.

We are here to help. Debbie and I are parents too...with similar hopes and dreams for our children, just like you; so please give us a call if you have any questions about the summer camping experience of your child.

Cordially yours,

Bob Strodel
Executive Director

Checklist for Parents - Get Ready for Camp*



- 1. Health Form** - The State of New Hampshire requires that every camper be examined by a physician prior to camp, and the completed form must be in our office prior to arrival at camp. The physician must complete the appropriate section of our form. Parents must sign the surgical release and treatment authorization on the form. The Health Form is located on Page 21 and is due at least two weeks prior to arrival at camp. We are unable to accept campers into our care without the **SIGNED** medical release form, which should include current immunizations. Due to the remote travel associated with our Leadership Programs we do require a tetanus booster within 5 years from the start of the program.
- 2. Transportation Form.** We need to know your child's travel plans if they are arriving by plane or bus. Please complete the Transportation Form (on page 17) and submit it **at least two weeks prior** to your child's arrival at Camp.
- 3. Personal Money** - Those in the Leadership Development Program might have opportunities requiring some personal money; for example laundry nights. We request that you send your camper to camp with approximately \$120 in cash to be held in the Camp Office, for their use and access as special needs arise.
- 4. Universal Permission Form** - If your camper is a participant in the Leadership Development Program in New Hampshire, and you would like your camper to have permission to leave camp with someone other than yourself during the mid-summer change-over, please complete the form located on Page 19.
- 6. Epi-Pen and Inhaler Form** - If your child has a medical condition requiring the use of an epi-pen or inhaler, please review the form on page 15.
- 7. Passport** - LDP participants will travel to Canada the second year of the program. To assist with the Border crossing event, and in-line with post September 11th security changes and concerns, we are asking all participants to bring a current passport or to obtain one in time for the summer. Information on the process can be found on the Internet at www.travel.state.gov and you will find on-line application forms and listings where the passports can be obtained.
- 8. Guidelines and Expectations** form (to be completed by the program participant) on page 25.

All forms should be returned to: Christian Camps and Conferences, Inc.
34 Camp Brookwoods Road
Alton, NH 03809

As we look forward to the coming season, we strongly desire your prayers and interest in order that the campers may safely enjoy our camping program.

**If you don't read anything else until the night before camp, at least read this when you get the handbook!*

Leadership Development Program (LDP) Overview

The Leadership Development Program, in New Hampshire, is not simply two more summers at camp. It is a community of adventure and spiritual inquiry. It serves as an opportunity for each participant to be challenged and to grow through those challenges, with plenty of fun and fast friendships made in the process.

Participants in the Leadership Development Program (Leaders in Development or LDPs) can expect to be challenged and pushed outside their comfort zones in several ways. Perhaps the biggest challenge of the two summers in the program is simply living in such a close, constant community. Living with multiple cabin mates and two counselors, and sharing daily activities and trips with LDPs of the opposite sex is a big challenge in and of itself. LDPs can expect to be challenged and to learn through the frustration and discomfort of close quarters as well as the trust and mutual understanding brought about by intense community.

LDPs will also be challenged physically throughout their two summers in the program. Both on trips and in camp, we create a safe environment for participants to be pushed beyond their physical comfort levels. On the low and high ropes courses, in the water swimming or in canoes, or in hiking with heavy packs, the LDPs will build confidence in their own newly-discovered abilities and skills, and they will learn to help and rely on others.

The spiritual content of the Leadership Development Program is meant to be challenging as well. Bible studies, single-sex devotions, and personal quiet time are woven into the daily schedule to provide the backdrop against which all other activities take place and find meaning. The Bible studies are designed not only to provide LDPs with information and instruction, but also to instill a desire to learn more and the tools to do so. LDPs will study one book of the Bible, look at the cohesiveness of the Bible as a whole, read, think, and talk about the way we approach the Bible. Small group discussions are used often in order to provide an opportunity to discuss and become more personally involved; indeed, the end goal of all the Bible study is personal involvement.

LDP Program Outline

In the first summer of the program applicants can expect to participate in the following activities, emphasizing group-building, learning skills, and spiritual development:

- Low and High ropes course activities
- Overnight camping and canoeing trip to the Androscoggin river
- Eight Day canoeing trip down the Allagash Wilderness Waterway in Maine
- American Red Cross Lifeguard Training Course instruction
- American Red Cross CPR and basic First Aid certifications
- Six day backpacking trip in the White Mountains, including a 24-hour solo
- Short apprenticeship as a camp counselor
- Creating, organizing, and performing a Banquet for Brookwoods/Deer Run campers

In the second summer of the program, similar activities can be expected, but with an emphasis on leadership opportunities and self-motivation, as well as a continuing focus on spiritual development:

- Planning and "leading" a five day hike in the White Mountains (under close supervision from trained staff members)
- Volunteer experience as camp counselors for developmentally disabled campers
- Physical training for a goal (for example, a long swim or run)
- One week apprenticeship as a camp counselor
- Ten day canoeing and fishing trip near Chibougamau, Quebec, including a 48-hour solo

Participants can expect to be engaged in extended Bible studies most days, both as a student and as a teacher for peers and younger campers.

Accreditation

Brookwood and Deer Run are accredited members of the American Camping Association and Christian Camping International. They have earned and maintained the highest recognition and standing of both organizations.



These emblems of the ACA and CCCA are your assurance that these camps have met the requirements for camp membership established by the ACA and CCCA. Camps awarded these emblems are inspected every three years by qualified personnel to ascertain their compliance with standards set by these organizations for girls' and boys' camps.



The Leadership Development Program does not discriminate with regard to race, color, religion, sex, national or ethnic origin for admission or for scholarship assistance.

Nutrition

The health and safety of every child is our top priority at Camp. In that spirit, we strive to provide meals that are nutritionally well balanced. Water is encouraged to keep our campers hydrated.

Medical Issues

We are concerned about contact with communicable diseases just before coming to camp. If you find yourself in this situation, please alert us. All campers must have a pre camp HEALTH EXAMINATION within the last year and must return the MEDICAL FORM to the camp office PRIOR TO ARRIVAL. Health records are maintained by resident Registered Nurses. The State of New Hampshire no longer permits camp nurses to dispense vitamins or herbals without a doctor's signature. A special note about vitamins/herbal supplements: The state of New Hampshire no longer permits Camp nurses to dispense vitamins/herbal supplements without a doctor's signature. If your child needs to take vitamins/herbal supplements, please have your DOCTOR indicate permission on the medical form or on the doctor's letterhead. The permission should contain a description of the product and the dosage. As always, like all medications, the nurses will only dispense out of the original marked container. Please don't ask our hard working camp nurses to dispense products that arrive at camp in unmarked bottles or plastic bags. Quite simply, the nurses are not legally allowed to dispense them. We still have the written orders from the Camp Pediatrician covering most over-the-counter medications for Sudafed, Tylenol, Advil etc. so there is no need to send these with your camper. As of January 1, 1990, the New Hampshire State Medical Health Department has mandated written parental permission be obtained before any immunization be given. **NOTE: All campers, or those enrolled in the leadership programs are required to have valid tetanus immunization (within 5 years) before participating in any of our extended tripping and wilderness programs, unless your doctor deems otherwise and notes it on your child's health form.**

In keeping with the Health Insurance Portability and Accountability Act of 1996 (also known as HIPAA) your child's medical information, diagnosis, medications and treatments will only be released to staff who have a reasonable cause to be involved in providing health care to your child during their stay at camp. We also limit the release of information to organizations or individuals that are involved in providing (i.e. emergency room personnel) or paying for (i.e. insurance companies) the provision of healthcare to your child.

Parent Notification for Illness or injury

It is the intent of Christian Camps and Conferences to have open, clear, and consistent communication with our camp parents regarding any injuries or illnesses that may happen to their campers while they are under our care. It is our desire to comply with the American Camping Association's regulations, and this is provided for your notification.

Minor Injuries/Illnesses:

In the event of minor situations, such as headache, simple abrasions, mosquito bites, earache, stomach ache, etc., we will treat them in accordance with the Standing Orders provided by our local Camp Physician in our Health facility. These minor occurrences would not require a phone call home to parents.

Major Injuries/Illnesses:

In the event of a major situation, such a broken leg, concussion, allergic bee sting or other reaction, etc., which would require a trip to the hospital emergency room, we will definitely contact you via the telephone numbers you have provided us. We will try to reach you in person once the situation is stabilized and we have concrete information to convey. We will not leave an unclear message on your machine; we will ask that you call us as soon as possible. If at all possible, we will try to have you speak with the Doctor.

Please be assured that we will act in the best interests of your child, with the utmost care in decision making and medical treatment. If in doubt, we will always take them for treatment.

To all parents of children with severe allergic reactions and/or asthma:

The State of New Hampshire has recently enacted new legislation controlling the use and storage of inhalers and Epi-Pens at camp. The purpose of the law is to allow your child to keep his/her inhaler or Epi-pen on his/her person to be used if needed while at the same time providing a safe environment for other campers.

Currently Camp Brookwoods and Deer Run staff one to two nurses at all times. These providers are trained in the use of inhalers and Epi-pens, are available 24 hours a day, and maintain a stocked emergency bag with Epi-pens and other emergency first aid supplies and equipment. In addition, all trips leaving camp include a first aid bag that includes two Epi-pens.

If you or your health care provider feel that your child's allergic reaction is severe or potentially life-threatening, an Epi-pen should be carried on his/her person at all times. The state law requires that two Epi-pens be provided to camp: one for the camper to carry and one to be stored in the Medical Building. Each Epi-pen must be clearly marked with the camper's name as well as that of the prescribing physician.

Regarding asthma, the law states that the child may carry his/her own inhaler. It must be clearly marked with the camper's name and recorded by the nurse on the incoming day of camp. We strongly recommend a second inhaler for any camper carrying his/her own inhaler to be stored in the Health Lodge.

Camp Brookwoods and Deer Run requires campers needing inhalers and/or Epi-Pens on his/her person to carry them in a small "fanny pack" worn at all times other than swimming and other water activities.

If your child must carry an inhaler or an Epi-pen, your licensed health care provider must complete the information on the form located on page 15.

Communication and Visitation

Unless it is an emergency, we will not permit phone calls to program participants. You can imagine the confusion if every parent called even "just once".

Getting mail at camp is always fun. While we encourage parents to write, the use of a facsimile machine or e-mail to accomplish this is not encouraged. We have heard "horror" stories about other camps who were forced to start charging families for incoming transmissions because the volume was so great. We would prefer to simply depend on your good judgment and reserve the facsimile and e-mail for emergencies or business use.

While we welcome adult alumni and prospective parents to visit our beautiful campus during the summer, we must observe some order and control in non-staff and non-campers being on Camp property. Therefore, in order to preserve the integrity, safety and well being of our campers and staff, it is necessary for any visitors to check in with the Main Office, introduce themselves, meet the Executive Director or his wife and/or the Camp Directors, and obtain a Visitor Badge before touring the grounds. Non-adult alumni visitations are inappropriate. Also, we would like to try and maintain as accurate records as possible with past alumni, so we want to use any visiting occurrences to obtain current information from our alumni--besides, it is great fun to talk "memories"!

Visitation Schedule

1. The changeover visiting time for parents of participants in the New Hampshire programs is scheduled from Friday, July 20th at 5:00pm until Sunday, July 22nd at 5:00 pm. Please do not ask for time adjustments. Parents are welcome to join us for dinner at 5:00pm on Friday the 20th. It is an opportunity for you to meet others enrolled in the program as well as the Staff.

Note that the LDP does not have visiting times scheduled for the mid-month changeovers when the boys' and girls' camps do: in the best interests of the camping program, the only time LDPs may leave camp with parents is on the mid program time off.

2. LDPs who wish to leave camp with other LDPs and parents during this time must secure written permission from their parents and submit this written permission to the camp office. In the past all of the LDPs have departed camp during this time period, so the practice is "normal". Use the form on page 19.

3. In view of special concerns, please contact the Executive Director, Bob Strodel at (603) 875-3600. We are sure you understand our concerns for safety and proper supervision while your young people are in our care.

How do I contact Camp in an emergency?

You can always reach the Brookwoods and Deer Run office by calling 603-875-3600 during the hours of 8:00am – 6:00pm. If you need to contact the Medical Building, call the main number (above) and we will transfer you there.

For after-hours emergencies only: call 603-875-3602. You will be calling the home of our Executive Director and he will relay the message.

Packages and Mail

Campers love to receive mail, perhaps more than they like to answer it! Write often, but keep the letters cheerful. All our leadership programs involve extended time away from camp, so keep that in mind. In New Hampshire, females stay in the Pronghorn Cabin and males are in the Ranger Unit. Mailing address is:

Christian Camps and Conferences, Inc.
34 Camp Brookwoods Road
Alton, New Hampshire 03809

We ask that parents and relatives do not bring or send boxes of food or candy to camp. For the sake of health as well as happy adjustments, it is important that the camp maintain well-balanced meals and snacks; therefore, food of any kind will not be delivered. We appreciate your cooperation in this matter.

Campers' Belongings

All articles, including shoes and athletic equipment, should be marked with the camper's name. Those enrolled in the leadership programs will have the opportunity to go into town and do their laundry approximately every two weeks. They should have quantities of clothing sufficient enough for a daily change for a full two-week period. Every season, good clothes are left lying around camp. Participants are urged to keep track of their belongings and are given the opportunity to claim lost and found articles at regular intervals. Please refrain from bringing expensive clothes to camp. The camps will not accept responsibility for lost or stolen articles. Unclaimed clothing will be donated to a charitable organization on September 1st.

Camper Account

Your camper should bring approximately \$120 in cash to be used as "personal money". This is placed in a camper's cash envelope and held in the camp offices. Withdrawals are made for laundry night, items purchased in the camp store such as soda or candy, or special trips. Any balance is taken home at the end of the summer. We find that this procedure eliminates the need to have large amounts of "personal money" with them in the cabin.

Luggage

We strongly recommend that parents purchase duffel bags to ship to camp rather than footlockers. Duffel bags can be stored, packed, and shipped easily. Please see the enclosed brochure from Amera Sport — a great source for duffel bags.

Radios/iPods

During the weeks at camp, we want participants to listen as much as possible--to each other, to their counselors, to the sounds of nature, and to God. We do everything we can to make it possible for them to live simply, with limited distractions, for eight weeks. With this in mind, they may bring cell phones for laundry nights, original CDs for van rides, cameras for anytime. Please do not bring any other device powered by electricity or batteries (iPods, radios, disc players, etc.) This includes those with cranks and solar power!

Cars

Program participants are not permitted to bring or use cars at camp.

Clothing and Equipment List

We recommend the clothing and equipment listed below. Temperatures at camp vary from 40-90° F, so it is imperative to have the warm clothes and rain gear that are recommended below. Clothes worn at camp receive hard wear. Avoid buying costly items that might be damaged. *All articles should be labeled clearly with your camper's name!*

Bed linens or washable sleeping bag
Pillow / 2 pillow cases
Face towels, Bath towels
Sport shirts / polo shirts (no spaghetti strap shirts or those that expose the midriff)
Underwear (to last two weeks)
T-shirts (some that can get very dirty)
Athletic socks
3 - 4 pair wool socks
Sweatshirts / sweatpants
Wool sweater or warm fleece pullover
Light Windbreaker type jacket
Sneakers - 2 pair
Slippers (if desired)
Pajamas/bathrobe

Swimsuits (2), girls should wear modest one piece, boys should not wear "Speedo" type suits
 Beach Towels (2)
 Jeans or rugged pants
 Shorts (of modest length)
 Pencils/pens
 Camera and extra film
 Flashlight and extra batteries
 stamps and stationery
 sunscreen/ lip balm/ sunglasses
 Bible (New International Version suggested)
 1 Laundry Bag and Laundry Detergent
 Insect repellent
 Personal Hygiene articles clearly labeled with name
 Comb and / or brush
 Soap & Shampoo
 Toothpaste / toothbrush
 2 water bottles labeled with name
 2 bandanas

NOTE: Any dress clothes brought for the traditional end of month banquet at Brookwoods and Deer Run should be modest (no spaghetti string dresses or bareback styles), with dress length to the knees. Please don't put the camp in an uncomfortable position, make sure that outfits are modest. We reserve the right to ask your child to change clothes if deemed inappropriate.

Tennis and Basketball Shoes/Sneakers: all participants interested in participating in the tennis or basketball activities must bring appropriate sneakers in order to use the courts. This is essential in keeping the surface in top condition and to allow full enjoyment of those activities.

For the extended canoeing and backpacking trips you will also need the following:

Sleeping Bag and stuff sack (synthetic fill, i.e. Polarguard or Holo-fill, etc.; down fill is acceptable but cannot get wet!)
 2 Heavy plastic bags for sleeping bag and clothing
 #Ensolite pad
 Head net
 Soap - biodegradable such as Ivory, Camp Suds, or Dr. Bronners
 Lightweight, synthetic long sleeve shirt (for protection from sun and bugs)
 Synthetic t-shirt and shorts (cotton materials absorb moisture and are not appropriate for backcountry trips)
 Hiking boots, medium weight with ankle support (see instructions below on fitting hiking boots)
 Old sneakers for wet shoes on canoe trips
 1 pair (top and bottom) light or medium weight polypropylene long underwear** (Mountain temperatures can dip below 30 degrees in the summer)
 Warm hat
 Lightweight gloves
 Rain gear - jacket and pants (no ponchos)*
 1 hat with brim
 #1 duffel bag for canoe trips
 Daypack
 #Backpack
 Folding pocket knife. NO large blade knives, swords or machettes!
 Sunglasses
 For Second Year LDP: fishing gear (there will be an opportunity to buy this before the trip if you do not already have any)

Please note items marked with an # can be provided by the Tripping program. The Tripping program provides external-frame backpacks and standard Ensolite pads. Campers desiring other equipment should bring it from home. Borrowing from fellow campers is not allowed.

*When purchasing rain gear, look for coated nylon or PVC coated waterproof (not repellent) material. Rain jacket, rain pants, and rain hat are preferable. Vinyl rainwear or ponchos are not acceptable.

** Many have often found it more comfortable on extended hikes if they have a set of polypro long underwear to ward off any chill at high altitudes.

Hiking Boots

Due to the rugged terrain and the added weight of a loaded backpack, extra ankle support is very important to the success of the trip. Light to medium weight boots can be found in any outdoor specialty store and most shoe stores. The height of these boots should cover the ankle and the tread should be aggressive. Hiking boots can be constructed of natural leather, synthetic corduroy or a combination of both. The fit of the boots should allow them to be worn with a heavy sock and maybe a light sock liner. Boots such as these have a long life and cost between \$50 to \$100. We strongly suggest the boots be broken in prior to arrival at camp!

The following is a guideline put out by the National Outdoor Leadership School:

FITTING MOUNTAIN BOOTS

* Shop for boots in the afternoon because your feet tend to swell during the day and this could affect your fit. Most people have one foot that is larger than the other. - always fit the larger foot. If the difference is significant, wear an extra sock or use an insole on the smaller foot.

*Stand and take a few steps. The toes should be comfortable - not too tight - with a bit of room to wiggle. The boot should feel comfortable in the arch, with a bit of support, but not tight. As you take a few steps, your heel should feel like it is being held snugly in the boot, with just enough lift so that your heel feels like it is just losing contact with the insole of the boot. If there is NO lift, the boot is too tight; a half inch or more is too loose.

* If your foot feels comfortable in the boot then kick the boot against a solid wall. Some shops may have an inclined ramp for you to walk down. In either case, the idea is to determine how much room your toes have at the front of the boot. Kick the wall three or four times with the intent of getting your foot to slide forward in the boot with each kick. Kick the wall until your foot feels like it is caught by the instep of the boot at the same time your toes hit the front of the boot. This should happen on the third or fourth kick (depending on how hard you kick). Your toes should just make contact at the end of the boot. If they hit hard on the first or second kick, the boot is probably too small. However, first try lacing the boots a bit tighter or try a narrower boot before trying a larger size. If your toes don't hit the end of the boot at all, try a smaller size. If your foot feels comfortable in the boot (again, the bottom line), if your heel lifts up from the bottom of the boot only slightly, and if your foot is caught and held by the instep AT THE SAME TIME that your toes hit the front of the boot, then you probably have a good fit.

* Take your time when purchasing boots. Walk around the shop; kick a solid wall or use the shop's ramp; try a different boot. One brand may fit your foot better than another. For example, a VASQUE may fit better than a KASTINGER, and vice-versa. Try other brands. REMEMBER: your feet should feel comfortable in the boots.

International Campers

Tuition and Payment

Tuition for all Camp sessions, including the Leadership Programs, is due in full by April 15th, regardless of whether the other required forms are completed or not. This includes payment for any fees and special programs. Please send tuition payment by check, which we prefer. If you need, we are able to process credit cards. Please call the office with your information ready and Mary or Debbie will handle it for you.

International Payment Process

An additional fee of \$200 per family (\$100 for Canada and Mexico) is required for all families living outside the U.S. Whether you are sending one child or more than one child, the fee stays the same. Due to fees associated with international transactions, you must wire one payment—including tuition and any additional fees—directly to the Camp’s bank in New Hampshire. Please send payment using the S.W.I.F.T. wire service with the following information included:

Citizens Bank
1 Citizens Drive
Riverside, Rhode Island 02915
ABA #0115-001-20
For credit to: Christian Camps & Conferences, Inc.
Account #330038-5999
Reference: Your child’s name
SWIFT Code: CTZIUS33

In most cases, the registration fee has not been prepaid, so do not subtract that fee from the subtotal. *Any check or money order drawn from an account outside the United States, even if designated in U.S. Dollars, will be returned to you.*

Travel Overview

While we will assist with your child’s travel plans whenever possible, you are responsible for arranging your child’s safe travel to camp. It’s imperative that we know your child’s travel plans if arriving by air—including mode of transportation and arrival and departure dates and times—at least two weeks prior to arrival. Please inform us immediately of any changes to your child’s itinerary.

Please read this section very carefully before indicating your plans on the Transportation Form, which is located at the back of this handbook.

Arriving at Camp

By car

- Please plan to arrive between 1:00pm-5:00pm on June 24th.

Please see the “Directions and Accommodations” section for driving directions to our camps.

By plane

- Please plan travel so that your child arrives at either Boston’s Logan Airport or New Hampshire’s Manchester Airport between 12:00am-5:00pm on June 24th.

Please note that, for a fee, Camp provides a van service from the airports noted above and will pick up campers at their various terminals. A Camp staff member will meet your child at the airline’s baggage area and help retrieve luggage. Your camper should wait for a staff member wearing a Brookwoods or Deer Run uniform and holding a clipboard. Please note that van service is available only for those campers arriving or departing by airplane.

Departing Camp

By car

- Please pick up your camper between 9:00am-11:00am on Saturday, August 18th.

By plane

- Plane departure reservations should be made between 12:00pm-5:00pm on Saturday—we cannot accommodate departures before noon!

At the airport, Camp staff members will escort campers to their various terminals.

Preparing your child for travel

Make sure your child travels with Camp's phone number. They can call Camp collect at any point if they need help:

- Brookwoods and Deer Run: 603-875-3600

Transportation fee

The cost of the van trip to and from the airports is \$80 round trip (\$40 one way). Please include your check for transportation with the completed Transportation Form. Also, consider sending money with your child for purchasing snacks en route.

Airline security

It is your responsibility to check with your airline regarding any new security-related rules.

Directions and Accommodations

Brookwoods and Deer Run

Directions

We are located on Lake Winnepesaukee in Alton, NH just off Route 28.

From NY, NJ, CT and points South: Take the Merritt Parkway, I-95, I-91 or I-84 to Hartford, CT. From Hartford, take I-84/86 to the Massachusetts Pike to I-290 through Worcester to I-495 to Route 95 North. Continue on Route 95N to the Spaulding Turnpike (near the Portsmouth, NH/Maine border) to Exit 15 - Route 11 NW. Take Route 11 NW to the Alton Traffic circle where Route 11 intersects with Route 28N. Take Route 28N for about 5 miles from the Alton Traffic circle. Shortly after the intersection with Route 28A, take a left onto Chestnut Cove Road. Follow signs for Camp Brookwoods and Camp Deer Run.

From Boston: Take the Expressway through Boston or Route 128 to Route 95 North. Continue on Route 95N to the Spaulding Turnpike (near the Portsmouth, NH/Maine border) to Exit 15 - Route 11 NW. Take Route 11 NW to the Alton Traffic circle where Route 11 intersects with Route 28N. Take Route 28N for about 5 miles from the Alton Traffic circle. Shortly after the intersection with Route 28A, take a left onto Chestnut Cove Road. Follow signs for Camp Brookwoods and Camp Deer Run.

Accommodations

If you are planning on staying in the Lakes Region, it's important that you make advance reservations early and directly with motels or resorts. The following is a guide to some of the accommodations that are near Camp.

Lodging

- Wolfeboro Inn, 44 N. Main, Wolfeboro 603-569-3016 (8 miles)
- Inn 'cb' A Uj, 280 N. Main, Wolfeboro 603-569-1335 (8 miles)
- Holiday Inn Express, Rochester 603-994-1175 (20 miles)
- Greystone Inn, 132 Scenic Drive, Gilford 603-293-7377 (20 miles)

If you're interested in local Bed and Breakfast options, please contact the Wolfeboro Chamber of Commerce at 603-569-2200.

Restaurants (Dinner \$15-\$25)

- Shibley's at the Pier, Rt. 11, Alton Bay 603-875-3636 (5 miles)
- Sandy Point Resort, Rt. 11, Alton Bay 603-875-6001 (6 miles)
- JP China, Rt. 11, Alton Bay 603-875-8899 (5 miles)
- Johnson's Seafood and Steak, 69 Routh 11, New Durham 603-859-7500 (11 miles)

- Garwoods, Main Street, Wolfeboro 603-569-7788 (8 miles)
- Wolfeboro Inn, 44 N. Main, Wolfeboro 603-569-3016 (8 miles)
- West Lake Asian, Rt. 28, Wolfeboro 603-569-6700 (10 miles)

Restaurants (Lunch \$5-\$15)

- Morrissey's Front Porch, Rt. 28, Wolfeboro 603-569-3662 (7 miles)
- Strawberry Patch, 30 N. Main, Wolfeboro 603-569-5523 (8 miles)
- Jo Green's, Main Street, Wolfeboro 603-569-8668 (8 miles)
- Downtown Grill Cafe, 33 South Main Street, Wolfeboro 603-569-4504 (8 miles)
- The Restaurant, 37 North Main Street, Wolfeboro 603-569-3000 (8 miles)

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Inhaler and Epi-Pen Permission

Must be completed by a licensed health care professional if Epi Pen is to be carried at all times:

The State of New Hampshire has recently enacted new legislation controlling the use and storage of inhalers and Epi-Pens at camp. The purpose of the law is to allow your camper to keep his/her inhaler or Epi-pen on his/her person to be used if needed while at the same time providing a safe environment for other campers. The State of New Hampshire requires two Epi-pens: one for the camper and one to be kept in the Health Lodge. The State of New Hampshire does not require two inhalers, but Camp Brookwoods and Deer Run recommends two inhalers: one for the camper and one for the Health Lodge.

_____ has the knowledge and skills to safely possess and administer
(name of camper)
the following medication in a camp setting. If needed the medication is to be self-administered in the following manner:

INHALERS THAT MUST BE CARRIED

Medication _____ Dose _____ Frequency _____

Medication _____ Dose _____ Frequency _____

Medication _____ Dose _____ Frequency _____

EPI-PEN

Medication _____ Dose _____ Frequency _____

List any special side effects, contraindications, and/or adverse reactions to be observed other than those listed on the package insert. _____

Although rare, the administration of epinephrine to an individual other than for whom it is prescribed can result in serious medical problems which are listed on the epinephrine package insert. This patient has been instructed in the dangers of administration of his /her epinephrine to any other person.

HEALTH CARE PROFESSIONAL'S NAME _____

SIGNATURE OF HEALTH CARE PROFESSIONAL _____ DATE _____

ADDRESS _____

BUSINESS PHONE () _____ EMERGENCY PHONE () _____

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On the front side is the Epi-Pen
Permission Form

Airport Transportation

LDP at Brookwoods and Deer Run

Before you complete this form, please read the "Transportation Overview" section on page 11 very carefully—it contains specific travel-related instructions, including required arrival and departure times.

If your child is traveling by plane and if you'd like for us to meet your child at the airport and provide van service to and from Camp, please use the form below to provide us with your child's travel plans, including detailed flight information. We are unable to guarantee transportation without this information in writing, and **we must have this form at least two weeks prior to a camper's arrival. We cannot guarantee availability for last minute arrangements, and we reserve the option of an additional fee for late notification.**

Airport transportation fee: \$80.00 round trip (\$40.00 one way) per camper—please enclose check with this form.

Camper Name _____ Age _____

Unaccompanied Minor? Yes ___ No ___

Has parent paid unaccompanied minor fee? Yes ___ No ___

Area Code + Home Phone _____

Parent Cell Phone Number _____

Parent Fax Number _____

Emergency Contact, name and phone number _____

Camper's Cell Phone _____

I plan to arrive at (check/circle one) and need transportation to Camp:

- Boston Logan Airport
- Manchester Airport

Airline Name/Flight # Arrival Time Date

I plan to depart (check/circle one) and need transportation to the airport:

- Boston Logan Airport
- Manchester Airport

Airline Name/Flight # Departure Time Date

Important!
Please attach a copy
of the actual e-ticket
or itinerary to this
form

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On the front side is the Airport
Transportation Form

Leadership Development Program

Universal Permission Form

This form shall serve as permission for my child _____ to leave camp property on the designated camp Visiting Day programs as follows:

Please circle one:

_____ He/she may OR may not leave with an older sibling.

_____ He/she may OR may not leave with another camp friend's parents.

_____ He/she may OR may not leave with other adult family friends who are in the area. Their names are as follows:

_____ He/she may NOT LEAVE UNDER ANY CIRCUMSTANCE.

_____ He/she may leave with anyone EXCEPT the following:

This permission shall apply to only the Camp season 2012.

I also give Christian Camps and Conferences, Inc. permission to transport my child throughout New England and into Canada, and understand that those in the second year program are required to have a Passport.

Parent Signature

Date

Printed Parent Name

**Mail all forms to:
Leadership Programs
Christian Camps and Conferences, Inc.
34 Camp Brookwoods Road
Alton, New Hampshire 03809**

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On the front side is the
Universal Permission Form



Name: _____
First Middle Last

Male Female Birth Date _____ Age on arrival at camp: _____
Month/Day/Year

Health History Form

Directions:

1. Parents: Please fill out pages 1 and 2 of this form as much as possible.
2. Provide the form to your child's health care provider for review and completion of pages 3 and 4.
3. **After** the health care provider has completed and signed the form, **return it to the camp by May 1st.** We suggest you keep a copy of the completed form for your records.

Home Address: _____
Street Address City State Zip Code

Parent/guardian with legal custody to be contacted in case of illness or injury:

Name: _____ Relationship _____ to Camper: _____ Preferred Phone: (_____) _____
Email: _____

Home Address: _____
(If different from above) Street Address City State Zip Code

Second parent/guardian or other emergency contact:

Name: _____ Relationship _____ to Camper: _____ Preferred Phone: (_____) _____
Email: _____

Additional contact in event parent(s)/guardian(s) can not be reached:

Name(s): _____ Relationship _____ to Camper: _____ Preferred Phone: (_____) _____

Medical Insurance Information:

This camper is covered by family medical/hospital insurance Yes No

Parent/Guardian Authorization for Health Care:

This health history is correct and accurately reflects the health status of the camper to whom it pertains. The person described has permission to participate in all camp activities except as noted by me and/or an examining physician. I give permission to the physician selected by the camp to order x-rays, routine tests, and treatment related to the health of my child for both routine health care and in emergency situations. If I cannot be reached in an emergency, I give my permission to the physician to hospitalize, secure proper treatment for, and order injection, anesthesia, or surgery for this child. I understand the information on this form will be shared on a "need to know" basis with camp staff. I give permission to photocopy this form. In addition, the camp has permission to obtain a copy of my child's health record from providers who treat my child and these providers may talk with the program's staff about my child's health status.

Signature of Custodial Parent/Guardian _____ Date _____ Relationship _____ to Camper: _____

If for religious or other reasons you cannot sign this, contact the camp for a legal waiver which must be signed for attendance.

Health History

Page 2 of 4

Name: _____
First Middle Last

General Health History: Check "Yes" or "No" for each statement. Explain "Yes" answers below.

Has/does the camper:

- | | |
|---|--|
| 1. Ever been hospitalized? <input type="checkbox"/> Yes <input type="checkbox"/> No | 11. Had fainting or dizziness? <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 2. Ever had surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No | 12. Passed out/had chest pain during exercise?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 3. Have recurrent/chronic illnesses? <input type="checkbox"/> Yes <input type="checkbox"/> No | 13. Had mononucleosis during the past 12 months?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 4. Had a recent infectious disease? <input type="checkbox"/> Yes <input type="checkbox"/> No | 14. If female, have problems with menstruation?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 5. Had a recent injury? <input type="checkbox"/> Yes <input type="checkbox"/> No | 15. Have problems with falling asleep/sleepwalking? <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 6. Had asthma/wheezing/shortness of breath?..... <input type="checkbox"/> Yes <input type="checkbox"/> No | 16. Ever had back/joint problems?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 7. Have diabetes? <input type="checkbox"/> Yes <input type="checkbox"/> No | 17. Have a history of bedwetting?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 8. Had seizures? <input type="checkbox"/> Yes <input type="checkbox"/> No | 18. Have problems with diarrhea/constipation?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 9. Had headaches? <input type="checkbox"/> Yes <input type="checkbox"/> No | 19. Have any skin problems?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 10. Wear glasses, contacts, or protective eyewear? <input type="checkbox"/> Yes <input type="checkbox"/> No | 20. Traveled outside the country in the past 9 months?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |

Please explain "Yes" answers in the space below, noting the number of the question. For travel outside the country, please name countries visited and dates of travel.

Mental, Emotional, and Social Health: Check "Yes" or "No" for each statement.

Has the camper:

1. Ever been treated for attention deficit disorder (ADD) or attention deficit/hyperactivity disorder (AD/HD)? Yes No
2. Ever been treated for emotional or behavioral difficulties or an eating disorder?..... Yes No
3. During the past 12 months, seen a professional to address mental/emotional health concerns?..... Yes No
4. Had a significant life event that continues to affect the camper's life?..... Yes No
(History of abuse, death of a loved one, family change, adoption, foster care, new sibling, survived a disaster, others)

Please explain "Yes" answers in the space below, noting the number of the questions. The camp may contact you for additional information.

If your camper has not been fully immunized, please sign the following statement: I understand and accept the risks to my child from not being fully immunized.

Signature of Custodial Parent/Guardian: _____ Date: _____ Relationship to Camper: _____

Health-Care Providers:

Name of camper's primary doctor(s): _____ Phone: (_____) _____
Name of dentist(s): _____ Phone: (_____) _____
Name of orthodontist(s): _____ Phone: (_____) _____

What Have We Forgotten to Ask? Please provide in the space below any additional information about the camper's health that you think important or that may affect the camper's ability to fully participate in the camp program. Attach additional information if needed.



Parents/Guardians: STOP here. The rest of the form is to be completed by the camper's licensed health-care provider.

Guidelines and Expectations

Leadership Programs at Brookwoods and Deer Run

These are the guidelines and expectations for the participant in Leadership Programs. A successful program requires that all participants abide by these guidelines and come to camp with these expectations. Please initial the boxes and sign below to state that you have read and understand the following:

The Leadership Development Program is a community adventure: all are expected to participate in the entire program, and it is your responsibility to do so. All are expected to participate willingly in a wide variety of activities with the rest of group; some activities will be challenging, either physically, spiritually, intellectually, or relationally. Since you are an important part of the experience for all those in your group, you owe it not only to yourself, but to your fellow participants to be ready to commit to these shared experiences.

All participants are expected to be involved for the entire program over the course of the two summers.

An emphasis on rules contradicts the Brookwoods and Deer Run perspective on life. Encouragement, self-motivation and self-discipline, creativity, individuality, kindness and respect are important cornerstones of all we do at camp. Therefore we keep to rules that are absolutely necessary. Participants must follow the given instructional sequences and methods for all adventure activities (ropes courses and back country trips among others). Unsupervised swimming is not allowed. Use or possession of alcohol and tobacco, weapons, or unprescribed drugs, as well as inappropriate language are against our rules, and we are inflexible about them. Christian Camps and Conferences, Inc. reserve the right to dismiss participants whom we believe have violated these guidelines.

The staff of Brookwoods and Deer Run feel a keen sense of responsibility for the spiritual growth of all program participants, and we will endeavor to provide a Christ-centered environment for this to take place. All participants are expected to understand this philosophy and the staff's efforts to provide this environment.

During your time at camp, we want you to listen as much as possible--to each other, to your counselors, to the sounds of nature, and to God. We do everything we can to make it possible for you to live simply, with limited distractions, for eight weeks. With this in mind, you may bring cell phones for laundry nights, original CDs for van rides, cameras for anytime. Please do not bring any other device powered by electricity or batteries (iPods, disc players, etc.)

I have read the above guidelines and expectations and agree to abide by them for the duration of the program to ensure the best possible experience for myself and my fellow program participants.

Signed by Program Participant

Date

Printed Name



2012

Program Development Leadership

Handbook



Christian Camps and Conferences, Inc.
34 Camp Brookwoods Road
Alton, New Hampshire 03809
Telephone: 603.875.3600 Fax: 603.875.4606
www.christiancamps.net

