

Camp Blue Ridge User Guidelines

Welcome to camp. We hope your experience is a good one. Please remember that unless you requested exclusive use, other groups may be sharing the camp with you. Please use only the meeting hall, cabins and motel units that were assigned to you. When you check in, the receptionist will provide you with a radio to use for the weekend. If you have any problems or needs, please use the radio to call the host on duty and they will assist you in any way they can. The following guidelines and procedures are designed to help you have an enjoyable and safe stay with us. Please go over them with your **ENTIRE GROUP.**

Camp Blue Ridge and the Potomac Conference of Seventh-Day Adventists will not be responsible for any accident, loss by theft, or acts of nature occurring to the persons using this facility.

Building Check-in Procedures:

1. In the winter, adjust heat for comfort.
2. Under no circumstances should any building equipment be moved. Please call for assistance.
3. Conserve water. Our camp is on a well system. Please do not leave water running. Report leaky faucets and running toilets to the host.
4. If there is a major maintenance problem, please call the host immediately. Major problems include: No water or electricity, or storm damage to a building.

Building Check-out Procedures:

Cabins:

- ✓ All food items must be removed from refrigerators. **DO NOT TURN REFRIGERATORS OFF.**
- ✓ Turn mattresses up on side and remove all trash and personal items.
- ✓ Sweep the floors
- ✓ Turn out all of the lights
- ✓ Turn heat back down to 50 degrees
- ✓ Close any open windows and the sliding glass doors
- ✓ Flush the toilets
- ✓ Take all trash to the outside cans in the village yard
- ✓ Turn in all keys

Dining Hall:

- ✓ All chairs should be placed on the chair racks
- ✓ Wipe off all tables
- ✓ Take down all table and place on table racks

Town Hall/Wood Lodge:

- ✓ All chairs stacked and stored
- ✓ All tables placed in storage room
- ✓ All trash cans put in outside cans
- ✓ Any A/V equipment put away

- ✓ The Town Hall kitchen clean, if used
- ✓ Floor vacuumed

Lake and Lawn Area:

- ✓ All canoes put **BACK ON RACK!**
- ✓ All lifejackets and paddles returned to the shed
- ✓ All horseshoes returned to the horseshoe pits
- ✓ All trash on lawns, basketball court and around the motels picked up and placed in proper receptacles
- ✓ All sports equipment borrowed from the camp needs to be returned

Motels:

- ✓ All trash put outdoors in the area receptacle
- ✓ All towels and linens taken off beds, placed in pillowcases and set inside the front door
- ✓ All lights turned off
- ✓ Make sure there is no water left running

General Rules

1. **DO NOT BRING** or use on site any of the following:
 - ✓ Illegal or illicit drugs
 - ✓ Alcoholic beverages
 - ✓ Firearms, ammunition or other weapons
 - ✓ Pets
 - ✓ ATV's, motorbikes, mini-motorbikes or four-wheelers
 - ✓ Motorboats
 - ✓ Horses or other livestock, without prior permission
 - ✓ Explosives, including fireworks
2. Smoking and tobacco use are permitted outside the buildings only. Cigarette Must be disposed of properly and not left lying around the camp.
3. Wild animals, plants, flowers and trees should be left alone. Do not cut trees or branches from live trees, pick flowers or plants, or capture, kill or injure animals.
4. Personal sports equipment and personal possessions are the responsibility of the owner. Some sports equipment is provided. Skateboards, roller skates, and roller blades are **NOT** permitted at Camp Blue Ridge.
5. Only persons trained or experienced in their safe use and disposal should handle gas, liquid flammables and hazardous or poisonous materials. These materials should be stored in closed, approved containers, clearly labeled, in locations separate from food.
6. Only persons trained or experienced in their use should handle power tools. Safety devices should be used and tools should be in good repair.

Aquatics:

Swimming:

CBR advises and strongly encourages user groups to provide a certified lifeguard for your group swimming activities. If you or your group desire to swim without a lifeguard, arrangements to do so must be made with Camp Blue Ridge Management/Weekend Host in writing. In this situation, you Agree to swim at your own risk with no lifeguard on duty.

Boating:

- ✓ Use of canoes requires 2 adults to supervise the lake area.
- ✓ All those canoeing **MUST!!!** Wear and **APPROPRITELY FITTED**, U.S. Coast Guard approved life jacket, which is provided by the camp.
- ✓ Do **NOT** remove any boats from the waterfront area.
- ✓ **Make sure** all canoes are placed back on the racks, all paddles are returned to the appropriate compartment, and all life jackets are returned to the appropriate shelf in the shed.

Fishing:

- ✓ Fishing is permitted on a catch-and-release basis only. Please contact your host for a permit. There is no fishing on Sabbath (Saturday).

Service Projects:

Groups wishing to complete a service project while here should contact the weekend host. If you are interested in working on a major project, please contact the Camp Manager at (540)377-2413.

Vehicles and Emergency Transportation:

1. To contribute to the preservation of our camp, minimize the vehicle use on the property to **ESSENTIAL** use only.
2. Local EMS is notified on an annual basis of the location of our camp. To reach EMS, dial 911.
3. Observe posted traffic information, speed limits and parking signs. **DO NOT park** within 20 feet of the entrance bridge. **DO NOT park** on the grass unless directed to do so.
4. **DO NOT** transport persons in the back of trucks or in non-passenger vehicles, or on the sides of vehicles or tractors.

Health and Safety:

1. Groups using Camp Blue Ridge are advised to provide an adult currently certified in CPR for the age levels served and First Aid from a nationally recognized provider of CPR/First Aid training.
2. Groups are responsible for providing their own first aid care and supplies. Call 911 in an emergency. BR does not provide first aid or emergency care, supplies or transportation for on site groups.
3. Groups are advised to collect in writing the following information for all participants:
 - ✓ Name and address
 - ✓ Emergency contact name and phone numbers

- ✓ List of all allergies or health conditions requiring treatment, restrictions or other accommodations.
 - ✓ Signed parental permission to seek emergency care for minors or a signed religious waiver.
4. In the event of an accident, illness or incident requiring professional medical, firefighting or law enforcement assistance, please contact the weekend host and call 911.
 5. Phones are located in the Dining Hall and in the lobby of Wood Lodge. You must use a calling card, call collect, or use an 800 number.

Supervision of Minors:

1. Groups are advised to provide appropriate adult supervision for children under the age of 18 in the following ratio of children to adults:

Age	Children	Adults
5-6	5	2
Age	Children	Adults
6-8	12	2
8-11	16	2
11-14	20	2
14-17	24	2

2. The supervision of all members of the group is the responsibility of the group. This includes provision of qualified personnel for any specialized recreational activities and making all members familiar with the camp's safety precautions and regulations.