

# SUMMER GUIDELINES

## Canteen

The Canteen stocks snacks, drinks, LUL apparel and merchandise, if you do not want your group to purchase certain items you'll need to monitor this.

## Cell Phones

Please make sure all students leave their cell phones in their rooms or in your care for the duration of your stay. Please make sure all chaperones silence all cell phones during chapel and seminars.

## Chapel

Our staff will seat your group according to your wristband color. Food/Drinks are NOT allowed inside. Please limit phone use to avoid distraction for campers. Flashlights are not to be used during Fun Time or worship. Children under the age of 5 cannot attend Chapel.

## Clothing Guidelines

In order to ensure that all clothing contributes to the spirit of camp, please make sure all shirts are loose fitting, have sleeves, and cover the stomach when arms are raised; shorts should be of proper fit, approximately mid-thigh in length. This applies to all activities. No bikini or two-piece swimsuits, please. If any guests don't own a one-piece, a non-white t-shirt can be worn over the bathing suit.

## Courtesy Of Other Groups

Please make sure your group respects other groups while on camp. Our recreation areas such as the basketball court, wiffle ball field, volleyball court, and soccer arena are open to all guests to use. Please avoid loud yelling, screaming, singing, etc., while walking in the main areas of camp and outside cabins, especially after lights out.

## Dining Hall & Coffee

Please have your group at the Dining Hall entrance 10 minutes before the listed time on the schedule. This ensures all groups can eat as close to their listed time as possible. Our staff will monitor the entry door at meal times and limit the # of guests inside to ensure adequate seating and clean tables. Coffee will be available in the lakeside dining hall as early as 6:00 am for adults. Coffee is for chaperones only.

## First Aid

Look Up Lodge does not have dedicated medical staff and cannot medically treat guests. We encourage you to bring your own first aid supplies. If you forget or run out, we stock a few basic first aid supplies available in the Main Lodge Front Office such as band-aids, antiseptic wipes, antibiotic ointment, headache/stomachache tabs, and sting swabs. AEDs are located in the Main Lodge and in the Chapel. Emergency Medical addresses and numbers are located in the Office Medical Station.

## Fishing

Fishing is catch and release only, please! Fishing is not permitted anywhere near the swimming area, zip line, or boat area. We have a limited amount of fishing gear available at the Canteen, but if you have your own gear and bait, we encourage you to bring your own.

# SUMMER GUIDELINES (CONTINUED)

## Free Time Activities

Waterfront activities (boats, zip line, swimming area, giant swing) are only open during listed Free Time and are staffed and supervised by Look Up. Ball Courts are available until lights out.

## Golf Carts

Staff golf carts are used for landscaping and transporting equipment and are unavailable for guests with the exception of medical emergencies. Personal golf carts can be used for medical needs. Please contact us ahead of your retreat if you would like to bring a golf cart.

## Ice

In the case of injury, our staff can provide ice to your group. However, if you need ice for coolers or beverages, there is a Dollar General 4 minutes down the road at 3597 SC-11, Travelers Rest, SC 29690.

## Landscaping

Please communicate to your group, kids especially, not to pick flowers so other guests can enjoy them as well. Please have your students refrain from throwing landscaped stone or gravel into the lake.

## Life Guards

There are certified life guards at the swimming area during free time. There is no diving in the shallow end. Additional rules are posted lakeside.

## Lights Out

Please be respectful of other guests by making sure students are in their rooms and quiet by lights out.

## Rooming

Please make sure boys stay out of girls' rooms and girls stay out of boys' rooms. Please do not allow your kids to have water or shaving cream fights in their rooms, or draw/spray graffiti on any surface. Any damages incurred from these activities will result in a fee of at least \$100 + materials. Please keep the temperature at an even 68 degrees.

## Smoking

Smoking is not allowed by youth at any time or by any adults inside buildings, meeting spaces or covered porches.

## Swim Test

The swim test must be passed for a guest to use the deep end of the lake. Life guards will be on hand to perform the test at the start of free time. The test is swimming unassisted and above the water from one dock to the other and back. Guests who complete it will be given a white wrist band that they must wear. Guests who don't pass the test on the first day can retake it the next day.

## Vehicles

We try to keep camp as walkable as possible. Please keep your cars, trucks, vans, and buses parked in their designated parking spots during your stay, if possible. If guests need to drive for medical reasons, they're welcome to do so. Please make sure your vehicles don't block maintenance or emergency vehicles' paths.

## Waterfall

Please make sure your group stays off the waterfall to avoid injuries. This is a safety guideline!