



INSPIRE 2021

Info Packet

We are so excited to journey together in **CHARITY** this summer! In this packet, you'll find basic camp information, a packing list, our disciplinary code, and answers to common questions.

Please read this information packet in its entirety before contacting us with questions. Thanks!

CAMP INFORMATION

Camp Ocoee Ridge

479 Frey Road
Old Fort, TN 37362
(423) 338-2747

LODGING

We will be staying in air-conditioned cabins at Ocoee Ridge. There are bathrooms and showers in every cabin.

TRANSPORTATION

All transportation to and from Inspire is organized by your local Ladies and Lead Ladies. Inspire is scheduled at the same time as Fraternus Ranch so that parishes that have both Fraternus and Fidelis can coordinate transportation between the two groups.

MEALS

The Sisters will be served three (3) meals a day. Snacks and drinks will be provided throughout the day to ensure proper nourishment and hydration. Please let your local Ladies know if your daughter has any special dietary needs.

ACTIVITIES

Activities include whitewater rafting, zip-lining, paintball, high ropes, low ropes, and a variety of outdoor recreation. There will be one session per day that includes a talk, reflection time, and small group discussion.

EMERGENCY CONTACTS

Priscilla McKinney, Executive Director

(805) 512-0806

Jessamyn (Anderson) Frain, Emcee

(317) 645-5215

Marisol Alicea, Inspire Coordinator

(301) 525-6167



Packing List

PAPERWORK

Health screening form
Ocoee Ridge Camp waiver
Adventures Unlimited waiver

LINENS

Beach towel
Bath towel(s)
Sleeping bag and/or bedding
Pillow

TOILETRIES

Everyday toiletries
Sunscreen
Bug spray
Medication (if applicable)

MISCELLANEOUS

Watch (no phones allowed)
Cash (\$20-40)
Flash light
Rosary
Bible (*optional*)
Journal* (*optional*)
Snacks —> One dozen ***individually wrapped snacks.***

*We'll provide journals but you're welcome to bring your own!

CLOTHES

Please watch dress code video!

You'll need outfits for the following:

Sunday Mass (1)
Outdoor activities & Sessions (7)
Whitewater rafting (1)

Extra t-shirt (2)
Extra shorts/bottoms (1)
Sweatshirt (1)
Sweatpants (1)
One-piece swimsuit (1)
Tennis shoes (1)
Extra/old tennis shoes* (1)
Flip-flops (1)
Optional mask/face covering

*Close-toed shoes for whitewater rafting. These will get soaked and stay wet for the rest of camp. Consider bringing a plastic bag to put them in when you pack to go home!

IMPORTANT

- ▶ Shorts must be mid-thigh or longer and should be visible under t-shirts.
- ▶ Bulky t-shirts are not recommended for safety purposes.
- ▶ If you wear bike shorts/leggings, your top should cover your behind.
- ▶ Shoulders must be covered for Mass.



Packing List

PAPERWORK INFORMATION

- ▶ Health Screening Form — Please fill this out and turn it in to your head Inspire Chaperone the day your daughter(s) depart for Inspire.

Fill out the waivers below (either electronically or physically), then print and turn in BOTH confirmation emails or hardcopy waivers to your head Inspire Chaperone before departing for Inspire.

- ▶ Ocoee Ridge Camp waiver
- ▶ Adventures Unlimited whitewater rafting waiver

DO NOT BRING

- ▶ Expensive jewelry, clothing, or anything that could get damaged
- ▶ Electronics of any kind (phone, tablet, laptop, etc.). These will be confiscated if found.
- ▶ Weapons of any kind
- ▶ Drugs or other illegal substances

NOTE

This list is not inclusive, but it should help you in your packing. Prepare for a range of weather conditions as you will be outside all day most days. Closed-toed shoes must be worn at all times except during waterfront activities. Make sure everything is clearly labeled with the camper's first and last name (not just initials).

Fidelis and the camp are not responsible for items that become damaged, lost or stolen. You are bringing these things at your own risk!



Disciplinary Code

These guidelines are observed on all Fidelis outings to foster a safe environment that is conducive to learning and growth.

GENERAL RULES AND GUIDELINES

- 1. Safe and fun.** Our primary goal is to provide a safe and positive environment for the young ladies to grow in virtue and sisterhood.
- 2. Cool and Positive.** If it's not cool or positive we don't say or do it.
- 3. Cell phones and other electronics are NOT permitted** during Inspire. If you need to contact your daughter, please call your Fidelis leader, Priscilla, or Jessamyn.
- 4. Modest dress is required.** Activities vary from Mass, adoration to small group discussion, swimming, whitewater rafting, and other sports and recreational activities. Clothing meant to accentuate (draw attention to) parts of the body that God considers, and that we ought to consider, sacred are prohibited
 - ▶ Shorts must be mid-thigh or longer. No short running shorts are permitted.
 - ▶ Tight bottoms (bike shorts/leggings) should be covered by long shirts.
 - ▶ No cleavage or midriffs exposed
 - ▶ Only one-piece swimsuits permitted. No bikinis or tankinis.
 - ▶ Avoid clothing with any inappropriate messages, language, or symbols.
 - ▶ Tank tops are permitted but must be wider than spaghetti straps.
- 5. Buddy system.** Whenever a sister leaves the group, she will take a buddy with her.
- 6. Two-deep leadership.** All groups will be assigned two (2) adult leaders for safety and youth protection purposes.
- 7.** Possession, selling, and/or use of **alcoholic, tobacco products, and illegal drugs** or being present where individuals are using illegal substances is strictly prohibited.
- 8. Sexually-explicit conversations and contact** are prohibited.
- 9. Theft and the misuse or abuse of property** are prohibited.
- 10. Conduct that jeopardizes the safety of other campers** is prohibited. We reserve the right to pull a sister out of a camp activity if she is putting other campers in harm's way.
- 11. Sisters cannot leave camp** without permission of parents and Fidelis staff (including authorized volunteers).



Disciplinary Code

GUIDELINES FOR YOUTH DISCIPLINE

1. Adult leaders of Fidelis chapters are responsible for monitoring the behavior of youth and interceding when necessary. Parents of youth members will be informed and asked for assistance.
2. Fidelis does not permit the use of corporal punishment.
3. The chapter adult leadership should review repetitive or serious incidents of misbehavior in consultation with the parents of the child to determine a course of corrective action.
4. The chapter shall inform the Fidelis representative about all incidents that result in a physical injury or involve allegations of sexual misconduct by a minor with another minor.

DISCIPLINE PROCEDURES

1. Verbal warning 1
2. Verbal warning 2
3. Immediate removal from the activity
4. Notification to parents
5. Program suspension and/or expulsion from program
6. Other sanctions appropriate to the circumstances, as determined by FIDELIS volunteer in consultation with FIDELIS representative.



Common Questions

MEDICATION

All medications (prescription and over the counter) must be labeled with the camper's first and last name, dosage instructions and brought to drop-off in the original bottle. We will have some non-prescription medications, such as Tylenol and cough drops, to be administered as needed (if authorized by parents at time of online registration). All medication, including vitamins, are locked safely in our infirmary and dispensed by the Camp Nurse. All medications are required to be deposited with the Camp Nurse upon check-in.

ILLNESS, ACCIDENT, AND EMERGENCIES

At Fidelis Inspire, camper safety is our first priority. All staff members undergo intensive training on how to prevent and handle a variety of emergency situations. If an emergency does occur, the safety of campers will be secured and the appropriate authorities and parents notified. It is essential that we have accurate contact information for the parents and a SEPARATE emergency contact. If this information changes before camp, please inform us. If your camper becomes ill during camp, you or in case you cannot be reached, your emergency contact will be notified.

BUG SPRAY AND SUNSCREEN

Due to a humid environment, the camp does have mosquitoes buzzing around. The American Academy of Pediatrics (AAP) has suggested that it is appropriate to use insect repellent with 10%-30% DEET on children, with lower concentrations recommended for those with sensitivities including allergies, respiratory irritation and seizures.

All campers need to bring a sunblock with a minimum SPF of 15. On top of sunscreen, it is wise for campers to cover their backs and shoulders to prevent sunburn and bug bites. It is recommended that tank tops should be avoided.

Even though campers will have a Lady available to help them, many campers don't wait for Ladies before overloading bug repellent and sunblock. Please help your camper be ready to "do it themselves" by instructing them how to safely apply both. Remind your camper:

- To apply the repellent to their clothing rather than skin when possible.
- NOT to apply to eye and mouth areas or to cuts, wounds and irritated skin.
- To wash their hands after applying and before touching face.
- It takes ~30 MINUTES for sunblock to bond with the skin so your camper needs to put it on before they NEED it.



Common Questions

CLIMATE

We usually have hot and humid days so shorts and t-shirts are common. Occasionally we do have cool nights so a pair of pants and either a sweatshirt or light jacket are a good idea. We often have rain showers that come through so you will want to carry rain gear in your day pack at all times if you don't want to get wet.

TYPICAL DAY

Ask anyone who has been to camp and they'll tell you that there isn't a "typical day" – each sunrise brings new and exciting experiences! But, there are some general patterns you can expect when we are at Inspire.

- 7:00 am = Rise
- 7:30 am = Breakfast
- 8:30 am = Prayer & Session
- 10:30 am = Mass
- 11:30 am = Lunch
- 1:00 pm = Afternoon Activities
- 5:30 pm = Dinner
- 6:30 pm = Evening Activities
- 9:00 pm = Adoration/Prayer Activity
- 11:00 pm = Lights Out!

CAMPFIRES

Our ability to have open fires depends on the fire danger and wind speed. We are in frequent communications with the appropriate authorities and will know if it is too dangerous to have a campfire.

CAMP PHONE CALLS

Campers who receive phone calls are more likely to experience homesickness. Phone calls are discouraged. In case of an emergency or if you have concerns please call Priscilla McKinney.