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FOR HEALTHY LIVING  
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## **Friends of YCO Family Camp Handbook**

### **Contact Information**

Camp Office (423) 338-5588

Camp Fax (423) 338-5507

Camp Director- B.J. Davis

[bdavis@ymcachattanooga.org](mailto:bdavis@ymcachattanooga.org)

Office Hours: Monday-Friday 9am-4:30pm

Address: 111 YMCA Drive  
Ocoee, TN 37361

Web Address: [www.ymcacampocoe.org](http://www.ymcacampocoe.org)

# Welcome to Camp Ocoee!

## A Note from the Director

Welcome back to YMCA Camp Ocoee! Our mission is: To provide experiences, under a strong Christian emphasis, that will strengthen the spirit, mind and body of all its participants. During your stay we will provide an engaging program while fostering the physical, emotional, and spiritual well-being of our participants. We will promote character development and encourage learning.

We welcome you to an extraordinary place where the combination of beautiful surroundings, creative staff and a strong spirit of community create a rejuvenating and unforgettable experience for you and your family.

We are very excited to have you at YMCA Camp Ocoee Friends Family Camp. The Camp Handbook is filled with useful information to help you prepare for camp, have an enjoyable trip and gain a better understanding of the camp experience. Please read through this handbook to ensure an enjoyable, safe, and fun experience.

## Family Camp Guidelines

- Please wait on a Camp Ocoee staff member prior to entering any program area.
- Swim only in the designated swim area (Waterfront near Dining Lodge)
- Everyone wears a lifejacket when in a boat
- Know where your children are at all times
- If you hear a bell ringing continuously, come to the Dining Lodge
- Please show respect for the other cabins during Quiet Hours (10pm-7am)
- Help us keep camp clean of trash by using the garbage cans found all around camp
- Bring Lost and Found to the Dining Lodge
- No Smoking
- Campfires should only be built in existing fire pits and an adult must be present at all campfires
- Once you have unloaded your car please move it to one of the parking areas. (Camp office and by the Campfire Circle)
- Please walk to and from activities and meals if possible.

## **What to Pack for Camp Ocoee**

Please label everything with your first and last name.

### Bedding

- Sleeping bag
- Blanket
- Sheets (single bed)
- Pillow

### Clothing- Pack for entire session

- Undergarments
- T-Shirts
- Raincoat/Poncho
- Hat/ Bandana
- Shoes (athletic)
- Sandals\*
- Pants
- Shorts
- Socks
- Pajamas
- "Mud Game" clothing
- Sweatshirt
- Swim Wear\*\*

\* Sandals with a tight back strap are the perfect shoes for camp. Flip Flops/Crocs are not appropriate camp shoes.

\*\* Swim Wear should provide complete coverage, fasten securely and be designed for active wear.

One-piece swimwear only for girls.

### Personal Hygiene

- Shower Caddy
- Wash Cloth
- Shampoo
- Tooth Paste
- Sunscreen
- Insect Repellant (non-aerosol)
- 2 Towels
- Soap
- Toothbrush
- Comb/Brush
- Deodorant

### Other Items (optional)

- Bible
- Camera
- Musical instrument
- Camp Chair
- Water Bottle
- Notebook
- Day Pack
- Small Clip Fan for bed
- Flashlight

Do not bring expensive clothing to camp. Camp is not responsible for any items left behind or lost. All left items will be donated to charity.

### **What to Leave at Home**

- Alcoholic beverages
- Tobacco products
- Knives, guns, or other weapons
- PETS!

## Swim Evaluations

Before using any aquatic area at Camp Ocoee, all campers 15 and under must complete a swim evaluation. The evaluation consists of swimming approx. 25 meters and treading water. After the swim evaluation, campers will receive a swim band. Green band swimmers can swim in the swim area without the use of a lifejacket. Red band swimmers must wear a lifejacket while in the water.

If your child needs to take the evaluation just ask one of the lifeguards at the waterfront. They will be happy to assist you and your child.

## Meals at Camp Ocoee

Our cooks and kitchen staff prepare delicious meals. All meals are served buffet style. At breakfast each morning fresh fruit and cereal will be available along with the hot breakfast. Each lunch and dinner a salad bar and sandwich bar are available in addition to the main entrée. If you or anyone in your family has a special dietary restrictions that you did not indicate on your registration form please email B.J. at [bdavis@ymcachattanooga.org](mailto:bdavis@ymcachattanooga.org).

- Please arrive on time for meals
- Assist younger children with their plates and bowls
- Only take one serving the first time through the line
- After the meal, take all cups, silverware, and plates to the kitchen, wipe the top of the table, sweep below the table, and organize chairs.
- After every meal, the staff will make announcements. Important information is delivered at this time. Please have at least one family member stay until the end of announcements.

## Nuts and Bolts

*Housing:* Families stay in Camper Cabins. All buildings on camp have electricity and bathroom facilities. The Camper Cabins are open air screen buildings.

*Healthcare:* There is no designated health care provider during camp. Parents are responsible for their family member's health and should bring over the counter medications and first aid supplies.

*Internet Access:* Internet access is only at the Camp Office and Dining Hall over WiFi.

*Cellular Service:* Cellular service on camp is spotty. The only service that gets a signal is Verizon. If you need to make a call please see one of the Camp Ocoee staff to use a land line.

*Outfitter Store:* The camp store will be open after dinner Saturday evening. Cash, credit and checks are accepted at the store.

## Friends of YCO Family Camp Daily Schedule

### Friday

	<u>Activity</u>	<u>Location</u>
3pm-6:30pm	Early Check-in	Camp Office
7:00pm	Dinner	Dining Lodge

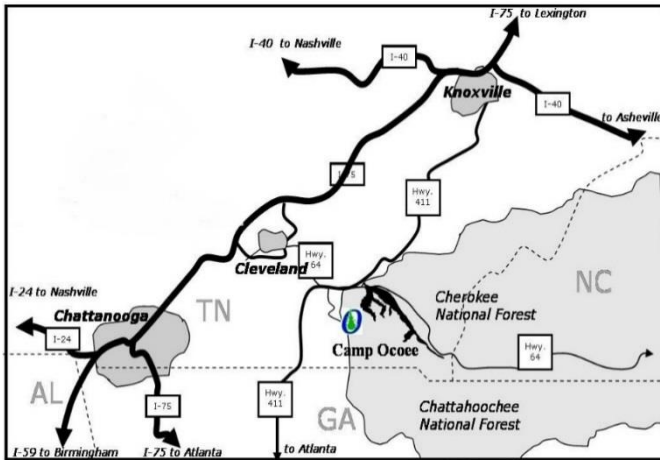
### Saturday

7:50am	Flag Raising	Flag Pole
8:00am	Breakfast	Dining Lodge
8am-9:30am	Check-in	Dining Lodge
9:30-Noon	<i>Activities Open</i>	
	Archery	Climbing Wall
	BB's	GaGa
	Arts & Crafts (Office Porch)	
	Waterfront (Swim Area, Canoeing, Keowees, SUP, Rope Swing, Water Slide, Water Toys)	
12:30pm	Lunch	Dining Lodge
1:30pm-2pm	Rest Period (B.O.B. Time)	
1:30pm-2pm	Camp Store Open	Office Porch
2-5:30pm	<i>Activities Open</i>	
	Archery	Climbing Wall
	BB's	GaGa
	Waterfront (Swim Area, Canoeing, Keowees, SUP, Rope Swing, Water Slide, Water Toys)	
5:50pm	Flag Lowering	Flag Pole
6:00pm	Dinner	Dining Lodge
7-7:45pm	Games	Ball Field (Camp Office)
7-7:45pm	Camp Store Open	Office Porch
7:45pm	Campfire/Smores	Campfire Circle
<u>Sunday</u>		
7:50am	Flag Raising	Flag Pole
8:00am	Breakfast	Dining Lodge
9:00am	Chapel Service	Shrock Chapel
10-12:00pm	<i>Activities Open</i>	
	Waterfront (Swim Area, Canoeing, Keowees, Rope Swing)	
	Archery	BB's
12:30pm	Lunch	Dining Lodge
1:30pm	Cabin Clean-up/Check-out	See you next year!



## Directions to YMCA Camp Ocoee

For directions from your location, go to [www.google.com](http://www.google.com) and type in YMCA Camp Ocoee.



**DO NOT USE A GPS TO FIND CAMP OCOEE. PLEASE USE THE DIRECTIONS BELOW.**

### **To Camp Ocoee from Chattanooga:**

1. Take I-24 East toward Knoxville/Atlanta
2. Take I-75 North toward Knoxville
3. Take first Cleveland exit (Exit 20) - Highway 64/74E
4. Turn right off of exit ramp toward Cherokee National Forest
5. Travel approximately 6.5 miles.
6. Take Highway 64 EAST to Ocoee River/Cherokee National Forest toward Murphy, North Carolina
7. Travel approximately 10 miles.
8. Highway 64 will go from a 4 lane to 2 lane highway just before Cookson Creek Rd.
9. Turn RIGHT onto Cookson Creek Road
10. Travel on Cookson Creek road for approximately 3.8 miles. \*Very curvy road"
11. Turn left into the Camp Ocoee entrance

### **To Camp Ocoee from Nashville:**

Take I-24 East toward Chattanooga  
Follow steps 1-11 above

### **To Camp Ocoee from Knoxville:**

Take I-75 South toward Chattanooga  
Take Exit 25- Highway 60 toward Cleveland/Dayton  
Turn right onto Georgetown Rd. NW—this becomes Hwy. 60  
Follow Steps 6-11 above

### **To Camp Ocoee from Atlanta:**

Take I-75 North toward Dalton  
Take Highway 411 North at Exit 293  
Travel on Highway 411 North toward Cleveland, TN and Chatsworth travel approximately 65 miles  
Take Highway 64 East to Ocoee River/Cherokee National Forest toward Murphy, North Carolina  
Follow Steps 8-11 above

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