

Family Field Trip

2020-2021



MCDOWELL
Farm School



Residential Programs for Families

www.campmcdowell.org
Phone: 205.387.1806 ext. 109
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105 DeLong Road
Nauvoo, Alabama 35578

Environmental Center Mission Statement

The Mission of McDowell Environmental Center is to connect people to the environment, teach respect for the Earth and its beings, and to promote a commitment to lifelong learning.

The Farm School Mission Statement

The mission of the McDowell Farm School is to inspire curiosity, teach problem solving, and empower community connections through sustainable agriculture.

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Welcome to the McDowell Educational Experience!

Welcome to the most incredible field trip experience your family will ever have! Our philosophy is to teach students in the great outdoors and give them an experience impossible to have in an indoor classroom. At McDowell, we believe that experiential education, through inquiry and self discovery leaves long lasting impressions and a deeper understanding across all content areas.



During this Family Field Trip experience, you and your child will learn by seeing nature up close... wading into a stream to catch invertebrates, touching sandstone canyon walls, identifying trees using a dichotomous key... you get the idea!

The Farm uses sustainable farming as a lens, reintroducing students to their food. Having the opportunity to feed a chicken, to collect eggs, and ultimately use those eggs to make frittata, students become immersed in a food system. They make connections between their choices at home and the large-scale systems that work to feed us every day. As active participants on our farm, students leave with a deeper understanding of and appreciation for the time, planning, energy, and emotion that goes into food production. On the farm, students are encouraged to explore, ask questions, and arrive at their own conclusions through experience.

We offer the best in hands-on environmental science in a 1,140-acre outdoor classroom. Our instructors have been trained in a child-centered, experiential approach to teaching and are passionate about sharing the natural world with students and adults.

Once you contact us and confirm your trip, we will guide your planning process. **Please read through this packet very thoroughly as the first step in planning your trip.** If you plan to bring multiple grade levels, consult with us about how to provide different learning experiences for each grade level. Each class variance allows students who are returning to receive new information and experiences.

Please feel free to make copies of any of the materials in this packet and share them with your family members. We want all to be well informed. We look forward to creating a unique learning experience for your family.



Please email necdirector@campmcdowell.org or call 205-387-1806 ext. 109 with any questions you have. We will be happy to set up a Reservation for you as well.

Thanks so much! We look forward to spending time with you and your family.

-Scotty Feltman, Director of The Farm School at Camp McDowell

-Beth Dille, Director of McDowell Environmental Center

-Maggie Johnston, Dean of Education

PROGRAM DETAILS

Facilities

Our diverse forests, streams, canyons, ponds, waterfalls, meadows, hiking trails, pastures, barns, gardens, greenhouse, and ropes course serve as our classroom, rain or shine. In case of truly inclement weather, we use indoor teaching areas. See lodging for options on stay.

Meals

We provide complete food service here. Meals are prepared and served by our talented food service staff and served in one of our many dining halls. The dining halls are large enough to be able to assure safe social distancing between families.

Special dietary needs can usually be accommodated with ADVANCE notice and planning.

Services Provided

We plan, teach, and supply materials for all classes, recreational activities and night programs. We have a full time Registered Nurse that lives on site. We provide housekeeping and maintenance of the buildings and grounds. We are here to help with pre-trip planning.

Your Role

It is essential that you are with your children during classes. Please view our policies regarding COVID-19 and social distancing guidelines. We want you to learn as your children do, so please enjoy the classes with your students.

Making a Reservation

To make a reservation, call or email us. There is a **non-refundable** confirmation fee per your request to be placed on the calendar.

Groups are expected to bring the number of participants indicated at the time of the Reservation Confirmation.

Once you contact mecdirector@campmcdowell.org we will be able to send you a Reservation Confirmation with all the information that you will need to plan your trip.

Payment

Full payment is required before or on arrival. You have the option of paying with credit card, check or money order.

Health and Release Forms Information

We make every reasonable effort to ensure the health and safety of your students while they are here. Camp McDowell has a full time Registered Nurse who takes great pride in the care of the students. In order for us to meet this goal, it is important that your **Health and Release Forms arrive at Camp McDowell 14 DAYS PRIOR to your trip (PLEASE email)**. *All overnight participants (including all adults)* must complete and sign our Health and Release Form to attend. Students without a completed & signed Form may not come.

****Please refer to Camp's overall policy on other Health and Safety Procedures as they pertain to**

Covid-19. They are the last two pages of this document.**

Emergency Guidelines

Upon your arrival you will be briefed on emergency procedures by the MEP staff. If advanced medical care is required, the patient can be taken to Walker Baptist Medical Center in Jasper, 15 miles away.

Learners with Exceptionalities

We can customize our classes to make them fun and accessible for all learners. Please discuss any needs with us **ahead of time** so that we can be prepared to meet them.

Teacher Credit

If you or anyone in your family is a teacher you can receive Professional Development hours. Camp McDowell is an AMSTI affiliate and gives credits through PowerSchool. McDowell provides people of all ages the vital tools needed to understand the environment in which they live. Teachers are given a certificate, reflecting the time spent in classes and activities at The McDowell Educational Programs.

State Standards

Our curriculum is correlated to Course of Study standards for Science, Social Studies, Physical Education, and Language Arts, as well as the Next Generation Science Standards. Please see our website for detailed information about how our classes correlate to these standards: www.mcdowelllec.org

Journaling

We have been fine-tuning our journaling experience for students and adults. For Tips and Tricks, such as, how to pack journals, please go to mcdowelllec.org/educator-resources. On this site you will also find pre and post trip questions and why nature journaling is a positive exercise for everyone.

Our instructors will provide thought-provoking prompts to solidify concepts and guide you and your family in reflection throughout your classes. If you are interested, please make sure to select this option on the MEP Contract and we will email you more information. **Please be aware that it is your responsibility to bring journals for your family.**

Some Last Things to Know

Expectations for families at McDowell Educational Programs:

- Always ask an instructor if you leave the group. Take a buddy with you. Tell the chaperone when you return.
- Please help keep camp free of litter and graffiti.
- McDowell staff must approve the collection of any plants, animals, and other natural things.
- Please don't chew gum at camp. Animals cannot digest gum that they find on the ground.
- The challenge course and any construction areas are off limits.
- Avoid touching fences at the Farm School (fences are occasionally electrified)
- Walk, don't run- there are many roots and rocks to trip over.
- Bare feet and sandals are only ok in the cabins.
- "If you can't say something nice...Don't say nothin' at all." -*Thumper from Bambi*
- Do not enter anyone else's cabin.
- Playgrounds and the Rec Hall may only be used with adult supervision.
- Do not ring the bell in front of the dining hall- It is for emergencies only

TYPICAL SCHEDULE

DAY ONE

8:00-9:00	Arrive at Camp McDowell- Check in at the camp store
9:00-10:00	Unload, move into cabins
10:00-10:20	Welcome Meeting
10:30-11:50	First Class
12:00-12:50	Lunch
1:00-4:00	Afternoon class
4:00-4:30	Canteen & Gift Shop
4:30-6:00	Recreation time
6:00-6:45	Supper
7:15- 8:45	Night Program & Snack

DAY TWO

8:00-9:00	Breakfast
9:00-12:00	Morning Class
12:00-1:00	Lunch
1:00-4:00	Afternoon Class
4:00-4:30	Canteen & Gift Shop
6:00-6:45	Recreation time
5:30 or 6:00	Supper
7:15- 8:45	Night Program & Snack

DAY THREE

7:15	Clean up and move out of cabins/lodge
8:00-9:00	Breakfast
9:00-12:00	Morning Class
12:00-1:00	Lunch
1:00-2:30	Last Class

It is your option to stay longer if you would like. Four or five day trips are available. Late check-outs are available by request and may require an additional fee

PLEASE NOTE:

- Family/Field groups will rotate through all the class selections.
- Meal and Rec times vary by season.
- Everyone, including adults, will have canteen and will be able to choose a drink and snack.
- It is the responsibility of the parents to supervise the students during canteen *and* recreation times. The staff will be available for emergencies.

PRE TRIP TIMELINE

As Soon As Possible

- Communicate what you are wanting for programming. Ask questions. We are here to help make it the best trip for your family. Feel free to call or email us if you have any questions.
- Email ***Reservation Confirmation***
- Email the completed and signed 3-page ***Contract*** (pgs. 23-25)

2-3 WEEKS prior

- Mail the original ***Student & Adult Health and Release Forms*** to us

1 WEEK prior

- Contact us by email or phone to check for last minute updates and details

ARRIVAL at CAMP:

- Meet the McDowell Educational Programs staff greeters at the Camp Store
- Give any last-minute group changes to the staff greeters
- Have temperature checks with the Nurse for all members of your party. We will do this daily.
- Get settled into your cabin, then join us for the Welcome Meeting
- Relax and have a great time!

PRICING

Please refer to our website to view what the lodging options look like. Essentially you have three options for lodging which will affect the price. If you have any questions on pricing/lodging/meals/etc. please call 205-387-1806 or email mecdirector@campmcdowell.org

Three day-two night visit (this includes 7 meals, 2 nights lodging, 18 hours of programming)

Program Cost and Meals: \$150.00

Lodging:

Clear Creek Cabins- *For the "camp" experience, guests bring their own linens. Non-air Conditioned.*

Lodging for two nights: \$40.00/person

Bethany Village Cabins- *For the "camp" experience, guests bring their own linens. Air Conditioned.*

Lodging for two nights: \$45.00/per person

Hotel Style- *Designed for comfort and privacy, these rooms have two queen beds and a private restroom.*

Lodging for two nights: \$320.00/room (up to 4 people/room)

View more details and pictures of lodging options:

<https://campmcdowell.org/overnight-accommodations>

**** Ages 2 and under are free****

Extras:

Ropes: \$40.00/Family

Guided Canoe: \$30.00/Family

View more information about these "Rec Options" on **page 16** of this packet.

CURRICULUM GUIDE

Due to the unique nature of this field trip, guests have the opportunity to experience classes from both the McDowell Environmental Center and the McDowell Farm School. For the optimal experience of both of these programs we recommend taking the following courses:

McDowell Environmental Center:

- Down to Earth/Rock Query (3 hours)
- Nature Hike/Forest Connections (3 hours)
- Aquatic Adventures (1.5 hours)

McDowell Farm School:

- Farm Fauna (3 hours)
- Farm to Table (3 hours)
- Hard at Work (1.5 hours)

Night Programs:

- Radical Raptors (1.5 Night Program)
- Campfire (1.5 Night Program)

While this is our recommendation, please feel free to choose other classes from the list below. Availability of classes offered may vary depending on the number of participants signing up for each class.



MCDOWELL ENVIRONMENTAL CENTER CURRICULUM

Program Objectives

- The students will increase awareness and understanding of the environment.
- The students will develop a sense of responsibility for the environment.
- The students will gain a better sense of cooperation and community.

Outdoor education embraces teachable moments which happen regularly in an outdoor classroom. The McDowell Instructors are professional educators. Each instructor will have their own teaching style and choose activities for classes that best suit their personality. Your students will not stay with the same instructor for the entire time. Because of this, your student groups will not have an identical experience in every class. Instructors will cover the key terms and principles of each class, which are correlated to multi-state Courses of Study, as well as Next Generation Science Standards.

Environmental Center Daytime Core Classes

AQUATIC ADVENTURES

Lesson Overview: Learners will predict how different characteristics of freshwater environments impact the types of organisms found in the environment, observe adaptations specific to those aquatic environments, and identify macroinvertebrates. ***Students should come prepared to get wet in this class. Students must wear appropriate closed toed shoes such as old shoes or rain boots.***

*****For older students*** - Learners have the option to assess the water quality of a stream using **chemical testing and bioassessments**, and discuss the human and natural impacts to stream quality.

Total Time: 1.5 or 3 hours

Hiking Distance: Highly variable; ranges from vehicle transportation to site, small, steep hike to stream bed, or .5 to 1.5 mile hike.

Activity Level: Varies with site selected by instructor. Accommodations for all abilities available, but requires notice.

Learning Goals: By the end of this session, learners will be able to conduct an experiment on a freshwater environments using observation of, abundance of, and/or diversity of macroinvertebrates. They will gain skills in the following areas:

1. Making observations of and characterizing unfamiliar organisms.
2. Considering how changing conditions in freshwater environments (natural or human-induced) can change the composition of aquatic life in that environment.
3. Constructing a reasonable hypothesis about macroinvertebrates and their aquatic habitats, testing it, and discussing the results.

Scientific Practices Highlighted: Planning and Carrying Out Investigations

Crosscutting Concepts Addressed: Structure and Function, Patterns

DOWN TO EARTH/ROCK QUERY

Lesson Overview: Through observation and exploration of habitats at Camp McDowell, learners assess the impact of a reclaimed coal mine on the local ecosystem. Learners observe sedimentary rock types associated with coal formation, as well as weathering and erosion processes that result in sedimentation. Learners will better understand how rocks form and engage with rock samples to discern the relationship between sedimentary, igneous, and metamorphic rocks. Learners will observe and consider the impact of the geosphere on local ecosystems, and, in turn, the role the hydrosphere, atmosphere, and biosphere play in shaping the geosphere.

Total Time: 3 hours

Hiking Distance: ~1.5 miles

Activity Level: Moderate hike; includes a ladder and stream crossings that are not universally accessible.

Learning Goals: By the end of this session, learners will be able to consider the geosphere in the following ways:

1. Identify that sandstone and coal are sedimentary rocks that tell the geologic history of our area, and observe the modern impact of weathering on those rocks.
2. Observe and describe the impact of coal mining on the geosphere and biosphere in the region.
3. Link commonly used materials to finite resources extracted from Earth and discuss the reasons for producing and conserving those resources
4. Rocks have unique properties based upon their origin. They can cycle between igneous, sedimentary, and metamorphic as a result of processes like weathering, transport, and mountain building.
5. The geosphere is one of Earth's major systems that shapes and is shaped by all of Earth's other systems (biosphere, hydrosphere, atmosphere), revealing changes over time.
6. Different rock types are found throughout Alabama and allow us to predict places to mine for resources.

Scientific Practices Highlighted: Analyzing and Interpreting Data, Constructing Explanations

Crosscutting Concepts Addressed: Scale, Proportion, and Quantity, Cause and Effect

NATURE HIKE/FOREST CONNECTIONS

Lesson Overview: Students will hike through the forest observing the connections between Earth's spheres. Particular focus on specific adaptations and connections among plants and animals in the biosphere. Students will play games to better understand the reason for typical adaptations expressed by forest organisms.

Total Time: 1.5 or 3 hours

Hiking Distance: ~.75 mile

Activity Level: Can be modified for universal accessibility with notification

Learning Goals: At the end of this session, learners will be able to relate the biosphere at Camp McDowell to other spheres in the following ways:

1. Articulate ways in which organisms in the forest are connected to one another through specific adaptations, integrated food webs, and by exploiting specific niches.
2. Link the non-living habitat (atmosphere, geosphere, hydrosphere) to the biosphere.
3. Understand that removing something - living or not - from the habitat can have major consequences for that area.
4. Insects display a wide variety of adaptations tailored to their environment, are vital to the health of ecosystems, and have changed over time to suit specific roles within that environment.

Scientific Practices Highlighted: Constructing Explanations, Planning and Carrying Out Investigations
Crosscutting Concepts Addressed: Structure and Function, Systems and System Models

Environmental Center Daytime Optional Classes

HOP, SLITHER & SLIDE

Lesson Overview: Learners confront and dispel fears of reptiles by meeting snakes, other reptiles and amphibians, and touching/feeding/engaging with them. Instructors handle live animals and discuss conservation and human impacts on reptile and amphibian communities. Incorporation of various kinesthetic learning activities are included to cement the differences between reptiles and amphibians.

Total Time: 1.5 hours

Hiking Distance: N/A

Activity Level: Universally accessible

Learning Goals: Learners will:

- 1) Describe, with evidence, the differences between reptiles and amphibians and relate those traits to habitat requirements.
- 2) Explore specific adaptations of observed reptiles and amphibians and describe the role each plays in Alabama's ecosystem.

Scientific Practices Highlighted: Developing and Using Models

Crosscutting Concepts: Structure and Function

ART IN NATURE/AUTHORS & EXPLORERS

Lesson Overview: Learners will connect with and be inspired by natural features by exploring McDowell's woods and journaling their experiences. Learners will be prompted with sensory awareness and observation activities to record and share their experiences using sketches, poetry, and word art. Learners will gain knowledge about the scientific and artistic value of journaling and articulate written expression by relating their experiences to those of famous authors, artists and naturalists. This class will be a unique experience for students to understand that art surrounds them in all places.

Total Time: 3 hours

Hiking Distance: varied, .5 to .75 mile

Activity Level: Can be modified for universal accessibility with notification

Learning Goals: At the end of this session, learners will be able to use natural landscapes as inspiration for the following:

1. View and describe the world from different perspectives, including the perspective of a natural object, and consider how perspective impacts understanding of the world.
2. Details and analogies improve descriptive writing and help the author convey information to the reader.
3. Relating their experience to the ways authors, explorers, and scientists use sketching and writing in journals as tools to improve their trade.

Scientific Practices Highlighted: Developing and Using Models

Crosscutting Concepts Addressed: Patterns, Scale, Proportion, and Quantity

NATIVE AMERICANS & THE EARTH

Lesson Overview: Learners will engage with Native American artifacts, visit a reconstruction of a typical Mississippian Era village, and participate in activities and games to learn respect for natural resources and different cultures.

Total Time: 3 hours

Hiking Distance: .75 mile

Activity Level: Low to moderate; can be modified for alternate abilities, however some experiences require hiking a short but strenuous hill.

Learning Goals: By the end of this session, learners will be able to discuss the relationship between humans and the natural environment through the lens of Alabama's indigenous people in the following ways:

1. Compare the culture and resources of American Indians to today's culture.
2. Explain how American Indian culture changed over time because of changing reliance on natural resources and environmental changes.
3. List and locate on a map the four major tribes of American Indians that lived in Alabama before European settlers, and describe how they were impacted by one another through trade.

Scientific Practices Highlighted: Constructing Explanations

Crosscutting Concepts Addressed: Stability and Change, Cause and Effect

TRAIL OF DISCOVERY

Lesson Overview: Learners have an immersive, full day experience in nature. Aspects of MEC courses on forest ecology, geology, and Native American cultures, as well as those selected by the teacher, are highlighted on a full day hike. Learners practice appropriate behavior in the woods, enjoy a picnic lunch, and, because of the full day nature of the course, have opportunities to engage more fully with chosen concepts. ***A packed lunch will be provided. All participants need to bring a backpack, 2 water bottles, and comfortable hiking shoes.***

Total Time: Full day (morning and afternoon class session, lunch enjoyed in the field)

Hiking Distance: ~3 miles

Activity Level: Moderate to strenuous; experience cannot be adapted for all abilities, but modifications can be made to accommodate some different abilities.

Learning Goals: Learning goals are dependent, in part, on the content choices of the teacher and other courses taken during the learners' trip. In addition to science content, learners can expect to become more independent in nature in the following ways:

1. Recognizing the behaviors necessary for thriving long-term in an outdoor situation and the ways humans can protect the environment around them.

Scientific Practices Highlighted: Planning and Carrying Out Investigations

Crosscutting Concepts Addressed: Systems and System Models, Energy and Matter, Patterns

MEET A MAP

Lesson Overview: Learners practice their visual spatial skills creating and using a variety of maps, and work together to solve indoor and outdoor courses.

Total Time: 1.5 hours

Hiking Distance: Minimal hiking; walking over mild terrain without a trail is included

Activity Level: Low; can be universally accessible with prior notice but may omit outdoor portion of course.

Learning Goals: Upon completion of this session, participants will better understand mapping in the following ways:

1. Become familiar with using and interpreting the pieces of maps (e.g. scale, legend, contour intervals, rivers) using different scaled maps of Camp McDowell.
2. Create a map of an area at MEC.
3. Navigate a course to find locations specified on a map.
4. Gather spatial information about the distribution of resources in an area.

Scientific Practices Highlighted: Obtaining, Evaluating, and Communicating Information

Crosscutting Concepts Addressed: Patterns; Scale, Proportion, and Quantity

SURVIVAL SKILLS

Lesson Overview: Learners will practice planning for and executing wilderness, or backcountry, travel. Learners will practice working as a team and individually to successfully prepare for being lost in a backcountry scenario, and for overnight survival in an emergency situation.

Total Time: 1.5 or 3 hours

Hiking Distance: Varied; .75-1.5 miles

Activity Level: Varied; 3 hour class not easily modified for all abilities; 1.5 hour class can be modified for most

Learning Goals: By the end of this session, learners will be able to use creative thinking skills to meet their basic needs in the backcountry in the following ways:

1. Identify and address the immediate needs of a group in an emergency backcountry situation.
2. Successfully identify and use natural and commonly carried objects to address short- and long-term survival needs in the wilderness while practicing Leave No Trace principles.
3. Discuss the resources available in natural settings and relating them to the success of other cultures today and in the past.

Scientific Practices Highlighted: Defining Problems, Designing Solutions

Crosscutting Concepts Addressed: Patterns



MCDOWELL FARM SCHOOL CURRICULUM

Our program is a mixture of core classes and additional day and night classes chosen by you. We are flexible and fluid, changing with the plants, animals, and season! Please read through this guide of classes to get an idea of the programs we have to offer. Classes can be adapted to meet your needs and objectives!

Program Objectives

- Engage student curiosity.
- Lay a strong foundation for meaningful inquiry based learning.
- Encourage careful observation that leads to evidence based problem solving.

Farm School Daytime Core Classes

FARM TO TABLE

Discover the energy needed to transfer produce from the field to the table. Students harvest farm-grown produce and get creative by preparing a seasonal dish.

Objectives:

- Build confidence in proper harvesting, cleaning, and cooking skills.
- Food exploration through taste tests
- Explore the science behind food preparation.
- Compare resources used in local versus conventional food systems and the impact of our food choices.

Key Terms: Harvest, Nutrients, Energy, Health, Food System, Nutrition, Calories, Protein, Food Safety, Cooking, Mealtime

FARM FAUNA

Investigate the roles animals play on the farm by identifying and meeting their daily needs. Students compare our goats, chickens, and pigs and explore the animals' vast impacts on food production, environmental health, and human health.

Objectives:

- Understand and meet daily needs of farm animals by participating in farm chores.
- Create connections with farm animals.
- Compare animal life cycles, anatomies, functions, and behaviors on the farm.
- Explore and create ideal habitats to meet the needs of farm animals.

Key Terms: Respect, Niche, Physical and Behavioral Adaptations, Pasture Rotation, Sustainability, Anatomy, Habitat

PLANT IT EARTH!

Unearth the secrets of soil! Students get their hands dirty exploring what soil is made of, and how soil health directly affects plant health. Students also complete a garden project as a team.

Objectives:

- Investigate the flow of energy and nutrients that cycle from soil to plants to people.
- Find out what plants need to survive and flourish on a farm.
- Discover that soil is alive by exploring the interconnected ecosystem beneath our feet.
- Contribute to the farm by planting seasonal produce to be harvested by future classes.

Key Terms: Soil, Compost, Decomposition, Cover Crop, Photosynthesis, Micro-organisms, Fungi, Bacteria, Ecosystem, Nutrients

FOOD FOR THOUGHT (Meal Time Class)

Conservation principles are put into practice at the table. Students are empowered to make big changes through small, personal choices.

Objectives:

- Measure the food we throw into a landfill.
- Discuss the impact of our choices to reduce food waste and conserve energy.
- Create solutions to reduce food waste and the demand for natural resources needed for food distribution.

Key Terms: Food Waste, Choice, Conservation, Energy, Compost, Landfill, Recycling

Farm School Daytime Optional Classes

BIG, BUG WORLD

From honey bees to potato beetles, discover the diverse insect populations that live and work on the farm. Students compare and contrast beneficial insects versus pests in the garden by examining the anatomy, niche, and complex social structures of the bugs they find.

Objectives:

- Collect insects and compare body structures, behaviors, and impacts on the farm.
- Find evidence to determine which insects are beneficial and which are pests.
- Create solutions that can be used to attract beneficial insects and minimize pests.

Key Terms: Beneficial Insect, Pest, Adaptation, Niche, Decomposer, Pollinator, Predator, Herbivore, Carnivore, Omnivore, Invertebrate

FARM ECOLOGY & SUSTAINABILITY

Discover the farm as you piece together the relationships between food, farming, and our land and communities! Debate the definition of “sustainability,” learn about “regenerative agriculture,” and assess the farm’s sustainable land management systems. Students gain an introduction to sustainable agriculture and the interactions between systems at work as they follow the flow of energy through composting, livestock integration, rainwater harvesting, reuse of materials, and alternative energy systems. Based on their explorations and reflections, students brainstorm how to create positive change in their communities.

Objectives:

- Observe interdependent relationships and connections between the plants and animals in a dynamic farm habitat by comparing and contrasting open and closed systems.
- Analyze the resources needed to produce and distribute food from a farm. Evaluate the impacts of agriculture and our choices on our natural world.
- Discover opportunities to reduce waste and continue the flow of energy on the farm.
- Create sustainable solutions to conserve energy and make a positive impact in our communities and

the surrounding ecosystem.

Key Terms: Ecology, Habitat, Sustainable, Regenerative Agriculture, Biodiversity/Crop Diversity, Natural Resource, Open Systems, Closed Systems, Electricity, Conservation, Sustainable, Natural Resources, Renewable Energy, Non-Renewable Energy.

HARD AT WORK

Take part in seasonal, project-based learning on the farm. Students work as a team to set goals and problem solve challenges, and build confidence along the way. Additional objectives for projects are identified with each individual school.

Objectives:

- Identify farm challenges and create solutions.
- Set goals and strategies to complete steps of projects.
- Brainstorm or design ways to implement improvement projects at the farm and in communities back home.

Key Terms: Goals, Communication, Problem Solving, Creativity, Community

Rec Options

Each afternoon, we have a recreation time with several options available for you to do. Some options are self-guided. Others require staff to assist. If you choose a staff led activity, you will need to sign up for it ahead of time to be sure our staff are prepared to make it special for you and your family! If you do not choose these options, this is free time for your family to go on a hike, play basketball, rest, etc. There is also an option to have unguided canoe time on our lake.

UN-GUIDED CANOE TRIP

Families will have the option to canoe on beautiful Sloan Lake in Bethany Village. This is a great option for families with younger children. All participants should be prepared to get wet during this activity. McDowell will provide canoes, paddles, and personal flotation devices (PFDs). It is required that everyone wear their PFD while in the canoe.

GUIDED CANOE TRIP

COST: \$30.00/Family

Our knowledgeable staff will instruct you on safety and canoeing techniques. McDowell staff will guide the group on a placid canyon stream among 80-foot bluffs and cascading waterfalls. Participants practice communication skills and consider the relationship between Newton's Second and Third Laws to their canoe travel. It is required that everyone wear their PFD while in the canoe.

Hiking Distance: Minimal hiking, but includes steep staircase.

ROPES COURSE

COST: \$40.00/Family for two hours on Ropes Course

CLIMBING WALL

Striving to climb a 40-foot wall with hand and foot holds, learners experience rock climbing and feel the exhilaration of attempting a daunting feat. Encouraged by their peers and led by a trained ropes course instructor, learners set and achieve personal goals, confront fears, and gain self-confidence in a unique outdoor experience.

Activity Level: Strenuous physically and mentally

TRUST SWING

Learners work together to lift one another with a certified pulley system on a giant swing. Learners place trust in their group and control the amount of risk with which they are comfortable by setting personal goals for how high they would like to be lifted. **Students must be in 5th grade or older to participate/up to leadership staff discretion.**

Activity Level: Strenuous mentally; physically low to moderate.

POWER POLE

Learners challenge themselves to climb a 25-foot telephone pole and jump for a bell suspended nearby. This activity provides the most significant mental and emotional challenge for learners. The group setting offers emotional support for each participant, who is also supported by a trained ropes course facilitator to ensure physical safety. **Students must be in 7th grade or older to participate in this activity.**

Activity Level: Very strenuous mentally; physically low to moderate

Night Programs

CAMPFIRE (Songs, Sparks and Stories) - recommended

Everyone spends a fun evening full of singing, dancing, laughing and storytelling around the fire, engaging with each other and our local, traditional folk arts! ***Please contact us for exactly what you're looking for***

Objectives:

- Have fun without using electricity.
- Pass on traditions through oral history and storytelling.
- Experience culture through song, dance and creative activities.

RADICAL RAPTORS - recommended

Learners engage with our bird educators, live birds of prey - like a hawk or owl - to learn about their adaptations, habitats, and ecological significance.

Objectives:

- Describe the specialized traits of birds of prey and how each adaptation contributes to the success of the bird.
- Relate adaptations to habitat and behaviors.
- Consider the impact of humans on birds of prey indigenous to our region.

BIG SCREEN

Learners explore the night sky with help from science and past cultural observers. Learners participate in guided stargazing highlighting seasonal celestial bodies, and guided activities on lunar phases and planet size and scale, and learn about celestial myths.

Objectives:

- The relationship among the Earth, moon, stars, and the patterns produced by their movements.
- The composition and scale of our solar system.
- The role of the night sky in human cultures.

LIVESTOCK LULLABIES

Students experience the farm at night by taking care of the animals, learning about their nighttime habits, and enjoying the peacefulness surrounding the farm at night.

Objectives:

- Discover special adaptations that allow creatures to be successful in the absence of light, including humans.
- Measure activity from day to night on the farm.
- Review animals needs; sing a song to animals to conclude class and demonstrate care.

NIGHT HIKE

Learners explore the forest of Camp McDowell at night, using all of their senses to enhance the experience and compare it to their hikes during the day. ***We recommend that this class not be taken in September or May as sunset time does not correspond well with our evening class time.***

Objectives:

- Explore and understand their senses
- Discuss adaptations unique to nocturnal animals that help them be successful in their environment.
- Conquer fears of being in the dark, especially outside

Trip Planning Forms

McDowell Educational Programs Contract 2020-2021

EMAIL to mecdirector@campmcdowell.org and farmschooldirector@campmcdowell.org
Please email this contract 3 months prior to your visit

General Information

Name(s) of adults coming: _____

Student's Name: _____ School: _____ Grade: _____

Reserved dates: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Cell Phone: (____) _____

Secondary Contact: _____ Email: _____

Are you coming with another Family? Y/N

If Yes, please list first and last name of their primary contact: _____

Lodging (please refer to the price section)

___ Clear Creek Cabins ___ Bethany Village Cabins ___ Hotel style

*****Please view <https://campmcdowell.org/overnight-accommodations> to decide what lodging you would like. This will be set up with your Reservation Confirmation*****

RESPONSIBILITIES OF THE CENTER: Assist with pre-trip planning; provide complete educational programming; inform participants of their responsibilities, camp rules and emergency procedures; prepare meals and evening snacks; clean and maintain facilities and grounds; and provide a safe and wholesome atmosphere.

RESPONSIBILITIES OF THE LEAD Primary Contact: Make a reservation (submit deposit) and return contract; arrange transportation; arrange for one physically-able chaperone for each cabin and field group; collect medicines; email field group and cabin lists one month prior to trip; mail health and risk acknowledgement forms at least 2 weeks prior to your trip; participate in the program with students; and submit final payment.

DAMAGE: McDowell reserves the right to send home any child who becomes ill, destroys property, behaves aggressively or takes any other action detrimental to other students or the program. The school will be responsible for providing transportation in such cases, and for any damage to the facilities and equipment. No refunds will be made under these conditions. McDowell cannot be held responsible for loss or damage to property brought to the Center. Please encourage students to leave valuables and large amounts of cash at home.

I agree to the terms of this contract and agree that my group will abide by all McDowell policies.

_____ Signature _____ Date

Class Selection

Step 1: Daytime Class Selection

Typical 3-day program: Choose **15 hours** of daytime classes & 2 night programs

Designate 1.5 or 3 hour options when applicable.

Note: Class descriptions are found in the FamilyPlanning Packet

Note: If you are planning a different amount of days, please contact meccdirector@campmcdowell.org for help.

Environmental Center Classes

<u>Core Classes</u>	<u>Optional Classes</u>
<input type="checkbox"/> Aquatic Adventures 1.5 or 3 hr	<input type="checkbox"/> Hop, Slither, Slide 1.5 hr
<input type="checkbox"/> Down to Earth/Rock Query 3 hr	<input type="checkbox"/> Art in Nature/Authors & Explorers 1.5 or 3 hr
<input type="checkbox"/> Nature Hike/Forest Connection 1.5 or 3 hr	<input type="checkbox"/> Native Americans & Earth 3 hr
	<input type="checkbox"/> Trail of Discovery 6 hr
	<input type="checkbox"/> Meet a Map 1.5 hr
	<input type="checkbox"/> Survival Skills 1.5 or 3 hr
	hr

Trail of Discovery requires that participants bring a backpack and 2 water bottles, lunch provided

Farm School Classes

<u>Core Classes</u>	<u>Optional Classes</u>
<input type="checkbox"/> Plant it Earth 3 hr	<input type="checkbox"/> Big Bug World 1.5 hr
<input type="checkbox"/> Farm to Table 3 hr	<input type="checkbox"/> Farm Ecology 1.5 hr
<input type="checkbox"/> Farm Fauna 1.5 or 3 hr	<input type="checkbox"/> Hard at Work 1.5 or 3 hr
	<input type="checkbox"/> Sustainability 1.5 hr

Step 2: Night Program Selection

Please rank your 1st and 2nd choice night programs

Occasionally substitutions are necessary due to weather conditions.

<u>Core Classes</u>	<u>Optional Classes</u>
<input type="checkbox"/> Radical Raptors	<input type="checkbox"/> Big Screen
<input type="checkbox"/> Campfire (Songs, Sparks and Stories)	<input type="checkbox"/> Livestock Lullabies
	<input type="checkbox"/> Night Hike (<i>Not recommended in Sept/May because of sunset time</i>)

Rec options: Please mark if you would like any of the below options.

<u>Ropes Course</u> (\$40 per family)	<u>Canoeing</u>
<input type="checkbox"/> Climbing Wall	<input type="checkbox"/> Un-guided canoe trip
<input type="checkbox"/> Trust Swing	<input type="checkbox"/> Guided canoe trip (\$30 per family)
<input type="checkbox"/> Power Pole	

Group Profile

The following information will help the staff at MEP have a better understanding of the needs of your group

How would you characterize the type of school your student(s) go to? (Choose all that apply)

Private Public Religious Affiliation Open classroom Montessori
 Self-contained classroom Students move from class to class Block Schedule Homeschool

Have any of you attended Camp McDowell before? _____

Are there any areas that you would like us to **focus** on for your student(s)?

What **experiences** have your students had with the outdoors, environmental education, summer camps, or field trips?

What specific **student needs** should we be aware of? (i.e. social/emotional/behavioral concerns, severe allergic reactions, physical limitations, learning needs, etc.)

Please list any **objectives, goals, vocabulary, teaching philosophies or local environmental issues** that you would like for us to emphasize while you are here:

Would you like to incorporate journaling into your classes? _____ YES _____ NO

Please be aware that it is the families' responsibility to provide students with journals and writing utensils.

Do you or does your student's school have an **outdoor garden/classroom**? If so, what is your students' participation with that? _____

Parent Information, Student Forms & Chaperone Forms

Guardian Letter

Dear Guardian,

McDowell Educational Program's philosophy is to teach students in the great outdoors and give them a lifetime of memories and experience. You and your family will be learning through hands-on environmental science and farm classes, seeing nature up close in a 1,140-acre outdoor classroom. Our instructors have been trained in a child-centered, experiential approach to teaching and are passionate about sharing the natural world with students and adults. We would like to mention a few important items worth emphasizing about your upcoming visit.

Appropriate Clothing: We offer hands-on science, nature based, and farm classes, so we spend most of our time outdoors, even in the rain and cold. Please help your child be prepared with appropriate clothing, as indicated on the "Bring-Along List." In truly inclement weather, we have ample indoor teaching space.

Student Health and Release Form: For everyone's well-being, please complete both pages and sides of the Student or Adult Health and Release Form and return it to us. *Any participant without a completed and signed form may not attend our program.* It is important that you complete and sign both pages, front and back of the Health and Release Form.

Dietary Needs: Our Kitchen Staff can accommodate a wide range of dietary needs and we are a nut free facility. Our food receives the highest reviews, however if someone in your group has a special diet (i.e. vegetarian, gluten free, dairy allergy, etc.) please note it on their health form as indicated.

Medications: All medicines must be in their original containers. Please remember that parents must provide any over-the-counter medicines they anticipate their child may need. Please ONLY bring the amount needed for the trip. *(If you are bringing a child from a different household please know that you are in charge of their medication.) If your child requires an Epi-pen or other injection, please contact the Nurse at 205-387-1806 ext. 125 or rn@campmcdowell.org.*

Classes: The McDowell Instructor will be directly responsible for the group, but they will rely on you for support and attentiveness. Please actively participate in all classes and activities that you attend. Look forward to active classes which may include hiking, wading in a stream or pulling veggies out of the ground. We appreciate your enthusiasm during these classes, as it can be a great motivator for all.

Here are some GENERAL POLICIES FOR ADULTS:

- Chaperones may keep personal medicines and/or their *own* child's medicines with them, but they must be on your person at all times-or locked in your vehicle. No medicines may be left unsupervised in the cabin.
- Smoking is not allowed indoors or in front of students.
- Alcohol is prohibited while attending McDowell Educational Programs.
- Try not to use your cell phone around the children. When children call home, they often experience homesickness afterwards.
- Corporal or harsh verbal punishment is not allowed. In cases of extreme misconduct, such as fighting, the administration may decide to send a child home.
- Adults are responsible for supervising the students during rec time, meals and in lodging.

If you have any questions regarding our program, personnel or facilities, please feel free to call us or visit our website at www.campmcdowell.org.

Beth Dille, MEC Director &
Scotty Feltman, Farm School Director
mecdirector@campmcdowell.org

205.387.1806 ext. 109

BRING-ALONG LIST

Please carefully look over the following checklist and check each item as it is packed. When arriving at McDowell Environmental Center, participants should come prepared to spend the day outside.

Helpful hints for packing:

- Bring OLD clothes and shoes. You will get wet and muddy.
- Pack a raincoat or poncho (and warm clothes if applicable). Classes are held outdoors rain or shine.

REQUIRED:

- Facial Masks**
- 2 water bottles (20 oz or larger)
- raincoat or poncho
- 4 pairs of socks
- 2 pairs of closed-toe shoes**
- 3 pairs of underwear
- 3 shirts
- 2 pairs of long pants
- 3 pairs of shorts
- sweatshirt or fleece
- pajamas
- towel & wash cloth
- soap, toothbrush & other toiletries
- sleeping bag (or sheets & blankets - single bed)
- pillow
- sunscreen
- pen or pencil
- small backpack
- swimsuit

OPTIONAL:

- hat & sunglasses
- flashlight & extra batteries
- camera
- souvenir money
- sandals for shower
- journal
- bug repellent (non-Deet **only**)
- chapstick

COOL WEATHER ADDITIONS:

Wool and synthetic clothing work best!

- warm knit hat
- warm gloves
- thick socks
- long underwear/thick tights
- heavy jacket

***DO NOT BRING:** food, gum, candy or knives!

School: _____

Updated July 23 2019

McDowell Educational Program

STUDENT HEALTH FORM

All information is confidential. **PLEASE PRINT NEATLY!**

This form must be filled out by the student's **PARENT or LEGAL GUARDIAN!**

Student name: (Last)	(First)	(Middle)	Date of Birth:	Sex:
Age:	Grade:	Height/Weight:	Preferred name (if different from above):	
Address: City: State: Zip Code:				
Parent/Guardian name: (Last) (First)			Relationship to student:	
Cell Phone:	Work Phone:		Email Address:	
Other Emergency Contact: (Last) (First)			Relationship to student/Phone Number:	
Primary Physician:			Physician Phone:	

Is student on a special diet? Y / N If so, please explain what they CAN eat as well as what they CANNOT eat:

****If special foods must be sent with your child,
please contact the camp nurse at 205-387-1806 ext. 125 or rn@campmcdowell.org****

ALLERGY INFORMATION

To the best of your knowledge does your child have any allergies? **YES / NO** (Please circle one)
If YES was circled, please indicate to which of the following your child is allergic. Please be specific:

FOODS:	
PLANTS:	
MEDICINE ALLERGIES:	
ANIMALS:	
INSECTS:	
OTHER:	

Please indicate what treatment your child should receive if exposure occurs (Any medications to which your child is allergic will NOT be given):

**** If your child is bringing an EPI-PEN,
you MUST contact the camp nurse at 205-387-1806 ext. 125 or rn@campmcdowell.org****

ADDITIONAL HEALTH CONCERNS: _____

PLEASE READ, COMPLETE, and SIGN PAGE 2 OF THIS FORM!!

STUDENT MEDICATIONS WHILE at Camp McDowell:

- All medications must be in their original container with the student’s name and school written on the container.
- There must be clear directions on when &/or why to give the medication.
 - NOTE: “Give as Directed” is not acceptable
- The container must specify the strength and dose of the medication.
- If it is an Over-The-Counter medication it must be age-appropriate and will be given following manufacturer recommendations. If it is not recommended for your child’s age and your child’s Healthcare provider prescribed it then a note from that provider must be sent with the OTC medication.

PRESCRIPTION MEDICATIONS:

ALL MEDICATION IS ADMINISTERED BY A LICENSED NURSE, EMT OR AUTHORIZED SCHOOL PERSONNEL. Add additional sheet, if necessary.

List all prescription medications that you will send with your child. Circle the time(s) to administer this medicine to the child, choosing from the following: **B***= Before Breakfast, **B**= After Breakfast, **L**= After Lunch, **C**=Canteen (4PM), **D**= After Dinner, **HS**= At Bedtime
 *If a time is not selected, medicines will be given after breakfast.

Medication:	Dosage:	Reason:	Time Given: B* B L C D HS
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS

OVER THE COUNTER (OTC) MEDICATIONS:

ALL OTC MEDICATIONS MUST BE PROVIDED BY PARENTS/LEGAL GUARDIANS OF THE STUDENT.

Circle “As Needed Only”, if medication is not taken daily.

Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only

**In the event of unexpected illnesses, our Nurse/EMT will have limited OTC medicines available for your child-
 Which of the following medicines do you permit to be given to your child by our Nurse/EMT?**

Ibuprofen: Yes__ No__ **Acetaminophen:** Yes__ No__ **Benadryl:** Yes__ No__ **Cough Drops:** Yes__ No__ **Tums:** Yes__ No__

PHOTO RELEASE

"I give my permission for any photos or videos taken of my child or any artwork and writing made by my child during educational programs at Camp McDowell to be used for the public relations of the program." (Please note if you DO NOT give photo release permission)

MEDICAL AUTHORIZATION AND RELEASE

"I AUTHORIZE THE NURSE, AUTHORIZED SCHOOL PERSONNEL, OR AUTHORIZED CAMP STAFF THE TASK OF ASSISTING MY CHILD IN TAKING THE ABOVE MEDICATIONS.I GIVE THE NURSE PERMISSION TO SPEAK WITH MY CHILD’S HEALTH CARE PROVIDER OR PHARMACIST AND AUTHORIZE MY CHILD’S HEALTH CARE PROVIDER OR PHARMACIST TO SPEAK WITH THE NURSE SHOULD A QUESTION COME UP ABOUT ONE OF MY CHILD’S MEDICATIONS. ALL HEALTH INFORMATION IS CONSIDERED CONFIDENTIAL AND WILL BE SHARED ONLY ON A NEED-TO-KNOW BASIS TO ENSURE THE SAFETY OF YOUR CHILD. I ALSO UNDERSTAND AND AGREE THAT I AM FINANCIALLY RESPONSIBLE FOR ALL MEDICAL TREATMENT AND OTHER HEALTH CARE SERVICES PROVIDED TO MY CHILD."

"This is to certify that the information provided on this form is accurate to the best of my knowledge,"

SIGNATURE of PARENT or LEGAL GUARDIAN

DATE

Waiver of Liability & Release

This form must be completed for every participant in a Camp McDowell program.

Please read carefully before signing.

PROGRAM DESCRIPTION

All of Camp McDowell's ("Programs") take place in an area that includes over 1,000 acres of forests, meadows, streams, and canyons. The Programs involve physical and hazardous activities that take place in this wilderness and outdoor camp environment, including without limitation, swimming; canoeing; hiking over rough terrain or in the vicinity of water; and challenge or ropes course activities such as climbing, jumping, balancing, and being lifted or supported by a rope and harness system at heights up to thirty feet in the air.

ASSUMPTION OF RISK AND AGREEMENT TO RELEASE AND HOLD HARMLESS

I, the undersigned, understand and agree that participating in any Program inherently involves risks, hazards, and dangers, including but not limited to the risks of falling, falling rocks or objects, fractures, concussions, dangerous weather, overexertion, overheating, injuries caused by a lack of fitness or conditioning, river currents, hypothermia, hostile or aggressive farm animals or wildlife, equipment failures, negligence of others, accident, injury, death, mental or emotional trauma, disability, and property damage or loss. In consideration for my being permitted to participate in a Program, I, for myself (and for my child if participant is under 19), my heirs, assigns, and personal representatives, hereby knowingly and intentionally agree to assume all risks of participating in any Program and forever release and hold harmless Camp McDowell and the Episcopal Diocese of Alabama, as well as their employees, agents, directors, volunteers, participants, guests, representatives, affiliates, and all other persons or entities acting under their direction and control ("Released Parties") from any and all liability, claims, actions, losses, and demands arising out of or relating in any way to my participation in any Program, including but not limited to those arising from travel to and from the program site or from the negligence of the Released Parties.

By signing this form I am certifying that I am capable of—and have not been advised by a medical professional to refrain from—participating in these and similar physical activities. I also consent to receive (or, if applicable, have my child receive) medical treatment that may be deemed advisable in the event of injury, accident, or illness during any Program.

This agreement is governed by and shall be construed in accordance with the laws of the state of Alabama, without any reference to its choice of law rules. I agree that any dispute arising from this agreement or in any way associated with a Program shall be brought only in the state or federal courts of Jefferson County, Alabama, and I agree to the jurisdiction and venue of those courts for any such dispute.

I HAVE CAREFULLY READ, FULLY UNDERSTAND, AND VOLUNTARILY SIGN THIS WAIVER OF LIABILITY AND RELEASE ON BEHALF OF MYSELF AND, IF APPLICABLE, AS THE PARENT OR LEGAL GUARDIAN OF A PROGRAM PARTICIPANT UNDER THE AGE OF 19 YEARS.

Name of Program Participant

Date

Signature of Participant (If 19 Years or Older)

Signature of Parent or Legal Guardian (If Participant Under 19 Years)

McDowell Educational Program

ADULT HEALTH FORM

All information is confidential. **PLEASE PRINT NEATLY!**

Name: (Last) (First) (Middle)			Date of Birth:	Sex:
Height/Weight:	Email Address:		Preferred name (if different from above):	
Address: City: State: Zip Code:				
Cell Phone:		Work Phone:		Other Phone:
Emergency Contact: (Last) (First)			Relationship to you/Phone Number:	
Primary Physician:			Physician Phone:	

Do you have any known allergies? N / Y To What: _____

Are you on a special diet? N / Y Please explain: _____

Health problems: _____

PHOTO RELEASE AND PERMISSION TO CONTACT

I give permission for any photos or videos taken of me during the educational program at the Center to be used for the public relations of the program. I give permission for Camp McDowell to contact me regarding future programs and promotions. (Please note if you DO NOT give photo release permission or do not want to be contacted)

MEDICAL AUTHORIZATION AND RELEASE

“Should I sustain or incur any accident or illness while attending McDowell Educational Programs, I hereby authorize the Director, her agent or a school official to execute any and all documents in my behalf, including necessary releases, which might be required by a medical facility to perform emergency care.

This is to certify that I am in good physical condition and that the information provided is accurate to the best of my knowledge. I authorize McDowell Educational Programs to allow medical agencies (including, but not limited to, hospitals, physician’s offices, health clinics, dental clinics, pharmacies) to read the information contained in the accompanying Health Form. I agree that the information used will be limited to information necessary to fulfill the need or purpose for the disclosure. I also understand and agree that I am financially responsible for all medical treatment and other health care services provided.”

All health information is considered confidential and will be shared only on a need to know basis to ensure your safety.

Name (Please Print)

Name of **Child**, if attending (Please Print)

Signature

Date

PLEASE RETURN ASAP

Directions to Camp McDowell

Birmingham and Montgomery: Take I-65 North in Birmingham. Get off at exit 265A, headed onto I-22 towards Jasper. Take Exit 63 and turn right onto 269 North into Jasper. Turn right at the second light onto 18th St. and an immediate left onto 9th Ave. which will turn into HWY 195. Take Highway 195 North 13 miles to Camp McDowell. Camp entrance will be on your right.

From Huntsville: Take I-65 South to Cullman; take U.S. 278 west to Double Springs; take Highway 195 South 10 miles to Camp McDowell. Camp entrance will be on your left.

From Tuscaloosa: Take Highway 69 north to Jasper; take Highway 195 north 13 miles to Camp McDowell. Camp entrance will be on your right.

From the Shoals: Take Highway 43 south from Florence to Russellville; take 243 from Russellville until that road ends then take 195 south to Double Springs; take Highway 195 South 10 miles to Camp McDowell. Camp entrance will be on your left.

From the Tupelo, MS area: Take I-22 to the Hamilton/Highway 278 exit. Follow highway 278 about 40 miles to Double Springs. Turn **right** on Highway 195 South. Take HWY 195 South 10 miles to Camp McDowell. Camp entrance will be on your left.

*Please come to the Camp Store the first building on the left side of the camp road
(about 1 mile from Highway 195)*

Camp McDowell

COVID-19 Policies and Procedures

Camp McDowell Staff

We are working hard to make sure each and every person who visits God's Backyard is welcomed into the safest environment possible. Our staff will practice routine hand washing and wear face masks while interacting with guests.

We have posted the CDC guidelines and suggestions in all lodges and meeting spaces. Camp staff are staying up to date with CDC best Practices.

Temperature Check

Guests will have a temperature check with our Staff upon arrival and once daily throughout the visit.

Social Distancing

All interactions between people not of the same household must be 6 feet apart. This is an imperative rule and must be taken seriously for Camp McDowell to remain open. Dining halls, pool areas, and all other public facilities where people of different households might interact will have signage representing a 6 foot distance. (In order to ensure proper social distancing, meeting spaces are closed during this time)

Dining Hall

Dining Hall meals will be served at 8:00am, 12:00pm, and 6:00pm. All meals will be served buffet style by one kitchen member. Please do not touch anything but your plate after it has been prepared. Households will be called up one at a time from their designated tables to proceed through the line. Please visit one of our marked handwashing stations before and after your meal.

Recreational Facilities

All activities will be scheduled through your Guest Services Coordinator. All recreational equipment will be sanitized by a Camp McDowell Staff member after your scheduled time is up.

Should I come to Camp McDowell?

<p>If you have experienced any of these symptoms in the last 14 days please do not come to Camp.</p> <p>COVID-19:</p> <ul style="list-style-type: none">● Fever or chills● Cough● Shortness of breath or difficulty breathing● Fatigue● Muscle or body aches● Headache● New loss of taste or smell● Sore throat	<p>If you experience any of these symptoms after leaving Camp, please contact us immediately:</p> <p>COVID-19:</p> <ul style="list-style-type: none">● Fever or chills● Cough● Shortness of breath or difficulty breathing● Fatigue● Muscle or body aches● Headache● New loss of taste or smell● Sore throat
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- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

- Congestion or runny nose
- Nausea or vomiting
- Diarrhea