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815-732-2220**

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Lutheran Outdoor Ministries Center

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The purpose of Lutheran Outdoor Ministries Center (LOMC) is
to be the Church in outdoor settings, nurturing Christian faith
and providing experiences
connecting the Word of God with the World of God

Parent/Camper Information Booklet
2009

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Do not bring: Ipods, CD players, cell phones, computers, electronic games, knives, weapons of any type, food, gum or candy. These items will be confiscated from campers. Please also leave anything expensive or sentimental such as clothing or jewelry. LOMC is not responsible for lost or damaged items. Any money brought will be collected and held until departure.

Required Items

___ Sleeping bag or 2 warm blankets and sheets	___ Pajamas
___ Pillow with pillowcase	___ Raincoat or rain poncho
___ Towel & washcloth	___ Swimsuit and towel – no string/thong bikinis
___ Toiletry items – toothbrush, toothpaste soap, shampoo etc.*	___ Backpack
___ Shorts	___ Canteen or water bottle
___ T-shirts	___ Flashlight and extra batteries
___ Jeans or long pants	___ Insect repellent
___ Sweatshirt or jacket	___ Sunscreen
___ Shoes at least 2 pairs – no sandals	___ Bible
___ Underwear and socks	

Suggested Items

___ Bandana or hat	___ Stationery and stamps
___ Sunglasses	___ Camera and film
___ Drinking cup	

Items for Specific Camps

Fishing I & II

___ Fishing Rod and reel
___ Tackle box and Tackle

Explorer, Voyageur, Jr. High Outpost, Encounter

___ 4 lg garbage bags w/ties
___ Hiking boots/sturdy shoes
___ Stuff sack for sleeping bag

Trail Riders I & II

___ Boots or sturdy shoes with heel
___ Long pants for riding

Sports I & II

___ Good sport shoes – no cleats

Golf I & II

___ Golf clubs, bag, balls, tees
___ Cap with visor
___ Shirts with collars

Construction Camp

___ Work gloves
___ Sturdy shoes or boots

*We suggest leaving hair dryers, curling irons and make-up at home

- The kind of letters your camper gets is also important. Focus on what is going on at camp, how they are having a good time, making new friends and learning new things. Refrain from focusing on how much you miss them or what a good time the family is having without them.
- If a camper does become homesick, the LOMC staff will work hard to help your camper deal with these emotions that they are feeling. Staff are trained very thoroughly to handle homesickness.
- Please do not tell campers that they can call home. Campers are not allowed to use the phone as it may increase homesickness.

LOST AND FOUND

- Every week dozens of items are left behind by campers. Often parents picking up luggage do not realize that their camper used a plastic bag for extra items. Please look for extra things.
- Please label items with camper's name. This makes it easier for us to return lost items.
- Please do not allow camper to bring expensive or sentimental items to camp. LOMC is not responsible for items that are lost, stolen or damaged.
- Found items will be held for two weeks. After two weeks the items will be donated to a local charity or otherwise disposed off.

CAMP STORE

- The camp store is open on Sundays during check-in and Fridays during departure only.
- The store contains items such as postcards, T-shirts, sweatshirts, bandanas and stuffed animals.
- Cash, checks, Visa, Mastercard and Discover card are accepted in the store.

WHAT TO BRING TO CAMP

Bring the required items listed below from the "General List" as well as the "Specific Camp List". Please bring comfortable, casual clothes that you don't mind getting dirty. Campers will be outside in all but severe weather. Mark all items with the camper's name and pack in as few bags as possible.

Dear Parents and Guardians,

Welcome to LOMC! We look forward to having your child at camp! We are prepared to welcome your child with warmth and excitement and to provide your child with a safe, Christian atmosphere of love, learning, and fun.

This information booklet will help you and your camper be prepared for camp this summer. It contains information about ways you can help your child have a successful camp experience, general LOMC procedures, what to bring, and basic daily activities that will engage your camper.

If you have further questions, feel free to contact our office at 815-732-2220.

Russ Senti, Executive Director

Prior to Arrival

Please return the following items to LOMC two weeks prior to camper's arrival

- .Balance of fees (payable by check or credit card)
- .Health history form (see Health and Safety section for more information)
- Parental consent form (blue insert)
- Specialty camp consent forms (only needed if included in registration confirmation packet. i.e. Trail Riders camp or SALT)

Arrival and Departure

CHECK-IN

- Refer to your confirmation, brochure or web-site for exact dates.
- Check-in is from 2:00-4:00pm on the first day of the session for resident camps. For trip camps note the time listed on the registration confirmation.
- Please leave luggage in your vehicle until completing check-in.
- Check-in procedure:
 - Station 1: Registration: Here you will check-in, pay balance due and sign up for Festival dinner.
 - Station 2: Health: Please bring all medications in original container to be checked in. All campers will have their health form reviewed at this station.
 - Station 3: Housing and Group Assignments: Here you will find out where your camper will be staying for the week and where to put your luggage. You will also be introduced to your child's Small Group Leader (counselor).
- At this time the camp store will be open. The store will not be open again until the campers depart.
- Activities begin at 4:00pm, so please arrive on time for check-in.
- Please note that due to state regulations, no pets are allowed during check-in or departure.

DEPARTURE

- All parents, family and friends are invited to the departure festival on Friday or the last day of the session.
- Dinner for parents and guests is served at 6:00pm. Please make reservations for dinner during check-in at station 1.

- Bible Studies
- Swimming
- Hiking
- Pond Canoeing
- Arts and Crafts
- Nightly campfires

TRANSPORTATION

- Depending on the program, campers may need on-site or off-site transportation.
- LOMC drivers are licensed, insured and specially trained and certified to drive 15-passenger vans.
- All transportation is provided only in LOMC designated vehicles which are insured, well maintained and inspected daily.

FOOD SERVICE

- Campers are served three plentiful, nutritious meals a day as well as an evening snack.
- Meals are camper friendly and served family style.
- We will gladly accommodate food allergies and other special dietary needs. Please communicate any special food needs to LOMC prior to your camper's arrival so we can be prepared to meet those needs.
- We do not cater to fussy eaters. Campers are encouraged to try everything as a part of their learning experience.

HOMESICKNESS

- Homesickness can be contagious, so please help us to control it. We make every effort to make your camper's stay comfortable, busy and happy.
- The staff is competent, compassionate and trained to handle homesickness. We are helping your camper develop independence and increase self-esteem.
- Please don't tell your child they can come home if they become homesick. If you do, this will suggest to them that they may actually experience homesickness.
- A positive way to prevent homesickness is to write to your child and have other friends and relatives write too. See page 7 for mail and email information.

- We are glad to provide campers with this service. We ask that in order to provide your camper with the most positive experience possible you would refrain from sending news that would be upsetting to your camper.

TELEPHONE CALLS

- Parents are welcome to call camp with any concerns or questions regarding your camper. The telephone number is 815-732-2220.
- Campers are not permitted to receive or make calls due to the large number of campers we have on site.
- Campers are not permitted to have cell phones as they would be disruptive to the camp experience and may even promote homesickness

VISITORS

- Visitors at camp take away from the intentional Christian community we are trying to foster and the true camping experience.
- No visitors are allowed at camp during a camp session.
- If you have any questions concerning your camper during camp, feel free to contact the camp by e-mail or phone.

CAMP LIFE

STAFF INFORMATION

- Most of our camp staff are over the age of 18 who are interested in childcare, teaching, recreation or camping as a future career.
- Staff are hired from all over the country and have many different backgrounds. Our diverse staff adds to the experience that your camper will have at camp.
- All staff are trained in First Aid and CPR. Many are also certified lifeguards.
- All staff participate in 2 weeks of training before camp starts as well as continuous training during the summer.

DAILY ACTIVITIES

- LOMC offers many different programs that allow for a wide range of experiences for campers. While each program has specific activities as described in the summer brochure, Most campers will take part in the following activities while at LOMC

- The Festival Program will begin at 7:00pm. This is a great way for your camper to show you what they have done and learned during their week at camp. We encourage you to allow time for your camper to participate in this program.
- If campers brought medications, any remaining medication can be picked up at the Festival Registration Table between 6:00 and 7:00pm.
- Parents may load camper luggage either before or after the program.
- The camp store will be open.
- Camp staff, including the Executive Director, Program Director and camp nurse will be on hand to answer any questions.
- Any camper leaving before the Festival Program must have an “Early Release” form filled out at Station 1 during check-in.

CAMPER RELEASE PROCEDURES

- To protect your camper, no camper is released to anyone other than a parent or guardian without a release form signed by the parent or guardian and photo ID.
- This form can be obtained at the registration table on check-in day.

REFUND POLICY

- Deposits are non-refundable or transferable after June 1st.
- A full refund, including deposit, is made only if a camper cannot be placed in a program or if it is necessary to cancel the program.
- After June 1st partial refunds will be considered on a case by case basis and only in the case of extenuating family circumstances or medical reasons supported by a doctor’s statement.
- No refunds will be made for campers arriving late, leaving early, or attending only part of the program or for those who fail to show up.

HEALTH AND SAFETY

Camper health and safety is very important to us. We take many measures to make sure that your camper has as safe a camp experience as possible.

- Staff members are trained in appropriate responses to emergency situations.

- All camp staff are trained in First Aid and CPR.
- Water activities, i.e. swimming, pond and river canoeing take place only in the presence of certified lifeguards.
- Medical services are available 24 hours a day from our RN in our Health Center. If additional care is needed there is a medical clinic and hospital nearby.
- If your child comes into the health center, we record that information in a medical logbook. If you would like to know if your child has been treated for anything in our health center, please ask your child's Small Group Leader.
- We are in contact with local police and emergency services who are very aware of youth camp needs.
- Campers live in small group units with adult to child ratios appropriate for the camper's age. Campers are supervised at all times by staff.

HEALTH FORM AND EXAM

- Each youth or adult that attends camp at LOMC must have a current health form on file at LOMC.
- A health form will be provided to all new campers and returning campers whose form is no longer current.
- Every camper must have a physical given by a licensed medical practitioner after the date of September 1, 2007. The signature of the practitioner, the date and any accompanying remarks must be either on the last page of the health form or on another physical form such as a sport physical that is attached to the health form.
- In accordance with the accreditation requirements of the American Camp Association, and for the health and safety of all campers, any camper who does not have a completed and current health form will not be allowed to stay at camp.

MEDICATIONS

- All medication must be turned into the Health Supervisor during check-in.
- Only medications in original containers will be accepted.
- Please do not send over-the-counter medications unless it is given routinely to the camper, i.e. Claritin given daily. If your camper would need a pain reliever etc., the Health Supervisor will

administer medication provided permission has been granted on the health form.

CAMPER INSURANCE

- Campers are covered with a supplementary health and accident insurance through American Income Life Insurance Company.
- In the event that a camper becomes ill or injured and requires medical attention outside of camp, information will be sent to you regarding submitting claims.

EMERGENCY CONTACT

- Please be sure to provide current contact information on the front of the health form.
- We will contact you immediately for the following conditions:
 - o Significant bleeding
 - o Loss of consciousness
 - o Medical questions regarding treatment
 - o Any condition that requires treatment in the emergency room.

CONTACT WITH YOUR CAMPER

MAIL

- Mail is distributed to campers once a day during RRR time (Rest, Reflection and Relaxation).
- Mail should be addressed in this way:
 - o Campers Name – Program
 - LOMC
 - P.O. Box 239
 - Oregon, IL 61061
- Please do not send food, candy or gum.

E-MAIL

- You can email your camper during their stay at camp at the following address camperemail@lomc.org.
- The subject line should contain your campers name and program.
- E-mails must be sent by 9:00am in order for your camper to receive them at RRR that day.
- Campers will not be able to respond via e-mail.