

**LOMC Staff**  
**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  
2010

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- \_\_\_Pillow with pillowcase
- \_\_\_Towel & washcloth
- \_\_\_Toiletry items – toothbrush, toothpaste soap, shampoo etc.\*
- \_\_\_Shorts
- \_\_\_T-shirts
- \_\_\_Jeans or long pants
- \_\_\_Sweatshirt or jacket
- \_\_\_Shoes at least 2 pairs – no sandals
- \_\_\_Underwear and socks

### Suggested Items

- \_\_\_Bandana or hat
- \_\_\_Sunglasses
- \_\_\_Drinking cup

### Items for Specific Camps

#### All Stars

- \_\_\_Good sport shoes–no cleats

#### Cave Exploring

- \_\_\_Grubby clothes
- \_\_\_Several sources of battery operated light
- \_\_\_hiking boots
- \_\_\_nylon sport pants
- \_\_\_water shoes encouraged

#### LOMC's Got Talent

- \_\_\_Instruments
- \_\_\_Favorite sheet music
- \_\_\_Plain white t-shirt
- \_\_\_Blank CD in a jewel case

#### Picture This I & II

- \_\_\_1 or 2 digital cameras
- \_\_\_Laptop, if possible

#### Tee Time

- \_\_\_Golf clubs, bag, balls, tees
- \_\_\_Cap with visor
- \_\_\_Shirts with collars

- \_\_\_Swimsuit and towel – no string/thong bikinis
- \_\_\_Backpack
- \_\_\_Canteen or water bottle
- \_\_\_Flashlight and extra batteries
- \_\_\_Insect repellent
- \_\_\_Sunscreen
- \_\_\_Bible

- \_\_\_Stationery and stamps
- \_\_\_Camera and film

### Gone Fishing I & II

- \_\_\_Fishing Rod and reel
- \_\_\_Tackle box and Tackle

### Mission Impossible I & II

#### Survivor I & II

- \_\_\_4 lg garbage bags w/ties
- \_\_\_Hiking boots/sturdy shoes
- \_\_\_Stuff sack for sleeping bag

#### Mud Pies I & II

- \_\_\_Clothes to get super muddy

#### Rock Star

- \_\_\_Loose fitting clothes
- \_\_\_Tennis shoes—no open toes or open heels

#### Trail Riders I & II

- \_\_\_Boots or sturdy shoes w/ heel
- \_\_\_Long pants for riding

#### Under Construction

- \_\_\_Sturdy shoes or boots
- \_\_\_Work gloves

## **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.

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

### **Required Items**

\_\_\_ Sleeping bag or 2 warm blankets and sheets

\_\_\_ Pajamas

\_\_\_ Raincoat or rain poncho

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 learning, love, 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, our 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.

In His service,

Amy Hoening, Program Director

### **Prior to Arrival**

Please return the following items to LOMC two weeks prior to your camper's arrival to help ease the check-in process:

- Balance of fees (payable by check or credit card)
- Camper health history form (green)
- Physician form signed and dated of last physical exam (purple)
- Parental consent form (blue insert)
- Care package form (gold)
- Specialty camp consent forms (only needed if included in registration confirmation packet. i.e. Trail Riders, SALT, etc. )

### **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:
  - o **Station 1:** Registration: Here you will check-in and sign up and pay for Festival dinner (ALL other balances should be paid two weeks prior to camp).
  - o **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.
  - o **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 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.

#### **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.

### **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.
- 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.

## **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 life-guards.
- 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:
  - o Bible Studies
  - o Swimming
  - o Hiking
  - o Pond Canoeing
  - o Arts and Crafts
  - o Nightly campfires

- 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 counselor.
- 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, 2008. 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](mailto: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.
- 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.