



Thank you for registering your child for EXPLORER day camp at Lutheranch. We can't wait to see you this summer. Here are some important details you need to know.

### **DAILY DROP OFF AND PICK UP**

- Drop off and pick up will happen at McKanna Sandrock Retreat Center. Please use 440 Salem Church Road, Tallapoosa, Georgia address. Follow the signs to the retreat center.
- Note: Horse day camp drop off is at the barn (342 McGinnis Road, Tallapoosa). If you have children in both programs, please drop your horse campers off FIRST and then proceed to McKanna Sandrock to drop off your explorer day campers.
- Drop off is between 8:00 and 8:30 am Monday-Friday. We will be doing a daily wellness check. Please do not leave until you have signed your child in and the wellness check is complete. Any medication your child needs during the day must be given to the counselor at check in.
- Check out is from 5:00-5:15 pm daily. We may ask for photo identification on check out and only names that are listed on the approved pick-up list will be allowed to pick your child up.
- If your camper needs to arrive late or check out early any day of camp, please let staff know on Monday morning so we can be prepared.
- We WILL have camp daily regardless of the weather. (We have a lots of fun "rainy day" activities so please bring your child to camp each day regardless of the weather.)

### **FRIDAY PICK UP**

We will have a closing program and BBQ in McKanna Sandrock Retreat Center at 4:30 on Friday. Come and hear all about your child's experiences at camp! Our camp store will be open so you can purchase a t-shirt or a bandana or another special memory of your child's time at camp.

### **MEALS AND SNACKS**

A sack lunch (sandwich, chips, fruit and vegetable and a dessert) or a cookout is provided every day. If you camper has special dietary needs, please indicate these on your registration form so we can be prepared to best serve your camper.

We will also take a "sno cone break" each afternoon and all campers will get a sno cone.

### **HEALTH FORMS**

All campers must complete a health form with doctor's signature prior attending camp.

\*\*\*Health forms and all waivers are due to camp by May 15, 2023. More information on this is on the last page of this packet.

### **If you registered online**

- You may complete your health form online by logging back into your account and filling out the health form through our registration portal.
- You will then need to upload a copy of a signed physical from your child's

doctor. A signed copy is currently mandatory.

- Once you have submitted your online health form, you cannot make corrections to it. Please call our office when medical information changes for your camper.

**If you registered over the phone or don't want to use the registration portal**

- Visit [lutheranch.org/camper-documents](http://lutheranch.org/camper-documents), download the Summer Camp Health Form. If you are reading this PDF online, [click here](#) to go straight to the form.
- To submit the form:
  - Scan and email to [camperhealth@novusway.org](mailto:camperhealth@novusway.org)
  - Or mail to NovusWay Registration, 2049 Upper Laurel Drive, Arden, NC 28704

**Helpful Notes for Submitting Health Forms:**

- A new health form is required for each year your child registers for camp.
- A physical exam within the last 12-18 months must be validated on the health form with a physician's signature or a physician-signed copy of the exam. A copy of a well-check visit is not acceptable unless electronically signed by a physician.
- If you completed an online health form last summer, your information will prefill for this summer. You only need to update it and submit a new doctor's physical.
- Please include immunization dates.
- Please keep a copy of the health form and any program waivers for your files.
- Per the American Camp Association guidelines, this form will be reviewed by our healthcare staff before your child arrives at camp.

- We are unable to access physical exams from previous years readily. However, you may attach a copy of last year's physical dated within 12-18 months of this year's camp week.
- We cannot admit campers on opening day without a completed and signed health form.

If registering after May 15<sup>th</sup>, 2023, please submit your child's health form & waivers ASAP - at least two weeks before his/her camper week.

## **WHAT TO EXPECT**

We will spend all day exploring what camp has to offer. Each day will include time for Bible Study and time for rest time after lunch. Please make sure your child gets plenty of rest at night because our days will be FULL and BUSY and your child will come home tired!

Be sure to watch our Lutheranch Facebook page for daily pictures of your camper enjoying all that camp has to offer!

The Daily Schedule (subject to change due to weather or camper needs) is as follows:

8:00-8:30 Check in and games outside McKanna Sandrock

8:30 Morning Devotion on the back porch of McKanna Sandrock

9:00 Outdoor Exploration (Each week will have a theme and we will dig deep into that theme during this time! Week 1: water. Week 2: Rocks. Week 3: Wildlife Week 4: Trees and Forests )

10:30 Exploring Camp (hiking, fishing, boating, archery, crafts, creek stomping or games)

12:00 Lunch at McKanna Sandrock Picnic tables

12:30 Flat on Back rest time in McKanna Sandrock retreat center

1:30 Bible Study with counselors

2:30 Sno Cone Break and change for swimming

3:00 Swimming

4:00 Return to MaKanna Sandrock, change clothes

4:30 Crafts or games

5:00 Check out

## **DAILY PACKING LIST FOR EXPLORERS DAY CAMP**

\*\*\*We suggest bringing it all in a backpack or tote bag and PLEASE LABEL ALL YOUR BELONGINGS

- Close toed shoes (tennis shoes or hiking boots. Please, no sandals!)
- Shorts or jeans and t-shirt (may want to bring extra change in case clothing gets wet or messy)
- sunscreen and bug spray
- Bible
- Swimsuit or trunks and water shoes for the lake
- Beach towel
- Water bottle
- Raincoat or jacket and mud boots if weather looks yucky
- Blanket and pillow for rest time (optional and can be left at camp for the week and taken home on Friday)
- An extra pair of dry socks (It is amazing how quickly socks get wet at camp!)

- Camera (optional)

PLEASE DO NOT BRING

- Cell phones or other electronics
- Anything expensive that you don't want to get lost or broken
- Over the counter medications (we have a first aid kit)
- Soda, candy, or snacks (We provide plenty of food at lunch and sno-cones for a snack)
- Sandals or flip flops

We can't wait to see you!! If you have any questions, please don't hesitate to call or e-mail me at 404-583-4591 or [gahrens@novusway.org](mailto:gahrens@novusway.org).

See you soon,

*Gretchen Ahrens*

Gretchen Ahrens

Lutheranch Program Director