



# Parent & Camper Information to get you ready for camp

## Health Form

**Camper health forms and waivers are due by May 15, 2023**

### **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 [lutheridge.org/camper-documents](http://lutheridge.org/camper-documents) and 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 24 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 health care 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 a physical dated within 24 months of this year's camp week.
- We cannot admit campers without a completed and signed health form.

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

All Lutheridge staff members are First Aid certified and all Outdoor Adventure Program staff have been certified in Wilderness First Aid.

### **Arrival / Departure Information**

**SUNDAY CHECK-IN: 3:30-5:00 pm**

Upon arrival at Lutheridge, speak with the roadside greeters for check-in information. Roadside greeters will start at 3:30. No early arrivals please. Scheduled supervision of campers does not begin until 3:30 pm.

Lutheridge offices will open on Sunday at 3:00 pm and close at 5:00 pm. The Lutheridge Store is open on Sunday from 2:30 pm until 5:00 pm.

If campers must arrive later than 5:00 pm, please call a program director at 828-490-7472

Campers riding the shuttle from Lutheridge to Lutherock should arrive no later than 4:00pm and meet on the benches in front of Efir Hall.

**FRIDAY CHECK-OUT: 4:00-5:30 pm**

For weeks that end on Friday we will end with a closing program at 3:00 at the cross by the lake.\* Parents are invited to attend while not sitting with their child. This is a chance for parents to get to experience some of what their children experienced at camp during the week. If you are attending the closing program, please plan to park near the pickup area of your child and not in the lot beside the lake. After the program, all campers will walk back to their camper areas with their counselor. Sign out will happen in the areas - NOT AT THE LAKE.

If you must arrive later than 5:30pm, please tell your child's counselor at Check-in. Special arrangements will have to be made, as the scheduled supervision of campers ends at 5:30.

During these weeks, the Lutheridge Store will be open on Friday afternoon

from 3:00 pm until 6:00 pm.

**SATURDAY CHECK-OUT: 8:30 – 10:00 am**

If you must arrive later than 10:00 am, please tell your child's counselor at Check-in. Special arrangements will have to be made, as the scheduled supervision of campers ends at 10 am. The Lutheridge Store will be open on Saturday from 8:30 am until 11 am.

Lutheridge campers riding the shuttle to Lutheridge will arrive around 11 am to be picked up at Efir Hall at Lutheridge.

\*Music and Arts week will end with a performance in the Faith Center at 2:00PM.

### **Transportation**

#### **Directions to Lutheridge**

GPS Address for Lutheridge Front Gate: 2511 Hendersonville Road, Arden, NC

From I-40, Eastern North Carolina (Greensboro, Hickory) and I-40, Tennessee (Knoxville)

- Take I-40 West to Exit #51 (Hwy 25A/Sweeten Creek Rd)
- Take Sweeten Creek Road South (left at the end of the ramp)
- Go about 6 miles to Hwy 25/Hendersonville Rd (major intersection with Walgreens on the corner across the street)
- Turn left onto Hendersonville Rd
- Lutheridge entrance is just a very short distance on the right

From I-26, South Carolina (Spartanburg, Columbia)

- Take I-26 West to exit 40 (the Asheville Airport Exit)
- Take a right at the end of the exit onto Airport Rd
- Travel approximately 2 miles to US-25 (Hendersonville Rd)
- Turn right onto US-25
- Lutheridge entrance is just a very short distance on the right

The Asheville Regional Airport is just a few miles from Lutheridge, where we can pick up or drop off your child if he/she is flying to camp. For information about our shuttle service to and from the Asheville Regional Airport, contact the Registration Office at [registration@novusway.com](mailto:registration@novusway.com) or 828-209-6302.

Campers during Camp

During the camp week, most campers have an off-site outing (All activities for First Camp and Pioneers are on site). Transportation will be in a NovusWay owned or leased vehicle with a trained driver, and safety/emergency equipment is on board at all times.

### **Mail & Communication**

Campers love getting mail! Our camp mailing address is at the top of the first page. Please include the camper's full name on the envelope. Post mail to your child *before* their week begins to ensure its possible delivery. If you post mail during their week of camp, in most cases it will not reach your camper before they depart. The best way to "send" mail is to write it ahead of time and drop it off at the office upon arrival. The best mail is cheerful. Please don't send gum, candy, or food. We will send information regarding email communication before your camp week.

### **Phone Calls**

Calls home promotes homesickness much more than they help and can emotionally pull a camper away from the cabin group. We are working to promote independence and build community. Cellphones are not allowed because they take away from the authentic camp experience. If you need to speak with your camper during the week or if you have questions about this policy, a program director will be happy to make a plan with you and your camper. We have had a Camp Grandma previous summers and plan to have this position back at camp this summer. She is also available to check on your camper and let you know how he/she is doing throughout the week. We'll send her phone number before the camp week.