

Camp Lutherhoma

Rock and Ride Adventure Trip

June 23-28, 2024

Greetings from Camp Lutherhoma,

We are excited for your camper to join us for Rock and Ride Adventure Trip! This challenging expedition will take you mountain biking, rock climbing, and whitewater rafting/kayaking in Arkansas with the Camp Lutherhoma Staff. We cannot wait to lead you on this adventure! Rock and Ride Adventure is unlike any other Lutherhoma summer program. This week of camp will be rewarding, as you push your limits, and grow alongside Christian friends. As you prepare, please read over this information packet (including: the itinerary, emergency contact information, phone numbers, and a packing list) and feel free to reach out with any questions.

All Rock and Ride campers should check in at Camp Lutherhoma on June 23th during our regular camper check-in time of 3:00-5:00 pm. Campers will be transported to the adventure sites on Monday morning in camp vehicles and rented vehicles. Our arrival time back to camp will be Thursday, June 27nd. Thursday evening and Friday morning, campers and the Rock and Ride campers will participate in the regular summer camp schedule while cleaning up adventure gear and reflecting on their fun, challenging experience. The Rock and Ride campers will participate in the regular camp closing on Friday at 2:30 pm, ready for departure by 3:30 pm June 28th. If you have any other questions, feel free to e-mail us at lutherhoma@lutherhoma.com, or call our office (918) 458-0704. We look forward to seeing you and pray for safe travels.

We would also like to take this time and tell you about some safety features we use during the summer, especially during the Rock and Ride Trip. Because of some generous donors, Camp Lutherhoma has multiple "Spot Locators" for our trips. Our "Spot Locators" are GPS units that relay GPS points to camp staff at Lutherhoma while groups and campers are on trips. This safety feature allows us to track progress while the campers and staff are off site. It will also give the group leaders the ability to report their status and send SOS/Help messages via text message to the camp staff or Emergency services as needed. We send our most skilled and experienced adventure staff on the Rock and Ride trip. Our main goal is to keep all campers safe and to make sure everyone has a great experience while exploring God's creation.

Your servants in Him,

John Busch, Director
Erin Busch, Program Director

Camp Lutherhoma Summer Information Sheet

Rock and Ride

lutherhoma@lutherhoma.com

918-458-0704

Dear Parents,

Thank you for registering your child for camp! A camp experience is a tremendous chance for growth, fun, and enrichment. I hope everyone who attends Camp Lutherhoma grows in their faith, develops meaningful friendships, and experiences the beauty of God's Creation. We look forward to seeing you at camp!

In Christ,

John Busch, Camp Director

Before Your Week at Camp

- Read this information page including the Packing List.
- Tell a friend to join you at camp!
- Pay any remaining balance before your camp session begins. You can pay your balance by logging in to your camp account, mailing a check, or pay your balance at camp check-in.

Medication, Insurance, and Health Form

It is vital that all camper medications are correctly labeled and given to the health care staff during registration. The camp staff will keep all medicine in a safe location, except those that must be immediately available (i.e. inhalers, epi-pens).

Each camper is expected to have medical insurance with his/her family to cover accidents and illnesses. This information should be documented on your Health Form. No camper can be admitted to camp unless this form is completed.

To update your child's health form and medication:

1. Log in to your camp account at www.lutherhoma.com
2. Click on the name of the child you want to update.
3. Click My Forms, then Summer Health Form Camp Lutherhoma to review and make changes to the camper's health form.
4. Click Medications to view or manage the camper's medications.

Camp Check-In Sunday 3-5pm

Camper check-in is Sunday from 3pm-5pm on the deck near the Dining Hall.

At check-in you can pay any balance due, turn in all medication to the medic, and add money to your child's camp store account, if you would like. You will also have an opportunity to visit the camp store to purchase apparel or souvenirs.

During Your Child's Week at Rock and Ride

While your child is at camp forming memories you can send encouraging emails through your online camp account! During Rock and Ride campers will not be at main camp from Monday through Thursday, you are still welcome to send emails which they will receive Thursday evening.

To email your camper:

1. Login to your camp account at www.lutherhoma.com
2. Click on the envelope icon in the top right of your screen.
3. Click "Email a camper" and fill out the form. You can also allow family members to view photos or send emails by clicking "Friend Accounts".

Closing Program Friday 2:30pm

On Friday, parents, family, and friends are invited to attend our **Closing Program in the Outdoor Chapel at 2:30pm**. Closing Program is a great opportunity to experience the fun environment your campers have enjoyed during their week at camp!

Near the Outdoor Chapel will be a check out tent where you will confirm you are authorized to pick up your camper and gather any medications from the week. Campers are released on the Deck after Closing Program. The camp store will be open for final purchases.

Refund Policy If a camper cancels 2 or more weeks prior to the start date of their camp session they will be refunded all but the \$50 deposit. If the camper cancels less than 2 weeks to the camp date, no refund will be given.

Camp Lutherhoma Rock and Ride Packing List

Clothing

- 7 sets of shorts and T-shirts
- Old set of clothes that you don't mind getting muddy while mountain biking
- Long shorts to wear under your climbing harness (longer shorts are comfortable with the harness)
- Socks (pack extra!)
- Underwear
- Pajamas
- Hiking shoes or good pair of outdoor shoes (running shoes are fine)
- Second or third pair of shoes that can get muddy
- Long sleeved shirt or sweatshirt for cool nights
- Sandals for shower and pool
- Rain jacket or rain poncho
- Swimsuit (no bikinis or speedos)
- River Shoes/Water Shoes- bring a pair of well-fitting closed-toed water shoes or an old pair of tennis shoes for whitewater kayaking/rafting the Illinois River. Crocs are not acceptable.
- Laundry bag for dirty clothes

Tent Camping Items

- Warm but light weight sleeping bag
- Pillow with pillowcase
- Bath towel
- Toiletries: shampoo, soap, deodorant, toothbrush & toothpaste (Showers will be limited)
- Comb or hairbrush
- Daypack or school backpack
- Sunscreen and Bug spray
- Flashlight
- Medium sized water bottle
- Sunglasses
- Hat with brim or bandana to wear under helmet
- Bible (any translation is fine)
- Notebook and pen (optional)

Camp Lutherhoma will provide and pack all necessary equipment and supplies for mountain biking, rock climbing, tent camping, meal prep, and first aid/safety during the trip. If your child wants to bring their own mountain bike, helmet, etc. please contact john@lutherhoma.com before arriving at camp.

Packing Tips

- When packing your clothes, especially swimsuits, please consider that as Christians we need to be modest with our appearance. Campers should avoid clothing that is immodest or revealing as well as clothing that could be offensive in language or graphics.
- Expect clothes to get dirty at camp, so don't pack anything too nice!
- Avoid mix-ups by labeling all items with your camper's name.
- **Please leave at home:** cell phones, radios, electronic devices, tablets, jewelry, cash, or other valuables. Campers should not bring cigarettes, tobacco products, alcohol, knives, or weapons.

Emergency Information for Lutherhoma Rock and Ride Trip, 2024

Camp Lutherhoma
P.O. Box 1672
Tahlequah, OK 74465

Camp Office: (918) 458-0704
John Busch cell: (918) 822-7405
Erin Busch cell: (918) 931-0454
Nikki Boyd cell: (918) 906-5789

Physical address:

Camp Lutherhoma
23197 E. 742nd Rd.
Tahlequah, OK 74464

Program: Camp Lutherhoma Rock and Ride Trip

Dates: June 23-28, 2024

Site: Lincoln, AR Rock Climbing,
Address: Rheas Mill Township, AR 72744

Site: Cowpatty RV Park & Campground
Address: 48 E Wallin Mountain Rd, West Fork, AR 72774

Site: Kessler Mountain Trails
Address: 2600 W Judge Cummings Rd, Fayetteville, AR 72701

Site: WOKA Whitewater Park
Address: 474986 Twin Falls Rd, Watts, OK 74964

Directions: Lincoln AR From Tahlequah, take US 62 East to Lincoln AR. Turn north on West St. travel 8 miles north till sign for Lake Lincoln. Turn right into parking lot. Follow trail up left shore to climbing.

Directions: To Cowpatty Campground From Tahlequah, take US 62 East toward AR to Illinois Chapel Rd/ E Parks St in Prairie Grove, AR. Continue to Greenland. Turn right onto US-71 S/ S Main Ave. Turn left on E Wallin Mountain Rd. Destination is on the left.

Directions: To Kessler Mountain Trails: From Tahlequah, take US 62 East toward AR to Illinois Chapel Rd/ E Parks St in Prairie Grove, AR. Follow Illinois Chapel Rd and AR-265 N to your destination in Fayetteville.

Emergency Information:

Nearest hospital: Washington Regional Medical Center
Address: 3215 N Northhills Blvd, Fayetteville, AR 72703
Phone:(479) 463-1000

Cowpatty Campground: Owner on site- (479)839-2653

Police: Washington County Sheriff- (479) 444-5700

Rock and Ride Trip 2024

Sunday, June 23

3-5:00 pm Registration at Camp Lutherhoma
6:00 pm Dinner
7:00 pm Pack all equipment
9:00 pm Campfire and snacks
10:00 pm Bed in Summer Cabin at Camp Lutherhoma

Monday, June 24

7:30am Breakfast
8:00 am Pack
8:30 am Leave for Lake Lincoln
9:30 am Arrive at Lake Lincoln (Teach Spotting/Harnesses/Set up Climbs)
10:30 am Rock Climb
12:00 pm Lunch
1:00 pm Rock Climb
4:00pm Leave for Cowpatty RV Park & Campground
5:00pm Arrive and Unpack (Set up tents)
6:00 pm Dinner
8:00 pm Bible study/Campfire
10:00 pm Bed

Tuesday, June 25

8:00 am Breakfast
8:30 am Travel to Kessler Mountain for Mt. Biking
9:00 am Mountain Bike
12:00 am Lunch
3:00 pm Mountain Bike
5:00 pm Return to Cowpatty RV Park & Campground
6:00 pm Dinner
8:00 pm Bible study/Campfire
10:00 pm Bed

Wednesday, June 26

8:00 am Breakfast
8:30 am Travel to Kessler Mt for Mt. Biking
9:00 am Mountain Bike
12:00 pm Lunch
1:00 pm Mountain Bike
3:00 pm Return to Cowpatty RV Park & Campground
4:00 pm Clean up, hike, relax
6:00 pm Dinner
8:00 pm Bible study/Campfire
10:00 pm Bed

Thursday, June 27

8:00 am Breakfast/Pack up camp- leave Cowpatty RV Park & Campground
9:00am Travel to WOKA (Whitewater park) in Watts, OK
10:00 am Whitewater raft/kayak
12:00 pm Lunch
1:00 pm Whitewater raft/kayak
4:00 pm Leave for Lutherhoma
5:00pm Arrive at Lutherhoma Shower/Unpack
5:00 Dinner and return to regular camp schedule

Friday, June 28

Normal Camp Schedule. Morning activities will include cleaning equipment and unpacking.

ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

PLEASE READ THIS DOCUMENT CAREFULLY. This is a legal document. If you have any questions, we encourage you to consult with an attorney before signing it. In consideration for the opportunity to rent equipment and use the WOKA Whitewater Park, I knowingly and voluntarily make the following acknowledgment of risk and release of liability.

I know, understand, and acknowledge that:

- My participation in the activities of the WOKA Whitewater Park is strictly voluntary.
- There are risks associated with the activities of the WOKA Whitewater Park, including the risk of serious mental and bodily injuries, disease, strains, fractures, bruising, contusions, abrasions, partial and/or total paralysis, death, drowning, or serious disability.
- I am aware of the strong water currents and rough water conditions in the whitewater course.
- The water visibility is limited and, in some places, completely obscured, and there may be hazardous obstacles beneath the surface of the water that cannot be observed and that involve risk of injury.
- The activities take place outdoors in nature, where I may be exposed to insect and animal bites and attacks, polluted water, falling or slipping off cliffs, boulders, or trees, being caught in a flash flood, colliding with a boat, rock, tree, or another person, being struck by lightning or falling rocks, falling from or being injured by equipment, being entrapped in a kayak or other vessel, falling into the water and drowning, spraining ankles, or receiving deep cuts, blisters or burns.
- I may be injured by equipment that may malfunction or break.
- I may be injured from slipping or falling.
- I may be injured by temporary or permanent obstacles or conditions on the premises or in the water;
- I may be injured as a result of the negligence or wrongful conduct of other participants, spectators, or employees and agents of the Grand River Dam Authority.
- The activities of the WOKA Whitewater Park are physically and mentally demanding and I may sustain injuries resulting from my personal physical and mental limitations.
- The use of a life jacket and helmet at all times while in the water or on a vessel reduces the risk of injury and death and is strongly encouraged for all participants of the WOKA Whitewater Park. If I choose not to wear a life jacket or helmet, I do so solely at my own risk.
- The WOKA Whitewater Park is located in a remote area where medical care can be significantly delayed, compromised, difficult, and expensive.
- If rental equipment is damaged by Customer, destroyed, lost or stolen while in Customer's possession, Customer is responsible for the cost of repair or replacement of the Equipment.

I UNDERSTAND AND TAKE SOLE RESPONSIBILITY FOR ALL INJURIES AND PHYSICAL AND MENTAL CHANGES THAT MAY OCCUR TO ME AND/OR OTHERS RELATED TO MY PARTICIPATION IN THE ACTIVITIES OF THE WOKA WHITEWATER PARK. I ASSUME AND ACCEPT SOLE RESPONSIBILITY FOR MY SAFETY AND FOR ALL INJURIES AND PHYSICAL AND MENTAL CHANGES THAT MAY OCCUR. I AM AT LEAST 18 YEARS OF AGE OR I AM THE GUARDIAN OF THE MINOR PARTICIPANT AND I AM ASSUMING THESE RISKS FOR THAT MINOR.

Waiver and Release of Liability. In consideration of the Grand River Dam Authority’s agreement to allow me to utilize the WOKA Whitewater Park, I hereby completely release, forever discharge, and agree to hold harmless the State of Oklahoma and the Grand River Dam Authority (and their agents, employees, officers, directors, and insurance companies) from all present or future claims, demands, damages, and causes of action, arising out of or connected to my participation the activities of the WOKA Whitewater Park. Neither I nor my heirs or assign will hold the State of Oklahoma and the Grand River Dam Authority (and their agents, employees, officers, directors, and insurance companies) liable for any claims, damages, injuries, death or property loss that arise from my participation in the activities of the WOKA Whitewater Park. I agree to release, indemnify and hold harmless the State of Oklahoma and the Grand River Dam Authority (and their agents, employees, officers, directors, and insurance companies) from any such claim. The State of Oklahoma and the Grand River Dam Authority may use photographs and video of me participating in the activities of the WOKA Whitewater Park in promotional materials or on social media.

BY SIGNING THIS DOCUMENT, I SPECIFICALLY ACKNOWLEDGE THAT PARTICIPATION IN WHITEWATER ACTIVITIES IS INHERENTLY DANGEROUS.

_____ (Initial) I am 18 years of age or older

Participant Name (print): _____ Age: _____

Signature: _____ Date: _____

If under 18:

Guardian’s Name (print): _____ Relationship: _____

Guardian’s Signature _____ Date: _____