

Journey In January High School Retreat

Camp Lutherhoma

January 15-17, 2021

Journey In January is a High School youth retreat planned and led by High School youth. This year will be the 32nd annual Journey in January! The weekend is full of Christian growth, fellowship, fun, good food and lots of friends. Be sure to get your group to register as soon as possible.

Early Registration Deadline: January 4th, 2021

On Line Registration opens November, 2020

Arrival and Departure: Registration begins at 8:00pm on Friday, Jan. 15. Everyone will be dismissed after lunch on Sunday, Jan. 17.

Ages and Cost:

Youth – ages 14-18

Adults – ages 21+ Church groups should send a male and female chaperone if they have male and female youth.

Register by January 4, 2021

- \$145/person for Pine or Aspen Retreat Cabins- limited spaces (bedding and towels are provided)
- \$125/person for Summer Cabins (no bedding or towels provided)

Register after January 4, 2021

- \$175/person for Pine or Aspen Retreat Cabins- limited spaces (bedding and towels are provided)
- \$155/person for Summer Cabins (no bedding or towels provided)

T-Shirts

- Tshirts will be given to each participant that registers by January 4th, 2021. After that, we cannot guarantee a T-shirt due to the printing and processing time of tshirts.

Cancellation

- Any cancellations before January 4th will be refunded all fees EXCEPT the \$50 per person discount.
- Any cancellations after January 4th will receive no refund.
- A group can have their registration transferred to a different participant, but the T-Shirt might not be available for the new participant. This can be transferred if space is available in the housing requested. Male for Male or Female for Female holds a better chance of having a successful transfer.
- If Camp Lutherhoma cancels this event you will receive a full refund.

All Registrations are to be made online at www.lutherhoma.com Instructions to help you are given below. A \$50.00 per person deposit is required at the time of registration. For more information contact Camp Lutherhoma at: P.O. Box 1672, Tahlequah, OK 74465, 918-458-0704 e-mail: lutherhoma@lutherhoma.com

Each Participant, youth and adult, must have a completed health form. Please read the Step by Step Registration Guide and pay attention as to how to get the health form to your participants and then back to Camp Lutherhoma.

We also have included a COVID-19 policies and procedures for Camp Lutherhoma for this event. Please read it carefully and communicate this information to all your participant's families.

Group Roster

You can use this form to help you keep track of your attendees and their t-shirt sizes. You may want to bring this form to camp to ensure each attendee gets the correct t-shirt size.

	NAME	Male or Female	Youth	Adult	T-shirt size
1)					
2)					
3)					
4)					
5)					
6)					
7)					
8)					
9)					
10)					
11)					
12)					
13)					
14)					
15)					

T-shirt Totals: Small _____ Medium _____ Large _____ XL _____
 XXL _____ XXXL _____

Total Due: if full payment postmarked or paid on line by January 4th, 2021
 _____ at \$125 (Summer Cabins) = _____
 _____ at \$145 (Pine or Aspen Cabins-if available) = _____
 _____ at \$95(Committee Members Only!) = _____

If full payment postmarked or paid on line after January 4th, 2021
 _____ at \$155 (Summer Cabins) = _____
 _____ at \$175 (Pine or Aspen Cabins-if available) = _____
 _____ at \$125 (Committee Members Only!) = _____

TOTAL DUE = _____

Camp Lutherhoma Journey in January- Step by Step Registration Guide

If you are having trouble or need help at any point in this process feel free to call 918-458-0704 or email Lutherhoma@lutherhoma.com.

1. Logging into your Camp Lutherhoma Account
 - a. Go to www.lutherhoma.com
 - b. Click "Account Login"
 - c. If you are registering a church group log in with your church account Username. If you are registering a member of your family log in with your family account Username.
 - i. The first time you log into our new registration system you need to reset your password- click "Forgot your login information?" and follow the prompts to reset your password.
 - d. Log in using your Username and password.
 - e. Once you log in you will see your Account Summary. A few important buttons on your Account Menu:
 - i. "My Account"- Look at a summary of your account including balances due, account members, and upcoming sessions.
 - ii. "Reservations"- Begin a new registration for a camp session and view past sessions
 - iii. "Make a Payment"- Make a payment on a registration balance.
 - iv. "Contact Us"- Camp Lutherhoma's contact information.
 - v. "Additional Options"- Upcoming sessions, message center, donations, email a camper, and document center.
 - vi. "Log Out"- Log out of your Camp Lutherhoma account when you are finished.
2. Registering your Group
 - a. Once you are logged in, make sure all participants you plan to register are in your account.
 - i. Under "Account Details" you should see a list of everyone in your account.
 - ii. Click "Add Person" if you need to add a youth or adult to your account.
 - iii. Fill in the required information about the individual (name, gender, birthdate) and click "Save"
 - b. Once all your participants are in your account, click "Make a Reservation"
 - c. Click "Make a family / small group reservation" to register for Journey in January and other group retreats.
 - d. Select Journey in January 2021
 - e. Select each individual who is attending Journey in January with your church group.
 - f. Let us know your housing choices and t-shirt sizes
 - i. If your group wants to stay in Pine and Aspen Retreat Cabins please designate the number of males and females you are bringing (males stay in Pine, females stay in Aspen).
 - ii. If your group wants to stay in the Summer Cabins please put the total number of participants in the Summer Cabins selection.
 - iii. Indicate the number of each shirt size you need for your group.
 - g. Read and agree to the following statements about supervision and background checks. If either of these statements is not agreeable please contact Camp Lutherhoma.
 - h. Click "Proceed to Checkout"
 - i. Your Cart will show the total balance due. You can click the small plus sign + to view the details of your registration. Then click "Proceed to Payment"
 - j. Select the Payment Option you desire and fill out the necessary information.
 - k. Once you click "Complete Order" you are finished with your registration.
 - l. You will receive a confirmation email with a summary of your reservation and more information about the event.

Camp Lutherhoma Journey in January- Step by Step Registration Guide

- m. Your Confirmation Email will include a health form attachment. Each participant must have a completed health form to attend Journey in January.
- n. Please email the health form to each participant's parent or print and distribute the health form to each family. Completed health forms can be emailed to Lutherhoma@lutherhoma.com, printed and brought to the event, or uploaded to your account.

How to upload health forms to your Camp Lutherhoma Account

- Once participants have filled out their health form you can digitally upload it to your account. Our online system will keep this document on file for use in future events. Health forms must be updated each year. The health forms stored in the church group account are not the same as those submitted for summer camp programs.
- When you have participant health forms as digital documents (pdf or jpeg) on your computer follow these steps to save them in your account:
 1. Go to www.Lutherhoma.com and click "Account Login"
 2. Log in to your account using your username and password.
 3. Click on "Additional Options" then "Document Center"
 4. Under Retreat Health Form click "Upload"
 5. Select the individual for which you would like to upload a form.
 6. Select the document from your computer or device (pdf or jpeg) and click "Upload Document"
 7. You will then return to the Document Center where you can repeat steps 4-6 for additional participants.

Camp Lutherhoma Retreat Health and Protection 2020-21

We at Camp Lutherhoma are committed to the safety, health and well-being of all our campers, their families, and the Camp Lutherhoma staff. Due to the Covid-19 Pandemic, we want to assure you that we are taking measures to protect our community by implementing changes to our policies and procedures. We thank you for trusting us to protect your children, and we take our responsibility very seriously. Please read the following policies and procedures and feel free to contact us with any questions.

1. We trust the parents and guardians to be aware of CDC guidelines and the current circumstances which determine the CDC and the Governor/state of Oklahoma guidelines.
2. We encourage the parents and guardians to screen their child for any symptoms of illness of any kind for four to seven days before attending a retreat at Camp Lutherhoma.
3. If a Vaccine is available by the time of this event, please let us know if a participant has received the Vaccine and the date of vaccination.
4. If the participant has previously had COVID-19, confirmed with a COVID-19 test, please let us know the date of the test, and we request that the participant has been retested to show that they are no longer positive or contagious. Please give us the date of the retest indicating negative.
5. If the participant has any symptoms customary for those with the covid-19 virus, the parent/guardian should have them tested
6. If a participant is tested they should not come to camp unless they are cleared of the covid-19 virus with a doctor's note stating they were tested and that the test was negative.
7. The parent/guardian should, in advance of the first day of their child's camp retreat, consider how they might respond to the following questions.
 - a. Has the child or immediate family traveled internationally within the past 2 weeks?
 - b. Has the child been exposed to someone who has tested positive for the covid-19 virus in the past 2 weeks?
 - c. Has the child or immediate family attended any event of a large gathering of people (more than 10).
 - d. Has the child had a fever over 100.5 in the past 2 weeks?
 - e. Has the child had a persistent dry cough in the past 2 weeks?
 - f. Has the child experienced abdominal pain lasting more than ½ day in the past 2 weeks?
 - g. Has the child had episodes of chills or sweats in the past 2 weeks?
8. The parent or guardian can require additional safety procedures for their child while at camp.
9. All campers and staff will have their temperature taken and asked screening questions each morning and evening.
10. During the retreat, the camp will take measures to
 - a. Sanitize any surface that might be touched often by campers or staff during the retreat.
 - b. Increase the distance between individuals in bathrooms, cabins, and the dining hall.
 - c. Have more hand washing and hand sanitizing stations throughout camp.
 - d. Encourage face mask wearing when indoors or incapable of social distancing. Each participant should bring a face mask for such times.
11. The camp director or his representative will contact the parents or guardians if any symptoms customary for someone with the covid-19 are observed in their camper.
 - a. Symptoms
 - i. Fever over 100.5 F.
 - ii. Persistent dry cough
 - iii. Abdominal pain lasting more than ½ day or diarrhea
 - iv. Episodes of chills or sweats.
 - b. If any of these symptoms are detected in a camper or guest, the camp will contact the parents or guardians to discuss the plan of action. The camp will isolate the camper to limit the spread of whatever they might have, the camp might advise the parents or guardians to have their child tested for covid-19, and the parents are urged to report the test results to the camp.
 - c. The camp director or his representative will contact the parents or guardians if anyone associated with their child at camp has tested positive for covid-19.
12. Additional Suggestions
 - a. Parents and Guardians are encouraged to monitor their campers after they return home for 5 to 6 days, screening them for symptoms of any illness. If any symptoms arise, it is helpful if the parents contact the camp to notify them and to let them know the situation and if the child was tested for the covid-19 virus, and the results of that test.



Health Form for Programmed Retreats at Camp Lutherhoma

For:

General Information

Allergies:

This camper is allergic to

Food

The environment (insect; stings; hay fever etc.)

No Known Allergies

Medicine

Other

Please describe below what the camper is allergic to and the reaction seen

Diet, Nutrition:

Diet and Nutrition

This camper eats a regular diet

This camper is lactose intolerant.

This camper eats a regular vegetarian diet

This camper is gluten intolerant.

Please describe below

Restrictions:

Restrictions

I have reviewed the program and activities of the camp and feel this camper can participate without restrictions

I have reviewed the program and activities of the camp and feel this camper can participate with the following restrictions or adaptations.

Please describe below

Medical Insurance Information

Health Form for Programmed Retreats at Camp Lutherhoma (continued)

For:

This camper is covered by family medical/hospital insurance Yes No

Insurance Company

Policy Number

Subscriber

Insurance Company Phone Number

Immunization History:

Minimum immunization requirements up to date for this attendee All are up to date Some are not up to date

Please explain if "Some are not up to date"

Tetanus booster* (dT) or (TdaP)

Most Recent Dose Month/Year

Medication:

The following non-prescription medications may be stocked in the camp Health Center and are used on an as needed basis to manage illness and injury.

Check the Non-Prescription Medication(s) the camper can be given.

- | | |
|--|--|
| <input type="checkbox"/> Ibuprofen (Advil; Motrin) | <input type="checkbox"/> Dextromethorphan cough syrup (Robitussin DM) |
| <input type="checkbox"/> Acetaminophen (Tylenol) | <input type="checkbox"/> Generic cough drops |
| <input type="checkbox"/> Phenylephrine decongestant (Sudafed PE) | <input type="checkbox"/> Antibiotic cream |
| <input type="checkbox"/> Antihistamine/allergy medicine | <input type="checkbox"/> Bismuth subsalicylate for diarrhea (Kaopectate; Pepto-Bismol) |
| <input type="checkbox"/> Diphenhydramine antihistamine/allergy medicine (Benadryl) | <input type="checkbox"/> Antacid (TUMS etc.) |
| <input type="checkbox"/> Laxatives for constipation (Ex-Lax) | <input type="checkbox"/> Hydrocortisone Cream |
| <input type="checkbox"/> Pseudoephedrine decongestant (Sudafed) | <input type="checkbox"/> Ear Drying Aid(Swim Ear Drops) |
| <input type="checkbox"/> Guaifenesin cough syrup (Robitussin) | |

General Health History: Check 'Yes' or 'No' for each statement. Explain 'Yes' answers below.
Has/Does the camper...

Ever been hospitalized
 Yes No

Ever had surgery

Health Form for Programmed Retreats at Camp Lutherhoma (continued)

For:

Yes No

Have recurrent/chronic illnesses

Yes No

Had a recent infectious disease

Yes No

Had a recent injury

Yes No

Traveled outside the country in the past 9 months

Yes No

Ever had back/joint problems

Yes No

Had asthma/wheezing/shortness of breath

Yes No

Have diabetes

Yes No

Had seizures

Yes No

Had headaches

Yes No

Wear glasses, contacts, or protective eyewear

Yes No

Had fainting or dizziness

Yes No

Passed out/had chest pain during exercise

Yes No

Have problems with falling asleep/sleepwalking

Yes No

Have a history of bedwetting

Yes No

Have problems with diarrhea/constipation

Yes No

Health Form for Programmed Retreats at Camp Lutherhoma (continued)

For:

Have any skin problems such as sensitivity to latex, band aids, or certain types of sunscreen?

Yes

No

Please explain "Yes" answers in the space below. For travel outside the country, please name countries visited and dates of travel.

Mental, Emotional, and Social Health: Check "Yes" or "No" for each statement.

Is there anything we should know about the attendee's mental, emotional, or social health. If Yes, please explain.

Yes

No

Please explain "Yes" answers in the space below. The camp may contact you for additional information.

Experienced a significant life event that continues to affect the camper's life?

Yes

No

Please explain "Yes" answers in the space below. The camp may contact you for additional information.

Health-Care Providers:

Name of camper's primary doctor(s)

Phone

What Have We Forgotten to Ask?

What else do you want us to know about the attendee to help him/her have a successful experience at camp?

Authorization for Health Care:

Parent/Guardian Authorization for Health Care: This health history is correct and accurately reflects the health status of the camper to whom it pertains. The person described has permission to participate in all camp activities except as noted by me and/or an examining physician. I give permission to the physician selected by the camp to order x-rays, routine tests, and treatment related to the health of my child for both routine health care and in emergency situations. If I cannot be reached in an emergency, I give my permission to the physician to hospitalize, secure proper treatment for, and order injection, anesthesia, or surgery for this child. I understand the information on this form will be shared on a 'need to know' basis with camp staff. I give permission to photocopy this form. In addition, the camp has permission to obtain a copy of my child's health record from providers who treat my child and these providers may talk with the program's staff about my child's health status.

Adult Authorization for Health Care: This health history is correct and accurately reflects the health status of the attendee to whom it pertains. The person described has permission to participate in all camp activities except as noted by me and/or an examining physician. I give permission to the physician selected by the camp to order x-rays, routine tests, and treatment related to my health for both routine health care and in emergency situations. I give my permission to the physician to hospitalize, secure proper treatment for, and order injection, anesthesia, or surgery. I understand the information on this form will be shared on a 'need to know' basis with camp staff. I give permission to photocopy this form. In addition, the camp has permission to obtain a copy of my health record from providers who treat me and these providers may talk with the program's staff about my health status.

Health Form for Programmed Retreats at Camp Lutherhoma (continued)

For:

I have read the Authorization for Health Care section and agree that the contents of this health form accurately reflects the health status of the individual to whom it pertains and I give authorization for health care as listed.

Signature _____ Date _____