



## CONO SUMMER CAMP

Thank you for registering for summer camp 2023! We pray that camp will be a rewarding and life-giving experience for all our campers! Ridge Haven is eager to provide opportunities for personal and spiritual growth as well as developing relationships that can last a lifetime!

Please double check the date and camp you have registered your camper for and make sure that they are attending the same camp as their friend or church, if applicable, and are in the correct age group.

If your plans change and your camper cannot attend camp for any reason, please notify us immediately at 828-862-3916. ***All cancellations are to be handled through our home office at 828.862.3916. Please do not pass on your cancellation to your church or to your friend to fill your spot. Ridge Haven often has its own waitlist.***

Cancellations made **prior** to three (3) weeks before the first day of camp will receive a full refund minus the non-refundable, non-transferable registration fee (deposit). Cancellations made **within** three (3) weeks of the first day of camp may apply their payments to another camp during the 2023 camp season minus the non-refundable, non-transferable registration fee (deposit). Final payment must be made at least two (2) weeks prior to the start of camp.

## GENERAL INFORMATION

**Camp Address:** 3269 Quasqueton Ave. Walker, IA 52352

**Phone Numbers:**

Home Office: 828-862.3916 (9-5pm EST, M-F)

Becca Gojda: 706.831.0895

Wallace Anderson: 828.577.7295

**Arrival:** Registration is from 2:00 pm to 5:00 pm on Monday. Please do not arrive early (see registration instructions below in the WHEN YOU ARRIVE section).

**Late arrival:** Should your arrival be delayed **past** 5:00 pm on Monday, please phone the camp office **prior** to 5:00 pm at 828-862-3916 and give us an estimated arrival time so we can be prepared and available to greet you.

**Departure:** Parents should arrive between 9:00 am and 10:00 am on the day of departure. Campers will be dismissed from the Student Center. All campers should be picked up no later than 10:30 am on Saturday. Please call our office to notify us if you will be late for pick-up!

If you need to pick up your camper early (prior to the last day of the camp week), please call our office 828-862-3916 **at least 24 hours prior** to desired pick up to coordinate your arrival. Your pickup will need to be scheduled during office hours Tuesday – Friday 9:30 AM – 5:00 PM and **not before 8:00 AM on Saturday morning.**

**Health and Wellness Procedures:** An infirmary staffed with adults certified in First Aid, AED and CPR are available to handle minor injuries and illnesses and for the distribution of prescription medication. We have an EMT within 10 minutes and an urgent care emergency room within 20 minutes of our campus. In addition, we are well served by the University of Iowa Hospitals and medical services both in Cedar Rapids (30 min away) and Iowa City (50 minutes away). We will provide the necessary transport to any doctor's office, clinic or hospital. Be assured that we will contact you for any doctor and/or hospital visits.

Please refer to the "Packing List" and 'When You Arrive' instructions in the following pages of this letter regarding our medication policies. Most counselors are also trained in first aid, AED and CPR. If you would like to contact our Health Coordinator, you may call our office at 828-862-3916 or email them directly at: [infirmary@ridgehaven.org](mailto:infirmary@ridgehaven.org).

Campers may be required to be picked up early from camp if their symptoms or injuries prohibit them from participating extensively in the camp activities.

**Meals:** All meals are included in the price of the camping program. We are not an allergy free facility. While we limit the use of typical allergens in our menus, we are not altogether free of allergens. Please read our [Allergy Procedure](#). Those visiting our campus with medically diagnosed food allergies will need to make our Dining Staff aware of the allergy and the severity of that allergy before arrival so that we can determine if we can meet their needs. Campers must list medically diagnosed food allergies on their Medical Information Form in their online account. Please note the severity of any allergies. **Those with severe allergies should bring and carry emergency equipment (i.e., EpiPen) with them at all times.**

Guests with dietary restrictions should supplement our menu by bringing food with them. Any supplementary food items will be stored in a refrigerator/freezer in our Dining Hall, clearly marked with the camper's name. We have a microwave and will heat your supplementary items as needed, but Ridge Haven staff **cannot cook food to order.**

For those who have a medical diagnosis of Celiac Disease, please note that our Gluten Free options are very basic. Examples of options are: Breakfast, you will normally be provided oatmeal and Cheerios; Lunch, beans & rice; Dinner, tuna salad. Still, we encourage you to supplement your meals if you wish for more variety.

**Lost and found:** Be sure to check the lost and found table when you sign out your camper. Lost items not requested within 30 days will be donated to a local charity. Requested items can be shipped back to you and shipping fees will apply.

**Camp Store:** Deposits for the camp store can be made online before and during camp. Campers should not carry cash with them. Purchases can be made during store hours. **We do not accept cash or checks for camp store deposits on registration day.**

Please add money to your child's store account from their account dashboard by clicking "Make A Payment", then choose Store. This can be done by logging into your camper's account via the "Register Online" link at [ridgehaven.org](http://ridgehaven.org). Campers with a balance of more than \$5 after camp is over will get it refunded on the card it was deposited with the following week. Balances that are less than \$5 will be donated to our camper scholarship fund.

To make a purchase from the Camp Store:

1. Choose the item(s) from the camp store that you would like to purchase.
2. Bring the item(s) to the cashier. The cashier will look up your account by your last name and cabin number. The amount purchased will be subtracted from your account.
3. Any money left in your account over \$5.00 will be refunded to the card used to deposit the funds, during the following week.

**Pictures:** All pictures can be viewed and printed free of charge from our [Flickr account](#). A small selection will be in each Facebook album with a link to view all photos on Flickr. Uploading will begin on the second day of camp during the late afternoon.

## PACKING LIST

**Please mark all items with camper's full name.**

1. Please be sure to pack a **water bottle** (do not forget to put the camper's name on it).
2. **Bedding:** Sleeping bag with a fitted twin sheet (or a twin bed sheet set), pillow, pillowcase, towels (1 for showers and 1 for water activities), toiletries.
3. **Clothes:** Casual/Athletic clothes for outdoor activities and informal meetings, something to wear for messy games- that you probably will not want back, swimsuit (modest one-piece for girls), light jacket, long sleeved shirt, pants, and laundry bag.
4. **Shoes:** It is very important to bring at least one pair of tennis shoes that can be left for gym use only. Otherwise, campers will have to play in their socks. It is good to bring a second pair of tennis shoes or sturdy shoes for outdoor use. Optional: sturdy outdoor sandals with backstrap. Several camp activities require closed-toed shoes. Campers without the proper footwear may not be allowed to participate.
5. **Medications:** All medications, prescription **and** over-the-counter (OTC) must be discussed with and collected by the infirmary staff. **The infirmary staff will only collect and administer medication prescribed by a physician.** No medications, prescription or OTC, are allowed in cabins without specific exemption from infirmary staff. If your camper needs to keep emergency items (such as rescue inhalers and EpiPens), please speak with the nurse or infirmary staff at registration.

Due to a high volume of medication needs, please consult our posted list of OTC meds on the website and leave these "as needed" medications at home. However, if a regular dose of any

medication (OTC or prescription) is necessary, or if the camper requires a medication not listed, please bring your own supply to registration.

Medication information (name, dosage, administration times, etc.) and instructions **must** be completed on the online camp registration form prior to camp arrival (see more details in the WHEN YOU ARRIVE section of this letter).

6. **Games & Special Events:** Western/farm themed clothing (Hoedown dance), camo/dark clothing and flashlight (Mission Impossible Night Game).
7. **Backpack/Sling bag:** Campers will often participate in multiple activities during the camp day before returning to their cabins. A small, comfortable bag allows campers to keep some essentials with them throughout the day.

**Other items:** Bible, notebook, pen, flashlight, insect repellent and sunscreen.

**NOTE:** Camp Store money should be deposited into each camper's account. You may deposit money into your camper's store account at any time, prior to and after arrival. Their store account is updated daily.

→ *PLEASE DO NOT BRING: electronics, cell phones, snacks, alcohol, tobacco (any form), drugs, firearms, knives, or t-shirts with inappropriate advertising or sayings.*

## WHEN YOU ARRIVE

Instructions for Registration – please follow carefully.

Follow the yellow entrance road sign and parking attendants as you enter Ridge Haven Cono.

**Step 1 - Registration:** Registration is held between 2:00 pm and 5:00 pm on Monday. Each camper will sign-in and receive his/her cabin assignment. All accounts must be paid in full 2 weeks before the first day of camp unless other arrangements have been made by the Office Manager. Remember, do not arrive early and call the office to let us know if you are going to arrive after 5:00 pm.

**Step 2- Infirmary:** The infirmary staff will **only** collect/administer medication prescribed by a physician. These medications must be in the **original labeled container** (no pill organizers, please). Vitamins/supplements will not be collected unless accompanied by a physician's order. Leftover medications should be picked up from the infirmary staff when you pick up your camper. Campers can expect a lice check administered by Ridge Haven staff at Registration.

For campers bringing their own supply of food, please label each food item with their name and which meal the item should be served. Ridge Haven staff will collect your cooler/container of food at Registration. Please plan to collect your cooler/container and any leftover food if applicable, before you depart Saturday.

**Step 3 - Camper Mail:** You have two options if you would like your camper to receive mail while at camp. You may drop off mail to be delivered to your camper during the week. Please bring the mail with

you when you get in line for Registration. You will drop it off at the “Mail” table. Please be sure each piece is clearly labeled with the camper’s name, cabin number, and day the package is to be delivered.

Or you may choose to purchase an E-mail service on your camper’s account dashboard for a one-time fee of \$4 and you may allow family & friends to E-mail your camper for an additional \$4. Please look on your dashboard for this feature called “One-Way Email”. Emails are distributed to each camper daily at Mail Call. Mail Call occurs starting the second night of camp. Mail received each day by noon will be delivered that evening, otherwise, it will be delivered the following evening. Final mail delivery is on Friday, so make sure to submit your last E-mail **before** noon on Friday.

## RIDGE HAVEN CONO CAMP RULES & REGULATIONS

Every camper receives focused attention from his/her counselor. Ridge Haven counselors are thoroughly screened during the application process and undergo intensive training before camp. These young men and women exhibit godly lifestyles and loving concern for young people, providing tremendous role models of faith in Jesus Christ. Ridge Haven stresses mutual respect and teamwork.

All campers are expected to conduct themselves accordingly. A list of camper Rules and Regulations are listed below and should be read by or read to each camper. They are expected to know, understand, and follow these rules.

Campers: The staff at Ridge Haven wants you to have the best experience possible while you are here; therefore, we have established some guidelines for you to follow. For a fun and rewarding time at camp, please read and remember the following:

1. Be respectful in your words and actions to other campers, counselors, and staff.
2. Accept the authority of the Ridge Haven staff by listening and obeying.
3. Only use kind and thoughtful words. Foul language, including gestures, will not be tolerated.
4. Participation in all activities is strongly encouraged, but a positive attitude about camp is expected.
5. Bullying of any kind will not be tolerated.
6. All weapons, illegal drugs, alcohol, tobacco products, and fireworks are strictly forbidden.
7. Sexually inappropriate behavior of any degree will not be tolerated, and parents will be asked to pick their camper up.
8. Campers are expected to refrain from the use of technology during camp. Campers should leave their phones, laptops, tablets, etc. at home.
9. Campers are expected to demonstrate respect for Ridge Haven property. Campers are responsible for any damages resulting from inappropriate use of property.
10. Campers are not allowed to enter the cabins of the opposite gender at any time.
11. Campers must gain permission from their counselor before playing any pranks.
12. Campers are not allowed to go to the rooms of chaperones (including parents) that are staying at Ridge Haven during camp without approval from the Camp Director.
13. Campers (Senior High) that drive to camp must leave their car parked for the entire week in a designated spot where the car is tagged for security purposes. Car keys are turned in to staff at Registration. Campers may not go to or use their cars for any reason during camp.

14. Campers will not be allowed to wear crop tops (blouses or T-shirts that reveal the midriff) or spaghetti strap tops (blouses or T-shirts that have thin straps that come across the shoulders). Please take this very seriously.

Campers that do not follow these rules or act inappropriately will receive corrections from counselors that may result in disciplinary action (i.e., sitting out of an activity). If misconduct continues or the first offense is severe, they will be sent home. Harassment or bullying in any form will result in a camper being sent home immediately.

## QUESTIONS?

We'd be happy to answer any questions you may have! Feel free to call us at 828-862-3916