

Doe River Gorge Pre-Arrival Information 2010

Before SALT

Dear Parent,

Thank you for entrusting your student to us for three weeks of adventure at Doe River Gorge! This pre-arrival information sheet is designed to answer questions as you prepare your student for this exciting week. Should you have any questions after reviewing this, please feel free to call us at 423-725-4010 or email registrar@doerivergorge.com. We look forward to seeing your student this summer!

Balance Due

The balance due can be paid online at our website, www.doerivergorge.com. For registrations after May 1st, we prefer full payment, however balance is due one month prior to arrival date. If you have any questions or concerns regarding this method of payment, please contact us.

Required Forms

Your student's completed Medical and Participant Forms (Notification of Risk and Hold Harmless) are due at the time of registration. These forms can be filled out online at our website, www.doerivergorge.com.

Medical Form- A current photograph of your student is required with this form. A headshot photograph of your student can now be uploaded to your student's account online at our website. A physician's visit is not necessary to complete your student's medical form, however please write in date of last tetanus shot.

Participant Form- When you first login to your student's account online, you will be required to fill out the Notification of Risk and Hold Harmless Agreement.

Roommate Requests

If you have a roommate request for your student and have not already requested it, you may do so on your student's account online.

Special Needs Assistance

If your Quester has specific needs, such as dietary items that are due to physical, behavioral, or emotional challenges, please make indications on your student's medical form. This information will be relayed to appropriate staff members in order to provide the best experience for your student.

SALT Arrival

Check-In

SALT check-in is from **3:30-4:30pm on Sunday**. We cannot process arrivals before 3:30pm. You will receive your student's housing assignments and luggage tags as you arrive at the gate. Please stop by SALT registration to check-in with the SALT Director, to put spending in your student's "Doe Bucks" account, and check in with our medical staff.

Late Arrivals

Please make your best effort to arrive during check-in hours. If you will not be able to arrive during this time, please call our office at 423-725-4010 and leave a message including your student's name, your cell phone number, and your estimated time of arrival.

Medications and Inhalers

Please do not pack any medications or inhalers in your student's luggage. If your student requires prescription medications while at camp, please bring an adequate supply of the medication in the original, clearly labeled prescription container and check it in with the Nurse. State Law prohibits us from accepting medications in any other pill case or container. Medications are secured in our health office and distributed by a Registered Nurse according to the instructions. There is no need to send Tylenol or other over-the-counter remedies. We keep a supply of these items in our health office in case a student needs treatment. Please also refrain from sending vitamins or other non-prescription medications that are not essential for maintaining your student's health during their session of SALT. If your student uses an inhaler, please send two inhalers—one for the counselor to carry during the day and one to be kept in the health office for back-up.

Safety Inspection

For the safety of each person in the SALT program, students may be required to unpack luggage in the presence of their counselor. Any prohibited items will be collected and not returned until the end of their session. Please review the "What to Bring" and "What NOT to Bring" list and pack only what is allowed for SALT.

Parent Orientation

We encourage parents to attend a brief orientation on the SALT program directly following registration and move in. After orientation, you will get a chance to say one more goodbye to your student. This meeting will begin at 4:30pm.

Need Directions?

Download directions at <http://www.doerivergorge.com/directions.php>

Cancellations

We understand that there are times when your plans must change due to unforeseen circumstances. If your plans do change, our cancellation policy is as follows:

- 100% of registration fees are transferable to a previously unregistered guest.
- Cancellations prior to May 1st receive a full refund less the \$100 registration fee.
- Cancellations after May 1st are non-refundable unless we are able to fill the spot from our waiting list.
- No-shows are ineligible for a refund.

How to Pack

We recommend packing all items in plastic drawers. They are stackable, durable, and great for storing all of your clothes, toiletries, etc. This way you don't have to live out of a suitcase for three weeks. Be sure to label ALL ITEMS clearly using nametags, labels, or marker to ensure things return home with you!

All Students Bring

- sleeping bag
- 1 flat sheet and 1 blanket
- pillow and pillowcase
- bath towels and wash cloths
- soap
- shampoo
- toothbrush & toothpaste
- pajamas
- underwear and socks (lots)
- 2 pairs athletic/tennis shoes
- flip-flops (for shower)
- windbreaker or jacket
- rainwear (hooded raincoat or poncho)
- swimming trunks (guys), modest one-piece bathing suit (girls)
- 2 beach towels
- 8-10 short-sleeved shirts
- 2 sweatshirts
- 5 pairs modest shorts (minimum 5" inseam)
- 1 pair of nice khaki shorts or pants for uniform
- 2 pairs long pants
- old clothes to work in
- sunglasses
- sunscreen
- bug-spray
- flashlight
- water bottle (no glass)
- laundry bag and plastic trash bag for wet clothes
- Bible, pen, journal or notebook
- spending money
- prescription medicine in original container with instructions
- camera

What NOT to Bring

- CELL PHONES**
- over the counter medications or vitamins
- jewelry or valuables
- radio, CD player, MP3 Player or iPod, or movies
- handheld games or laptops
- food or gum
- alcoholic beverages, tobacco products, or illegal drugs
- knives, firearms, or fireworks

"Doe Bucks" Spending Money

So that your student does not have to carry cash, you may wish to open a "Doe Bucks" account that allows your student to make purchases at the Side Track Café and Doe River Gorge Outfitters. Snacks, cold drinks, and candy may be purchased at our Side Track Café. Doe River Gorge Outfitters has an array of souvenirs, apparel, jewelry, books, postcards, and other cool stuff! The balance in your account (rounded off to the nearest dollar) will be refunded prior to departure OR you can choose to donate the balance to the On-Track Scholarship Fund.

During SALT

Communicating With Your Student

During your student's three week stay at Doe River Gorge we highly encourage communication from those who love and support them. Here are some ways we suggest:

- **Mail-** postcards, letters, and care packages are welcomed!
Address to:
Doe River Gorge
SALT
Student's Name
P. O. Box 791
Elizabethton, TN 37644
- **Phone-** Students are only allowed to make necessary phone calls home. However, they will be able to receive messages from home each day. Your student will be permitted to use the office telephone. The office number is 423.725.4010.
- **Visits-** The most convenient time to visit your student is on Sunday. You are welcomed to attend our Sunday morning worship service followed by lunch (\$5/person).
- **Email-** Your student will get daily emails. Simply go to www.doerivergorge.com and click "Send Message to your Quester." We ask that you include your student's name/SALT in the subject line.

Insurance

Doe River Gorge provides limited secondary insurance coverage for accidents and illnesses (excluding pre-existing conditions) which occur while engaged in the SALT program. In the event of an accident or illness, our staff will take immediate action to obtain proper medical treatment and will also contact you immediately.

Health & Safety

A caring RN and medical staff are on duty at all times to provide medical care and to dispense medications according to prescribed instructions. A hospital is located within 8 miles of Doe River Gorge. Our outstanding record in working with groups for the past 13 years demonstrates that our staff gives top priority to safety. Our staff is trained in high-adventure safety and certified in First Aid and CPR. Our high-adventure equipment is top-of-the-line and undergoes thorough daily inspections.

Withdrawal

Refunds will not be made for those who withdraw before the end of the session except in cases of physical illness or emergency (this does not include homesickness), in which case \$30 per missed day will be refunded. Doe River Gorge reserves the right to dismiss anyone without refund whose conduct is not in the best interest of other participants.

Vehicles

Personal vehicles are not permitted on the premises during the SALT session. Please make arrangements to drop-off and pick-up your students.

Adopt-a-SALT

During your student's stay at Doe River Gorge, we encourage our summer staff to "adopt" your student. This is another way that we can invest in your student by placing a positive role model in their life. These summer staff are expected to invest in your student through quality time, encouragement, and prayer.

SALT Departure

SALT 1 & 2 Schedule

Student check-out will begin Friday afternoon:

12:00 pm Gate Opens (bring your Pick-Up Slip)
12:00 pm Luggage Tent Opens
12:30 pm SALT Celebration Dinner Begins
2:30 pm Departure

SALT 3 Schedule

Student check-out will begin Thursday night:

5:00 pm Gate Opens (Bring your Pick-Up Slip)
5:00 pm Luggage Tent Opens
5:45 pm SALT Celebration Dinner Begins
7:45 pm Departure

Check-Out Details

At check-out you will receive any balance in your "Doe Bucks" account and unused medications and inhalers. Early check-out is highly discouraged and should only be considered in extreme circumstances. Arrangements for early departure must be made with SALT director prior to check-out.

Luggage Pick Up

The luggage area will be open at 5:00pm on Thursday night. Please remember to check for all your student's items including bags, bedding, and dirty clothes bags. The luggage pick up area will be located in the parking field under our two luggage tents.

Lost and Found

We want to help your student leave with everything they brought. Doe River Gorge is not responsible for lost, stolen or misplaced articles. Items left behind will be held for one week only, then donated to charity.

Celebration Dinner

This night will recognize your student's achievements while portraying their new life of being a servant leader. You will receive an "official" invitation in the mail to this Celebration Dinner after your students arrive for SALT.

For more information on
year-round family events,
check us out at
[www.doerivergorge.com!](http://www.doerivergorge.com)

After SALT

Staying Connected

Don't let the Doe River Gorge experience end! Help your student stay connected by receiving emails on upcoming happenings at Doe River Gorge, including information on LEAD 2011, family retreats, and information to help your student grow in their walk with Christ! Sign your student up to receive emails at www.doerivergorge.com.