

# Camp Rules and Precautions

Name of athlete - \_\_\_\_\_ Week Attending Camp (circle) – **1 or 2**

Dear Parent - Due to our interest making your son's or daughter's experience at running camp both as safe and as enjoyable as possible, we would like to present you with the following list of safety precautions and rules. We ask you to review these with your child and make certain that they understand the rules and intend to abide by them. The camp staff will again review these policies at the beginning of their week at camp. It is important for you to also sign the release form at the bottom of this sheet. We cannot admit a runner to the camp without having this signed release form, a copy of the school physical form and full fee payment, so please be sure they bring these to camp registration or mail them to us ahead of time.

## **I. Running Rules and Precautions**

- a. When running on roads, runners must run on the far left side of the road in either single (or double file when conditions permit).
- b. Always look in all directions prior to crossing the road.
- c. Know the course that you are running prior to leaving to avoid running 10 miles when you were intended to go 5 miles.
- d. Always run with a partner.
- e. Never accept a ride from a stranger. If you have problems on a run, send your partner back to camp and we will come for you.

## **II. Camp Rules and Precautions**

- a. Keep aware of the camp schedule. Be to scheduled meetings, meals and runs on time.
- b. Boys stay out of girls cabins and girls stay out of boys cabins
- c. After lights-out time at night, all campers must remain in cabins unless using the restroom.
- d. There will be no public display of affection (or private display for that matter) between campers. There is ample time for proper socialization in camp activities.
- e. Littering is prohibited.
- f. You may not leave camp without permission.
- g. There are to be no guests at camp during the week unless approved by staff.
- h. Bring a water bottle to camp with your name on it to drink out of.

## **RELEASE**

In consideration of my son's or daughter's acceptance in to the Northeast Ohio Cross Country Camp, I, intending to be legally bound for myself, my son or daughter attending the camp and all heirs thereof, do hereby release and discharge the Northeast Ohio Cross Country Camp, its directors and staff from any and all liability for injury, illness or other damages that may result from participation in the camp and camp activities.

I have reviewed the above rules and precautions with my son or daughter attending the camp. They understand these policies and realize that failure to comply with these policies may result in their immediate dismissal from camp.

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name of Parent or Guardian \_\_\_\_\_