

SARC @ Mt. Hood

CAMP RULES

- 1. Treat all campers, CITs, coaches, and volunteers with RESPECT.** While we are at camp, we are a team. Support each other and be kind to one another. No bullying, no inappropriate language, and of course, you may never attempt to cause harm (physical OR emotional) to another camper, CIT, camp staff, or volunteer.
- 2. Never leave the designated camp area without permission from camp staff.** If you are at the lodge, that means inside the treeline along the outside of the building. If you are on palmer glacier, that means do not ski below palmer lift during training. During afternoon activities and when we are in Government Camp, stay with the group and use the buddy system. If you're not sure what the designated area is, ask a volunteer or camp staff.
- 3. Manage yourself.** This means wake up on time, have all your gear ready to go and be in the van on time, bring appropriate layers to training, hydrate, use sunscreen, be safe, go to sleep on time, manage your money responsibly, etc. This is not ski school. This is a camp for responsible ski racers who take their sport seriously and it is up to you to manage your needs and have a good experience.
- 4. Follow directions.** You will receive many directions from camp staff, volunteers, and from CITs. You must respect their authority and do as they ask. They have your best interest in mind. If you are not sure about the rules, please ask a camp representative to clarify.
- 5. Electronics Policy.** Campers may bring a cell phone to training and to afternoon activities, but must keep it in their bag

or pocket to make sure it does not interfere with training. Tablets, game systems, and other electronics are not allowed at training or afternoon activities. At night, every U10-U14 camper is required to turn their electronics in at the kitchen by 9pm. There will be a charging station where you can plug in your devices, but they must stay there until the next morning. CITs will use their phones as alarm clocks for the entire bunk room. Electronics can be used during down time each day (between 1 and 2), and in the evenings after the camp meeting. If campers are using their electronics to access anything that might be considered inappropriate for camp, that device will be confiscated for the remainder of camp.

6. **Food Policy.** No food upstairs! If you buy food or candy, it has to be kept in the kitchen in a ziploc bag with your name on it.

7. **No Drugs, Alcohol, Tobacco, or Inappropriate Behavior.**

This one should come as no surprise, but use common sense. Campers should not consume any illegal substances. Campers should also keep their contact with one another camp appropriate. If you wouldn't want us to talk to your parents about it, it's probably not appropriate for camp.

Failure to follow camp rules:

If a camper does not follow these rules set by SARC, they will be given a verbal warning from a camp representative. If the problem continues, the camper's parents will be contacted and sent a behavioral incident report. The camper will then need to discuss with the Camp Director what steps they will take to improve their behavior. On the third strike, a camper will be sent home, at their own expense. The camp director can choose to skip any of these steps and immediately send a camper home, if the situation calls for it.