

CAMPER RULES

NO CELL PHONE POLICY

- Cell phones are prohibited at Bitter Lacrosse Camp.
- All other electronic devices are prohibited at Bitter Lacrosse Camp (apple watch, ipad, laptop, xbox, alexa enabled devices, etc.)
- If you need to contact your child, please contact the camp director Billy Bitter by text at **516-650-6742** and he will assist you in speaking with your child.
- If campers would like to get in touch with their parents, they will have the opportunity to borrow a coach's cell phone at any point throughout the week.

General Code of Conduct:

- Respect yourself and those around you. Campers must respect counselors, staff, themselves and one another. Help each other out – cheer someone up!
- **Smoking, alcohol and drugs are strictly prohibited at our camp. Campers may not have any cigarettes, vapes, drugs or alcoholic beverages in their possession.**
- **Weapons or any object that our staff deem dangerous or potentially dangerous are strictly prohibited.**
- **Vandalizing or damaging school property and camp equipment will not be tolerated. This includes any damage to bedrooms, beds, shades, window screens, doors, washrooms, bathrooms, dining hall, any other buildings and signs. You will be held responsible for the cost of repair or replacement, including labor costs.**
- **BULLYING will not be tolerated. FIGHTING will not be tolerated. STEALING will not be tolerated.**
- **Campers will not buy or sell lacrosse gear and/or other items.**
- **Overnight Campers will not leave the Hotchkiss school grounds -- we will review the boundary lines on the first day of camp.**
- Campers will not order off site food delivery services. There will be plenty of food provided to campers throughout the week. **We recommend providing your child with healthy snacks and drinks that they can keep in their room for the week.**
- Campers must stay in their assigned rooms after lights out at night, except if a camper is not feeling well. If so, campers may alert a counselor or the athletic trainer on site
- No lacrosse balls around school buildings -- there is plenty of field space to have a catch
- Counselors will be staying in rooms throughout the premises.
- Be on time for everything. Do not miss a roll call.
- Always know where your roommates are!
- Speak up if you are feeling down or not feeling well -- we have 10+ people on staff each week that are there to help you!
- Overnight Campers - free time around the dorm area is from 7:00 PM -9:00 PM -- we will have plenty of outdoor activities to take part in -- overnight campers should not be spending their free time in their rooms.
- We will have counselor supervision at all areas of the Hotchkiss school.
- Overnight Campers will help keep fields, dorm areas and rooms clean -- including the bathrooms!
- Be clean, throw away trash, clear tables, shower up.

Lacrosse/Adventure Sessions:

- Campers must show up to each session with a positive attitude, ready to have fun.
- Day Campers will arrive at 9:00 AM and depart at 5:00 PM each day of camp.
- Overnight campers and day campers will always respect one another and the rules of the camp.
- **Campers should apply sunscreen prior to arriving at the fields each day of camp.**
- **Campers must bring a water bottle to the fields each day of camp.**
- Campers will help with cleaning up the field throughout the day -- all trash gets thrown away, balls picked up etc.
- Campers will remain with their assigned groups during all lacrosse and adventure sessions.
- Campers are not allowed to leave the field area without supervision during lacrosse sessions.
- Buddy Up! (during adventure sessions, choose a 'buddy' to help take attendance)
- BE EXTRA CAREFUL DURING ADVENTURE SESSIONS – heads up, listen to coaches, stay close to the group etc.

Medical:

- All prescription medication, including epi-pens, must be provided to the athletic trainer on duty at check in for safekeeping.
- Epi-pens/Inhalers will remain with the athletic trainer in a secure and accessible place during the day.

****Any camper that breaks any of the rules listed in red above, will be sent home immediately. There will be NO refund or credit on camp fees****

Bitter Lacrosse REWARDS good behavior – ball hunts, cleaning up garbage, being nice to someone else, good positive energy, having fun.