



BITTER LACROSSE CAMP CODE OF CONDUCT

NO CELL PHONE POLICY

- Cell phones are prohibited at Bitter Lacrosse Camp. **PLEASE pack an alarm clock.**
- All other electronic devices are prohibited at Bitter Lacrosse Camp (apple watch, fitbit, ipad, laptop, xbox etc.).
- If you need to contact your child, please contact the camp director Billy Bitter by text at **617-396-4336** and he will assist you in speaking with your child. Campers will be given the opportunity to contact their parents upon request while at camp.

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 illicit 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 hotel property and camp equipment will not be tolerated. This includes any damage to bedrooms, beds, 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.**
- **Stealing will not be tolerated.**
- **Fighting will not be tolerated.**
- **Campers will not buy or sell lacrosse gear and/or other items.**
- **Overnight Campers will not leave the hotel grounds -- we will review the boundary lines on day 1 of camp.**
- **Overnight Campers will not go to nearby convenience stores, cafes etc. to buy snacks or drinks. Counselors will not go on their behalf.**
 - **Additional food will be available after the camp dinner is served at the on site restaurant, "The Deep End" (closed on Mondays)**
 - **Menu and pricing can be found at www.DeepEndStowe.com**
- Overnight campers will not order takeout delivery from any nearby restaurants. We recommend dropping your child off with healthy snacks at check in on Sunday.
- Overnight Campers may not visit each other's rooms at any point throughout the week -- **DO NOT enter a room that you are not assigned to 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.
- Counselors will be staying in rooms throughout the hotel premises. We will have counselor supervision in all areas of the hotel.
- **If a camper ever needs any medical attention, a certified athletic trainer will be at the fields and hotel to assist further.**
- No lacrosse balls around the hotel area -- there is plenty of field space on the lower section of the property to play lacrosse.
- Important times for overnight campers: 8:00am Breakfast, 8:45am Roll Call, 6:45pm Dinner, 9:00pm Camp Meeting (all located in the hotel event space)
- **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 15+ people on staff each week that are there to help you!
- Overnight Campers will have free time at the hotel from 7:00pm-9:00pm. We will have plenty of outdoor activities to take part in throughout each night -- overnight campers should not be spending their free time in their rooms.
- Overnight Campers will keep fields, housing 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 9:00am and depart at 5:00pm each day of camp.
- Overnight campers and day campers will always respect one another and the rules of the camp.
- **Campers must bring a towel, bathing suit, sneakers, sunscreen, water bottle and all their lacrosse gear to the fields everyday.**
- 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.
- Campers must have a coach with you before you cross the street (Weeks Hill Road).
- 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 and over the counter drug medication for overnight campers must be provided to the athletic trainer on duty at Sunday check in.
- The athletic trainer will administer any prescription and over the counter medication.
- 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.