



## **BITTER LACROSSE CAMP CODE OF CONDUCT**

### **No Cell Phone Policy or Any Electronic Devices:**

- **Cell phones are prohibited at Bitter Lacrosse Camp.**
- All other electronic devices are prohibited at Bitter Lacrosse Camp.
  - This includes the following: *Apple Watch, iPad, Laptop, Xbox, Google Home, Alexa Enabled Devices etc.*
- If you would like to get in touch with your parents, please do not hesitate to borrow a coach's cell phone at any point throughout the week.
- **Overnight Campers will be woken up at 7:45am each day by the counselors – they will knock loudly on your door!**

### **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, pull down shades, 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. Fighting will not be tolerated. Stealing will not be tolerated.**
- Campers will not buy or sell lacrosse gear and/or other items.
- **DO NOT LEAVE YOUR ROOM AFTER 10:00pm unless it is for an emergency, or you are not feeling well.**
- Do not play *knock, knock & run games etc.* at night.
- **Campers will not leave the hotel grounds.**
- **Campers will not order from off-site food delivery services.** There will be plenty of food provided throughout the week.
- Do not enter a room that you are not assigned to for that week.
- Counselors are staying in rooms throughout the hotel premises. We have counselor supervision in all areas of the hotel.
- Always be on time and never miss a roll call.
- **Always know where your roommates are!**
- **Do not bring any snacks that contain NUTS to camp.**
- **Overnight campers please pack waters, sports drinks & healthy snacks. Sodas & candy are not recommended!**
- No lacrosse balls around the hotel buildings – there is plenty of field space on the lower section of the property to play lacrosse.
- Speak up if you are feeling down or not feeling well – we have over 15 people on staff that are here to help you!
- There is plenty of outdoor activities to take part in throughout each night at the hotel – do not spend your free time in your rooms.
  - Be careful in the pool! -- no rough housing!
- Be clean, throw away trash, clear tables, shower up!

### **Lacrosse/Adventure Sessions:**

- **All Campers must apply sunscreen prior to arriving at the fields each day of camp.**
- **All campers must bring a water bottle to the fields each day of camp.**
- **At 12:30pm All campers will walk back to the hotel with their assigned adventure groups to change and get ready to depart for their specific adventure location.**
- **BE EXTRA CAREFUL DURING ADVENTURE SESSIONS – heads up, listen to coaches, stay close to the group etc.**

### **On Field Code of Conduct**

- Never wander off the Mayo field perimeter EVER.
- Pack bags neatly and zip them up with all your gear in them – in case of rain!
- If you are not feeling well at any time, please tell a coach right away Melanie (AT).
- Do not cross the street at any time unless a coach is with you.
- Do not bother other campers or interrupt other camp sessions.
- Do not go to the river without a coach.
- No rough housing – throwing tennis balls at each other, jumping on a friend's back etc.
- Do not play goalie without proper equipment on even if your friend is shooting with a tennis ball.
- **When shooting on your own or with friends, campers must wear a helmet and shoot on a cage far away from the tents and not near the main area where tents are located.**
- Do not lose our lacrosse balls – hit the cage and go on ball hunts!
- Clean up after lunch -- throw away all your trash in the trash cans.

### **Medical:**

- **Melanie Batchteler is the certified athletic trainer that will be staying @ the hotel for both weeks. If medical assistance is needed, she will take care of you.**
- All prescription and over the counter drug medication will be with the athletic trainer for safe keeping.
- 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 throughout the week.

**\*\*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.*

**THE CAMP RAFFLE DEPENDS ON YOUR GOOD BEHAVIOR!**