



NKRC Parent/Camper Info

PAYMENT AND FORMS

The following **must be completed/submitted before you arrive at camp**:

- A copy of a physical exam, recent to 14 months of camp, signed by a physician
- A copy of the camper's immunization record
- A copy of the camper's Covid-19 vaccination card, indicating they received their final dose 14+ days before the start of camp
- The health history form in our campintouch page, filled out by a parent
- The [kingdom trails waiver on the kingdom trails website](#). Please be sure to check "yes" in the box that asks if you're a participant in Northeast Kingdom Running Camp

Additionally, full payment for your camp tuition must have been received.

To check if your forms are complete, and to see your payment balance, login to your [campintouch page](#) and click the "forms and documents" and "financial management" links.

COVID-19

Every member of our camp will be fully vaccinated against Covid-19. Because of this, and our limited capacity this year, we are not planning to take any other mandatory precautions. **Campers are not required to get tested for Covid prior to coming to camp.** However, we do ask that campers bring at least two masks with them to camp, and encourage anyone who feels more comfortable masking to do so. Additionally, per the college's restrictions, **we will not be allowing parents into the dorms or quad area during check-in or check-out this year.**

STAYING HEALTHY BEFORE CAMP

We ask that campers be thoughtful about their whereabouts and interactions in the week leading up to camp. While we are not requiring any form of quarantine or social distancing prior to camp, we strongly encourage you to do everything possible to arrive at camp healthy. Any symptoms of Covid while at camp, such as a fever or respiratory symptoms, will require the camper to be quarantined and tested. There are a number of summer viruses going around, please do your best to avoid crowds, wash your hands, and get plenty of rest over the next two weeks.

GETTING FIT BEFORE CAMP

You will be running at running camp! If you haven't been running so far this summer, we strongly encourage you to start now. We are located in the mountains, so we encourage you to mix some hills into your routes over the next two weeks to prepare.

GENERAL HEALTH CONCERNS AND INFORMATION

We will run some challenging mountain trails. Runners should be mentally and physically prepared to run on hills and trails containing rocks and roots. Be sure to have medical clearance for serious

cardio-respiratory effort. Any runners with pre-existing medical conditions such as asthma, high blood pressure, or severe allergies must identify themselves when checking in at the nurses station during registration.

Campers taking prescription medications should discuss this with the nurse at check-in on Sunday. Campers may self-administer medications at their parent's discretion.

Any campers with known food or bee allergies severe enough that they have been prescribed an epi-pen must bring two epi-pens with them to camp and identify themselves to the nurse during check-in. Any campers with bee allergies will be required to run with their epi pen at all times and must understand that on some of our trails, medical help might not be available within the half hour. We will not permit campers with documented anaphylaxis to check-in to camp without epi-pens.

PACKING FOR CAMP

Below is a suggested list of things to bring to camp. Please note that all valuable items are brought at your own risk. NKRC is not responsible for lost or stolen items or money. We recommend packing efficiently, and labeling any articles of clothing or items that might be commonplace at camp. When packing, please keep in mind that summer weather in Northern Vermont can include temperatures as cool as the 40s and as high as the 90s, and periods of both rain and sun are common each day. There are laundry facilities available that take quarters and credit cards, although the vast majority of campers do not do laundry during the week.

- At least 2 pairs of running shoes
- Enough running shirts/shorts/socks for 11 runs
- Casual clothes and shoes for 7 days including a couple of sweatshirts; it can get chilly in the evenings
- Sandals or shower shoes
- Pajamas
- Phone and charger, headphones
- Running watch
- Water Bottle
- 2 or 3 masks
- Any snacks you might want to have during the week
- Sunscreen
- 1 set of extra long twin sheets
- Blanket or sleeping bag and pillow
- 2 towels (One for the shower and one for the pool/creek/lake)
- Backpack
- Toiletries including: toothbrush, toothpaste, soap, shampoo
- Yoga mat (We have some, but if you are definitely planning on doing yoga and have your own mat, it is helpful to bring)
- Bathing suit (campers must wear a bathing suit in the pool, running clothes are not allowed)
- Small Fan (The dorms do not have A/C, a fan in the window at night helps to keep the rooms comfortable for sleeping)
- Spending money (At least one run will end at a local ice cream shop, and campers are allowed to have pizza deliv-

ered from town. The camp also has a store where we will be selling New Balance shoes and camp merchandise. The ice cream shop and camp store both accept credit cards)

Do Not Bring: Illegal drugs, alcohol, tobacco products of any kind (including e-cigarettes), weapons of any kind including firearms, fireworks, or any other illegal substances. Campers found to be in possession of any of the above will be immediately dismissed from camp with no refund.

GETTING TO CAMP

Camp is located at Northern Vermont University—Lyndon. The exact address is **1001 college rd, Lyndonville, VT 05851**.

Campers are permitted to drive themselves to camp, but must give their license plate information and car keys to us upon arrival. Car keys will be returned at checkout.

Campers taking the bus will receive a separate email with a detailed itinerary.

CHECK-IN

Check-in will take place in the Stonehenge parking lot of NVU - Lyndon. The exact location can be [seen here](#). **Check-in begins at 12:00pm on Sunday and ends at 3:00pm**. If you think you will be late to check-in, please call 802-265-0004 and notify the camp. During check-in we will verify all of your forms are in order and take some information about your current fitness and best race times to get you sorted into running groups. Campers will also stop briefly at the nurse's station to verify their health history and discuss any potential concerns they or the nurse may have.

Please note: due to the college's Covid protocols, parents will not be allowed beyond the check in tables or into the dorms this year. There will be porta-pottys on campus for any parents who need to use a bathroom upon arrival, and we can suggest a number of locations in town to grab lunch and use the facilities before heading home. The camp staff will be on hand to assist campers with move-in.

DORMS

This year, campers will all be in double, or in a few cases single, rooms. We will make every effort to honor roommate requests, but please **understand that these are requests and not guarantees**. We will also make every effort to keep teammates together in suites.

FOOD

Campers are provided with three all-you-can-eat meals each day, beginning with dinner on Sunday and ending with breakfast on Saturday. In between meals the campers have access to vending machines in the dorm lounges, and are also allowed to order food delivery to campus, provided it arrives during free-time and before curfew. Campers are welcome to bring their own snacks, and will have access to a communal refrigerator on the floor of their dormitory.

RULES AND EXPECTATIONS

Campers are expected to comply with all rules and directions expressed by the camp staff during their time at camp. Additionally the following rules will be strictly enforced, and **any violations of them may result in dismissal from camp**:

- No acts of violence directed toward any campers or staff
- No hazing or bullying
- No leaving campus without express permission and/or supervision
- No visitations to opposite sex dorms
- No possession or use of illegal drugs, alcohol, tobacco, weapons
- No stealing or destruction of campus, camp, or other's property

Social media - We anticipate that many campers will be using social media while at camp. This is allowed and even encouraged! However, **any public or private social media posts or comments made while at camp are subject to camp guidelines**. Campers may not post anything profane, derogatory, degrading, or that could be perceived as bullying.

TWO WEEK CAMPERS

Two week campers will **need to bring money for meals** from lunch on Saturday to lunch on Sunday (4 meals total.) The camp will provide supervision for campers during this time and arrange for delivery or pick up of food from local restaurants.

CANCELLATIONS

Because of concerns around Covid, the camp is offering full refunds, minus a \$20 administrative fee, for cancellations for any reason up to the start of camp. However, we ask that **anyone who needs to cancel please do so as soon as possible**, and also that those who have registered for camp only cancel if it is absolutely necessary. Last minute cancellations place a large administrative and financial strain on the camp.

CAMP STORE

Our camp store will be featuring some **great camp branded New Balance apparel**. Additionally, we are partnering with Schwabb's 2nd wind of Long Island to sell New Balance **shoes at fantastic prices**. Please see the attached flyer for details on the racer/trainer shoe combo. The store accepts all major credit cards, as well as cash, and camp apparel can also be purchased online.

CHECK-OUT

Pick up on the last day of camp **begins at 9am** Saturday morning. Campers must depart from campus by 12:00pm that day. Early pickups can be arranged by calling the camp office at 802-265-0004 or emailing nick@nkr.camp. Please note, we cannot do pickups during afternoon runs, which are 3-6pm on weekdays, or during the Saturday morning graduation run, which is from 6-8:30am. When checking out campers will return their dorm keys. Please do not lose or forget to return your keys! Any campers who do not return their keys will be billed a \$30 replacement fee.