

Padonia Park Child Centers Lakeside Day Camp

Since
1972

Ages 5-13

June 13 to August 19, 2016

**Traditional
Camp**

**Adventure
Camp
option too!**

410-252-2046

www.padoniaparkclub.com



2016



Limited Availability !

Reserve a place for your child today

On the grounds of Padonia Park Club

Voted "Best place to swim" By Baltimore Magazine and Towson Magazine





Lakeside Day Camp Traditional Camp

WHO - All campers ages 5-13




WHERE - Padonia Park Club, a 30 acre countryside setting conveniently located in Cockeysville, MD. The campus has outdoor pools, covered pavilions and much more.

WHAT - ● Daily Swimming ● Swim Lessons ● Athletics ● Creative Arts ● Drama & Music ● Environmental Experiences ● **Special Activities**

WHEN - June 13th - August 19th*. **The Traditional Camp** program has schedule flexibility for children to attend one day up to 10 weeks. Camp hours are 8:30AM - 4:00PM (Mon-Fri) and **includes** before & after care (7-8:30AM & 4-6PM).

* We are planning to have modified camp for August 15-19 based on staff availability. This will be limited enrollment. Priority will be given to persons who were enrolled for a minimum of 2 weeks before August 15th.

Learn to Swim Program (Traditional Camp benefit)

 American Red Cross provides the program that Lakeside Day Camp uses for swim instruction weeks 2 through 8. Children are assessed and placed in levels according to the skills that they demonstrate. They will be moved through different levels throughout their summer. Completion cards will be available week 10 in the Padonia Park Club office. Progress reports will be sent home every two weeks to keep parents/guardians informed. This program is offered to the Traditional Camp only.



Adventure Camp option is for ages 9-13 years old. Full week program available for 7 weeks from June 20th-August 5th. Camp hours are 8:30AM - 4:00PM (Mon-Fri) and includes before & after care (7-8:30AM & 4-6PM).

- Daily Swimming ● Athletics ● Zip Line ● Archery
 - Marksmanship ● Weekly Special Events ● Teambuilding
 - Low Ropes Course ● Special Activities
- (See more information in the following pages)

Traditional Camp

WEEKS	DATES	MON	TUES	WED	THURS	FRI	Additional Event Fees
		Parent Information Meeting Wednesday, June 8, 2016 6:30pm					
1	6/13-6/17						Tropical Rush Wet Slide \$ \$5
2	6/20-6/24	SL	SL Pony Rides \$	SL	SL	SL	\$5
3	6/27-7/1	SL	SL	SL Spectacular Juggler Show \$	SL	SL	\$5
4	7/5-7/8	CLOSED	SL	SL	SL Red Zone \$	SL	\$17
5	7/11-7/15	SL	SL	SL	SL	SL Pep Rally	
6	7/18-7/22	SL	SL	SL Video Game Party \$	SL	SL	\$5 / \$5
7	7/25-7/29	SL	SL	SL	SL	SL	Rockin' Jump \$ \$17
8	8/1-8/5	SL	SL Jungle Rumble Obstacle	SL Eco Adventures \$	SL	SL	\$5
9	8/8-8/12						Olympic Games
10	8/15-8/19	Limited Availability		Dolphin Water Slide \$		Last day of camp	\$5

Adventure Camp

WEEKS	DATES	MON	TUES	WED	THURS	FRI	Included
2	6/20-6/24					Rockin' Jump	<input checked="" type="checkbox"/>
3	6/27-7/1					Cromwell Valley Picnic & Hike	<input checked="" type="checkbox"/>
4	7/5-7/8	CLOSED				Earth Treks	<input checked="" type="checkbox"/>
5	7/11-7/15					Red Zone	<input checked="" type="checkbox"/>
6	7/18-7/22					Rockin' Jump	<input checked="" type="checkbox"/>
7	7/25-7/29					Earth Treks	<input checked="" type="checkbox"/>
8	8/1-8/5					Red Zone	<input checked="" type="checkbox"/>

SL = Swim Lessons \$ = Additional Cost

Theme of the week

Lakeside Day Camp Adventure Camp Option ages 9-13

The Adventure Camp is an option to the Traditional Camp for ages 9-13 years old. All of the Adventure Camp components support the Lakeside Day Camp commitment to provide a healthy, quality and safe program for your child. On the registration form, Parent/Guardian must place a "Y" in the Adventure Camp column and turn in all waivers and permission slips associated with Adventure Camp.



Adventure Camp is a FULL WEEK commitment only and includes the following programming:

Zipline As part of the challenge opportunities, our zip wire allows campers to traverse a 300' - 400' distance through the treetops wearing a harness and safety gear. Challenge courses are wonderful tools for team work, building confidence and new skills. Our courses are always operated by trained professionals and camper participation is voluntary at all times.

Archery is known for instilling confidence, increasing attention span and building self-esteem. Any gender, size or ability can enjoy archery. Using methods set forth by USA Archery, we will teach campers basic archery skills. Campers will practice safety techniques while working on skill progression.

Marksmanship (Air Rifles) Using programming set forth by the NRA, Neighborhood Air Gun Program and Daisy Outdoor Products, we will teach campers the skills and safety applications needed to become a beginner marksmen. Marksmanship is a wonderful tool for enhancing self-confidence, self-discipline and eye-hand coordination. Our classes are taught only by trained professionals with safety and respect our foremost consideration.



Climbing Wall Fun at Earth Treks is one of the field trip destinations (fee included). In the process of climbing, participants are challenged both physically and mentally, developing trust in their team members, and confidence in themselves. Each participant will take on a level of challenge they are comfortable with.

Red Zone (laser tag), Hike at Cromwell Valley Park and Rockin' Jump are alternating field trips for campers. (fees included). Closed toe shoes, such as sneakers, are **required**.

Recreational swimming is included every day in Adventure Camp. Swim lessons are not provided. If swim lessons are desired for your child, consider alternating which camp they participate in throughout the summer.

- Outdoor Skills
- Problem Solving & Teambuilding
- Athletics
- Challenge Course
- Swimming

2016 Traditional Camp (Weekly & Daily Options)

Scheduled Camp Activities 8:30AM - 4PM Before & After Care Included 7AM - 8:30AM and 4PM - 6PM	Camp Fees	
	Each Child	Meal Ticket
Weekly Rates	\$325	\$33
Daily Rates	\$96/Day (rate for each child)	\$6.75

2016 Adventure Camp (Full Week Commitment Only)

Scheduled Camp Activities 8:30AM - 4PM Before & After Care Included 7AM - 8:30AM and 4PM - 6PM	Camp Fees	
	Each Child	Meal Ticket
Weekly Rates	\$400	\$33



Padonia Park Club member discount ►

Traditional Camp \$300/week/child & \$89.00/day/child *
Adventure Camp is \$375/week/child *

Camp Rate Considerations

- * Padonia Park Club members receive a **discount (*)**. **The discount applies** if camper is a current year member with the member plan in effect during camp weeks registered (i.e. Short Season members would pay non-member rate prior to July 25, 2016).
- There are nominal fees for special performances, programming or field trips. See registration form for days and weeks requiring additional fees.
- Camp is closed Monday July 4th. There is a 20% discount for the shortened week, as well as the weekly lunch fee is reduced to \$27.
- Week 10 has limited availability based on staffing and the hours will be modified to 8:30AM-5:30PM (adjusted fee).

Day Camp Meal Option

- Ticket: \$33/week or \$6.75/day
- Sales Tax included
- Hot lunches include 12 oz. drink; fries, apple sauce, chips, apple or carrot sticks; choice of one entree (grilled cheese, hot dog, grilled chicken, hamburger, pizza slice, chicken strips) and a dessert.
- An afternoon snack and beverage is provided.
- Children also have the opportunity to purchase snack items at the Grille in After-Camp Care. Requires additional money.

Payment options: Cash, Check (payable to Lakeside Day Camp) & credit cards accepted in the Club Office:



Payment, Changes or cancellation requests: refer to Conditions of Registration.

LAKESIDE DAY CAMP INFORMATION

Parent Information Meeting

Wednesday, June 8, 2016 6:30pm Open Air Pavilion



Our Camp Personnel . . . Padonia Park Club's Lakeside Day Camp includes a fun, energetic staff dedicated to providing your child with the TOTAL summer experience. We seek staff who have a history of experience working with children; in addition, a flexible personality and a positive attitude are REQUIRED for employment. Each supervisor or counselor age 18 and over is trained in First Aid/CPR. All camp employees must complete a state and federal criminal background check. We aim to provide you with peace of mind and your child with safe,

Director, Padonia Park Child Centers // Administrative Head, Lakeside Day Camp

Susan Love received her B.S. in Early Childhood Education from the University of Maryland, College Park. She has attended numerous continuing educational workshops in the field of Early Childhood Education. Susan joined Padonia Park Child Centers and Lakeside Day Camp in 2010. She is the proud mother of three sons - Joey, Jeffrey and Spencer.



Manager of Lakeside Day Camps - Pam Kohlenstein

Pam has a B.S. in English from Towson University and a Master's in Leadership in Teaching from Notre Dame. She has been teaching for 21 years, the last 14 of those at Hereford Middle School. She enjoys exercising, the beach, reading and shopping. She lives with her husband and daughter in Sparks, MD. This will be Pam's 14th summer with Lakeside Day Camp.



Camp Manager Assistant - Elise Zanetti

Elise has a B.S. in Elementary Education from Towson University and is currently working towards her Master's in Special Education at Loyola University. She has been teaching Science for three years at Hereford Middle School and is also a middle school basketball coach. She enjoys swimming, biking and being outdoors. She has been working at Padonia Park Club since 2002 when she was hired as a swim instructor. For camp, she has been a counselor, head counselor, specialty counselor and now part of the leadership team for both camps.



Adventure Camp Manager - Steven Barth

Steve has a B.A. in Elementary Education and a M.Ed. in Curriculum and Instruction from Loyola University. Steve brings to camp 9 years experience as a target sports counselor and program director with Boy Scouts of America's summer camps. During the off-season Steve is a middle school science teacher and department chair with the Baltimore County Public Schools. In his spare time he enjoys archery, geocaching, camping, traveling, and cooking. This is Steve's seventh summer at Lakeside Day Camp.



1. Camper-to-counselor ratio is 8:1 for ages 5 & 6; 10:1 for ages 7 to 13.
2. Swim lessons are included for weeks 2-8 with a minimum skill level of 5 required before a child is permitted to waive the lessons. Traditional campers only.
3. For the health and safety of your child and all of the children at Lakeside Day Camp, please help us prevent the spread of contagious illnesses by keeping your child at home if he/she is ill.
4. Campers are asked to carry personal belongings in a backpack. Lakeside Day Camp will not be held responsible for loss, theft or damage to any personal items.
5. Campers should bring a bagged lunch (or lunch fee), tennis shoes, swimsuit, sunscreen, towel and a change of clothing to camp. **Sandals, flip-flops and plastic shoes are not permitted for safety reasons.** Campers are not permitted to bring items for trade or sale (i.e. baseball cards, string jewelry or crafts). Children should also refrain from bringing any extra personal items to camp. Electronic games are not recommended (Lakeside Day Camp cannot be responsible for lost, stolen or damaged items). All field trips **require all participants to wear closed toe shoes.** Adventure Campers are required to wear **closed toe shoes** for all adventure activities.
6. All campers and parents agree to be responsible for the cost of all medical expenses incurred for injuries sustained while using medications or allergic reaction kits for bee stings, etc.
7. Lakeside Day Camp has reserved the right to terminate participation in camp activities for major or continual rule infractions, at any time, without refund.
8. An afternoon snack and beverage will be provided. Lunch is not included in camp registration fees, but is an available option for an additional fee at The Grille by the day or week.
9. Lakeside Day Camp will not be closed due to inclement weather.
10. In the situation of inclement weather, movies rated G and PG will be shown to the campers. We will try to give advance notice.
11. Glass is not permitted on the property at any time.
12. By state law, Lakeside Day Camp cannot condone the possession or use of alcoholic beverages by minors or of illegal drugs by anyone on the property.
13. Campers must be delivered directly to a counselor and signed in at the start of each day, not merely "dropped off" at camp. Counselors must be told if a child is leaving camp early. A camper will not be released to a person who is not authorized to pick the child up through advance written permission from the child's parent or legal guardian and must be verified by showing photo I.D. Compliance with these regulations is for the safety of your child.
14. Extended care is included in your base camp fee. Extended care begins at 7am and ends at 6pm. There will be a **penalty of \$1 per minute after 6pm** for each child. This fee is **paid at time of pick up.** Repetitive late pickups could be cause for management to terminate camp participation.
15. To view the Lakeside Day Camp newsletter, go to padoniaparkclub.com, select "Lakeside Day Camp", and click on Day Camp Newsletter.
16. Late arriving campers (arriving after 9am) should be brought to the Club Office by the main pool. A counselor will meet your child there.

CONDITIONS OF REGISTRATION

→ Age requirements: At the start of camp, campers must be no younger than 5 years of age and no older than 13 years of age. Children are grouped by ages.



→ Campers and their parents agree to permit use of **photographs** taken on club property to be used for promotional purposes of the camp.

→ Initial or Pre-registration will only be accepted with a deposit consisting of the first week's payment in full, picture and a completed application form indicating all camp sessions desired (pre-registration). Initial or Pre-registration must be received by the Club Office. Registration for all weeks pre-registered will be recorded, but space can only be guaranteed if available and if all forms and ongoing fees are submitted no later than the required deadline dates and time listed in the "Due Date Schedule" on next page. There will be a **\$10 Administrative Fee** for each change or cancellation made to the pre-registered schedule.

→ Ongoing payments will be accepted at the Padonia Park Club Office during regular operating hours, and no later than the required deadline time listed in the "Due Date Schedule" (next page); or that space will be opened up to applicants on a waiting list as of the following Saturday morning. There is also an **online payment option for ongoing payments** after the initial payment & registration (padoniaparkclub.com/daycamp.htm) The Due Date Schedule still applies for payment deadlines to assure your child's enrollment. If a child is registered, not paid and the space is not filled by the waiting list, you will still be responsible for the camp fees of the pre-registered time. Please do not give payments to camp counselors.

→ Schedule Changes and Cancellations: There will be a **\$10 Administrative Fee** for each change or cancellation made to the pre-registered schedule. After pre-registration, requests for changes or cancellations to the child's camp schedule must be made in writing, e-mailed (robin@padoniaparkclub.com) or faxed (443-279-1043) and received by the Club Office **NO LATER THAN** the required deadline dates and time listed in the "Due Date Schedule". Otherwise, you are still responsible for the camp fees and any applicable finance charges and you will not be able to reapply monies or receive refunds. As long as in compliance with this policy and depending on space availability, the changes can be made. If you elect to e-mail or fax your schedule change request, please call to verify that the e-mail or fax was received no later than the designated deadline.

DUE DATE SCHEDULE

Week #	CAMP DATES	PAYMENT / CHANGE / CANCELLATION
1	6/13/2016 - 6/17/2016	5:00 P.M. FRIDAY May 27th
2	6/20/2016 - 6/24/2016	5:00 P.M. FRIDAY June 3rd
3	6/27/2016 - 7/1/2016	5:00 P.M. FRIDAY June 10th
4	7/5/2016 - 7/8/2016	5:00 P.M. FRIDAY June 17th
5	7/11/2016 - 7/15/2016	5:00 P.M. FRIDAY June 24th
6	7/18/2016 - 7/22/2016	5:00 P.M. FRIDAY July 1st
7	7/25/2016 - 7/29/2016	5:00 P.M. FRIDAY July 8th
8	8/1/2016 - 8/5/2016	5:00 P.M. FRIDAY July 15th
9	8/8/2016 - 8/12/2016	5:00 P.M. FRIDAY July 22nd
10	8/15/2016 - 8/19/2016	5:00 P.M. FRIDAY July 29th

- Refunds: Any approved refunds will be mailed in September. We cannot apply monies if the schedule changes or cancellation requests are not received by the due dates listed above.
- No refunds will be credited on any absences.
- There is a \$35 fee charged for any returned checks.
- All campers must have had a regular physical examination by a licensed Physician within the last 2 years and updated immunizations. We are not able to access or use prior year's information.
- Parents must carry health and accident insurance for each child in attendance.

Forms, fees, schedule changes or cancellations must be submitted directly to the MAIN OFFICE; NOT given to the counselors. See to the left for required process of submitting changes or cancellations.

Refer a friend!

If someone registers as a new first time camper with Lakeside Day Camp and indicates your name on the application at the time of initial registration, you will receive \$10 in Padonia Bucks which may be applied toward Grille purchases.





Lakeside Day Camp Philosophy, since 1972, strives to provide children with an enjoyable outdoor camp filled with learning and fun summer experiences stimulating the growth of each child within a healthy, safe and quality atmosphere. We have an appreciation of individuality, cultural diversity and special needs, and realize the effectiveness of child centered, age-appropriate activities.

Recent studies show that children today spend many hours per week involved with electronic media. Also, children who spend time outdoors are more likely to be happier, healthier, smarter, more cooperative, better problem-solvers and more creative. Lakeside Day Camp provides that outdoor environment for your child.



Our camp and facilities are also inspected and governed by the Baltimore County Health Department and the Maryland Department of Health and Mental Hygiene, and are personally monitored by the management of Padonia Park Child Centers. All efforts are made to exceed the licensing requirements. Camper to counselor ratios are maintained.



Lakeside Day Camp provides physical and emotional safety nets in a learning atmosphere of acceptance, encouragement and fun. The camp encourages and develops social skills, self-respect and character building, cognitive growth, emotional growth and community living skills

Did you know that Lakeside Day Camp is located within the 30 countryside acres of



We have special member plans that compliment your child's day camp schedule.

Evening and Weekender Plus Plans!

Call today for membership information 410-252-2046

Padonia Park Child Centers



- Year round child care for children ages 3 months to Pre-K.
- Before & After School Care serving Mays Chapel & Pinewood.
 Baltimore County Bus System transports to & from Mays Chapel Elementary School
 PPCC Van transportation to & from Pinewood Elementary School
 Open on BCPS Professional days & most snow days!

Special Events & Catering



Year-round
 Indoor and Outdoor
 Picnic Style to Fine Dining
Expertly prepared menus . . . Tastefully presented

Social and Corporate Opportunities

Print Camper's Name: _____

Last Name

First Name

-- LAKESIDE DAY CAMP 2016 SCHEDULE --

--FOR OFFICE USE ONLY--

Step 5

A _____ G _____
OFFICE USE ONLY

OFFICE ONLY	Week #	Date	Mon.	Tues.	Wed.	Thurs	Fri.	Adventure Camp Option	Meal Ticket Projected Y or N	OFFICE USE ONLY	TOTAL AMT. DUE	CAMP FEES	SPECIAL EVENT FEES	MEAL TICKET \$	TOTAL AMT. PAID	EMPLOYEE INITIALS	CHECK NO. CC or Cash	DATE REC.	ACCOUNTING
C	1	6/13 - 6/17	Limited Enrollment			Enrollment	Special Event \$	★											
A	2	6/20 - 6/24		Special Event \$															
WL	3	6/27 - 7/1			Special Event \$														
C	4	7/5 - 7/8	CLOSED			Special Event \$													
A	5	7/11 - 7/15					Special Event												
WL	6	7/18 - 7/22			Special Event \$														
C	7	7/25 - 7/29				Tie Dye Shirt Week \$													
A	8	8/1 - 8/5			Special Event														
WL	9	8/8 - 8/12					Special Event												
C	10	8/15 - 8/19	Limited Enrollment			8:30am-5:30pm***	Special Event \$												
A																			
WL																			

Step 6

Traditional Camp Complete steps 1-6, & 8-12
 \$ → Certain dates above have "Special Events". If your child will be in attendance for weeks 1, 2, 3, 8 & 10, there is an additional \$5 fee; for weeks 4 & 7, a \$17 fee; and weeks 6, two \$5 fees. **These additional fees must be included with the regular camp payments.** See "Waiver and Permission Slip" insert for Red Zone trip week 4 and Rockin' Jump trip week 7. Also, complete Steps 9 & 12.

Step 7

Adventure Camp Option Complete steps 1-5 & 7-12 Full Week Commitment (ages 9-13)
 Please put a "y" in the Adventure Camp column and on each day of that week. If there is no "y" in the Adventure Camp column, your child will be provided the Traditional Camp for their camp experience. If you have selected the Adventure Camp option, please complete the following: I hereby authorize that my child may participate in the Adventure Camp (includes fees & courses in Zipline, Archery, Wall Climbing, Laser Tag, Trampoline Park, Hiking, Swimming, Low Ropes, Air Rifle and other outdoor skills).
 Parent Signature: _____ Date of signature: _____
 See "Lakeside Day Camp/Red Zone/Earth Trek/Rockin' Jump Waivers and Permission Slip" inserts. Complete, sign and return the two attached waiver agreements & permission slip (complete both sides of each) with this Application & fees.

*** Priority for week 10 will be given to persons who were enrolled for a minimum of 2 weeks before August 15th.

CHANGES/CANCELLATIONS POLICY

I understand any changes to or cancellations of the pre-registered schedule must be made in writing, e-mailed (robin@padoniaparkclub.com) or faxed (443-279-1043); please call to verify that your e-mail or the fax was received by the office. The request must be received and verified no later than 5:00pm, the Friday before two full weeks prior to the pre-registered week in question to apply monies already paid to available week (s) with openings and to get the desired changes. There is a \$10.00 administrative fee for each change or cancellation to the pre-registered schedule. If the written cancellation is not received by 5:00PM, the Friday before two full weeks prior to the pre-registered week (refer to "Due Date Schedule"), you are still liable for the total applicable camp fees and possible finance charges. Any approved refunds will be sent out in September. No refunds will be made for absences.
 (Please initial) _____

Step 8

Transportation Permission Slip/Waiver: I agree to allow my child to attend the following field trips that are scheduled: Adventure Camp (Earth Treks, Red Zone, Cromwell Valley & Rockin' Jump) & Traditional Camp (Red Zone & Rockin' Jump). Passenger approved busses or vans will be used as transportation.
 (Please initial) _____

Step 9

EMERGENCY MEDICAL TREATMENT RELEASE 10 I DO/DO NOT (circle one) authorize a physician or medical facility to treat my child/ward (circle one) for injuries sustained while at Lakeside Day Camp in the event that I am not able to be contacted for the consent of treatment.

In signing this registration form below, I acknowledge having read and understood The Conditions of Registration, General Camp Information and the information on both sides of this form, state to the best of my knowledge that the health information is up-to-date and accurate and agree to bear full responsibility for my child while he/she is engaged in any activity of Lakeside Day Camp.

Signature of acknowledgement and acceptance by Parent or Guardian _____ Date _____

Step 11

Step 12

Adventure & Traditional Camp requirement: for Rockin' Jump : REQUIRES ONLINE WAIVER (complete and send asap) rockinjumptownson.pfstore.com/waiver in order for your child to participate. Forward waiver acknowledgement to camp@padoniaparkclub.com

Welcome Packet Received For Office Use Only

To register, return completed application (Steps 1-10), special event waivers and permission slips, and all payments due for the first week of camp (camp tuition, special event fee, and optional meal ticket). Refer to DUE DATE SCHEDULE and CONDITIONS OF REGISTRATION for complete details. Registration is on a first-come first-serve basis. Submitting this form DOES NOT guarantee a space. Please use a separate application form for each child.

Step 1

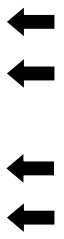
Child's last name _____ First name _____
 Street address _____ P.O. Box _____
 City _____ State _____ Zip _____ Phone _____
 Grade completed as of June '16 _____ Birthday ____ / ____ / ____ Age _____ Male or Female
 How referred to Lakeside Postcard _____ Baltimore's Child _____ Friend _____ Other _____
 First Year Enrolled? Y / N Club Member: Y / N Member #: _____
 Swim Level of camper if known: _____ Program where swim lessons were taken: _____
Code Word _____ (to be used by anyone other than parent or guardian who is picking up the child)

PARENT INFORMATION

Parent/Guardian _____ Parent/Guardian _____
 Address _____ Address _____
 Phone (H) _____ Phone (W) _____ Phone (H) _____ Phone (W) _____
 Cell phone _____ Cell phone _____
 E-mail address _____ E-mail address _____

Step 2

Camp friend request (must be the same age): 1 _____ 2 _____
 (Sorry no guaranteees)



**Remove application carefully
CAMPER HEALTH HISTORY**

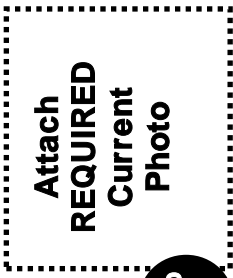


Step 3

Emergency contact (other than parent) _____ Phone _____ Date of last physical exam _____
 Doctor _____ Phone (H) _____ Phone (W) _____
 Insurance Carrier _____ Policy Number _____
Must be within the last 2 years // Info required by state

CAMPER IMMUNIZATION INFORMATION

★ This information is required before registration is complete or a child is admitted to day camp. Physician may fax the information to 443-279-1043.



- All campers must be current on all immunizations, see www.EDCP.org (Immunization)
1. Provide date (month and year) of camper's last tetanus (or DTP) shot: _____
 2. Is the camper currently enrolled in a Maryland school, public or private?
 - YES, provide name of the Maryland school: _____
 - NO, provide a copy of immunizations confirming that the child has received all immunizations as required by the Maryland DHMH Recommended Childhood Immunization Schedule. See www.EDCP.org (Immunization) for information.
 3. Is the camper exempt from any immunization on medical or religious grounds?
 - YES, provide a signed copy of Maryland Department of Health and Mental Hygiene Immunization Certificate from either a licensed physician indicating that the immunization is medically contraindicated, or the parent or guardian indicating that they object to immunizations for religious reasons.
 - NO

Health Information: Provide information on any medical conditions, psychological conditions, behavioral conditions, medications, dietary restrictions, allergies, or special needs that we need to be aware of to ensure that your child's camp experience is positive: _____

(Any medication to be administered at Lakeside Day Camp MUST be accompanied by a Physician's note explaining dosage)

↑ Schedule & Payment Receipt: you will be sent a **confirmation letter** of all payments and your child's camp schedule. Please review carefully and call the Club office if there are any questions. **410-252-2046**

Adventure Campers Only

EARTH TREKS CLIMBING CENTER (ETCC) -- BOULDERING ORIENTATION

- Bouldering (un-roped climbing) is permitted at ETCC in designated bouldering areas, or no higher than 10 feet (head height) in areas designated for roped climbing.
- Bouldering involves increased inherent risks because **YOU WILL FALL**, and all falls are ground falls which could result in injury or death.
- Padded floors and crash pads (where present) mitigate risks, but do not and cannot guarantee prevention of injury or death. Improper pad placement can also cause injury or death.
- Many injuries occur when you fall near or at the top of the wall and / or when you miss the crash pad or hit an edge of a crash pad. To reduce your risk of injury:
 - Down climb when possible instead of jumping off.
 - Before each climb, ensure crash pads (where present) are positioned properly so that you land in the middle of the pad.
 - Use a spotter to help position crash pads (where present) and ensure a clear landing zone.
- **Keep Landing Zones Clear:** Do not lounge on pads or walk under climbers. Remove all personal items (like water bottles) from landing zones. Be aware at all times because you could land on or be landed on by other participants.
- **Proper Falling Technique Can Reduce Injuries:**
 - Stay relaxed – Keep your legs and arms slightly bent and ready to absorb impact. A tense body will result in more impact force throughout your body.
 - Do not try to stay standing up – Trying to stay upright at all times will cause injuries. Absorb force by collapsing / rolling to the ground. Do not try to stop your fall with your hands.
- **Ratings:** Earth Treks rates the difficulty of boulder problems with the V-Scale (V-Intro, V1, V2, V3, etc) with V-Intro being the easiest.
- **Top-Out Bouldering:** Top out bouldering is permitted in designated areas only. Use designated descent paths / ladders only and descend slowly and carefully.
- **New Climbers:** Those who are new to bouldering should start with easier problems (V-Intro to V2) and avoid climbing the full height of the wall until they are more comfortable with the proper falling technique and how to utilize crash pads (where present).

EARTH TREKS CLIMBING CENTER (ETCC) – FACILITY ORIENTATION

- All climbers and observers must check in at the front desk before proceeding to the padded climbing areas or fitness room.
- Climbing is inherently dangerous. Participants must assume the risks of climbing. All climbers, course participants, and individuals operating a safety system at ETCC must sign (or their parent/guardian must sign) ETCC's Waiver And Release Of Liability And Assumption Of Risks form.
- Double check your partner's safety system (Knots / Harness / Carabiners / Belay Device) before every climb!
- ETCC staff reserve the right to check safety systems at any time.
- Individuals desiring to top rope belay, lead belay, or lead climb at ETCC must take and pass the corresponding Belay Safety Check. Those individuals who do not pass or choose to not take the Belay Safety Check may not belay or tie knots, and must wait a minimum of 24 hours before taking or re-taking the Belay Safety Check. Individuals who have passed the Lead Climb Check may borrow a lead rope at the frontdesk. Only ETCC ropes may be used for leading. ETCC staff reserve the right to revoke belay privileges at any time.
- Climbing ropes must be tied directly to the climber's harness. Clipping the rope to the harness is prohibited.
- Weight differences between the climber and the belayer can greatly impact the safety of both individuals and all belayers must take responsibility for anchoring in from their harness to the appropriate floor anchor as needed.
- All persons using ETCC are expected to respect other individuals at ETCC and conduct themselves in good order. Persons deemed by ETCC staff to be behaving in an unsafe or disorderly fashion will be asked to leave the facility.
- **Youth:** Youth climbers under the age of 13 must be supervised by an adult (18 years or older) or by an ETCC staff member. Children under the age of 4 are not permitted in climbing areas unless engaged in a climbing activity. Youth under the age of 14 are not permitted in fitness areas.

ACKNOWLEDGEMENT

I acknowledge, for myself and any minor child or children on whose behalf I have signed ETCC's Waiver And Release Of Liability And Assumption Of Risks form ("Release"), that: (a) I have read the Release and I fully understand all of the terms of the Release; (b) I agree that nothing in the Bouldering Orientation and Facility Orientation unto which this Acknowledgement is attached shall be construed to alter, modify, or extinguish any element of the Release, or any agreement made by me thereunder; (c) I understand that I or such minor child or children identified as the "Participant" on the Release require orientation and/or training before participating in climbing and bouldering activities in an ETCC facility; (d) I understand that Earth Treks may require me to pass an assessment or assessments prior to allowing me or such Participant to participate in certain activities; (e) I understand that if I or such Participant need(s) additional assistance, orientation, instruction, training or assessment during my or such Participant's participation at an ETCC climbing facility at any future time, then it is my responsibility to seek such assistance, orientation, instruction, training or assessment from the Earth Treks staff prior to participating in any activity for which I am not, or such Participant is not, trained or qualified; and (f) my signature indicates that I understand the information and acknowledgments set forth above.

Signature of Participant or Participant's Parent/Guardian (if Participant is under 18)

Today's Date

EARTH TREKS - WAIVER AND RELEASE OF LIABILITY AND ASSUMPTION OF RISKS

The individual named below desires: (a) to use or permit the use of one or more of the Earth Treks Climbing Centers (individually or collectively as the context may require, "Facility") located at - (i) 7125-C Columbia Gateway Drive, Columbia, Maryland 21046, 725 Rockville Pike, Rockville, Maryland 20852, and/or 1930 Greenspring Drive, Timonium, Maryland 21093 (collectively, "Maryland Facilities"), and/or (ii) 700 Golden Ridge Road, Golden, Colorado 80401 ("Colorado Facility"); and/or (b) to participate in trips and/or climbing expeditions sponsored by or involving the following (individually or collectively as the context may require, "Earth Treks") - (i) Earth Treks, Inc., Earth Treks Columbia Climbing Center, LLC, Earth Treks Timonium Climbing Center, LLC, Earth Treks Rockville Climbing Center, LLC, and/or Earth Treks Climbing Expeditions, LLC (collectively, "Maryland Entities"), and/or (ii) Earth Treks Golden LLC and/or Earth Treks Golden Climbing Center, LLC (collectively, "Colorado Entities"). In consideration for Earth Treks permitting me to use the Facility and permitting me to participate in the trips and/or climbing expeditions ("Trips"), I have agreed to execute this Waiver And Release Of Liability And Assumption Of Risks ("Release").

WARNING BY EARTH TREKS: There are significant elements of risk associated with climbing and any adventure, sport or activity associated with Earth Treks (individually, "Activity" and collectively, "Activities"). Although Earth Treks has taken reasonable steps to provide you with appropriate equipment and/or skilled instructors so you can enjoy each particular Activity for which you may or may not be skilled, we must remind you that each Activity is not without risk. Certain risks cannot be eliminated without destroying the unique character of the Activity. The same elements that contribute to the unique character of the Activity can be causes of accidental injury, illness, or in extreme cases, permanent trauma or death.

I acknowledge that using the Facility, participating in the Trips and participating in other Activities sponsored by Earth Treks involves certain inherent risks, including the risk of death or serious personal injury. I agree to assume all such risks, as well as any other risks involved in using the Facility, participating in the Trips or participating in any other Activity sponsored by or involving Earth Treks. I agree to release and discharge Earth Treks and all of its officers, directors, managers, members, employees, agents, and representatives, as well as all other persons or entities that may own, operate or manage each Facility, including but not limited to the respective landlord of each Facility, as well as any and all other persons or entities that might have any liability whatsoever to me (collectively, "Released Parties"), from and against any and all damages, actions, claims and liabilities, whether known or unknown, anticipated or unanticipated, suspected or unsuspected, relating to or arising from any Activity, occurrence or event involving the Facility, the Trips or Earth Treks. This Release is intended to release and discharge the Released Parties from all damages, actions, claims and liabilities of any nature, specifically including, but not limited to, damages, actions, claims and liabilities arising from or related to the negligence of the Released Parties. I further agree to indemnify, hold harmless and defend Earth Treks and each of the other Released Parties from and against any loss, damage, liability and expense, including costs and attorneys' fees, incurred by Earth Treks or any of the other Released Parties as a result of my using the Facility, participating in the Trips, or participating in any other Activity sponsored by or involving Earth Treks. In addition, I understand that wearing a helmet while climbing at the Facility or participating in a Trip is recommended. If I choose not to wear a helmet, I agree to assume all risk of personal injury and death that may occur as a result of not wearing a helmet.

Insofar as the Maryland Facilities and the Maryland Entities are concerned: (a) the laws of the State of Maryland shall govern the rights and obligations of the parties to this Release and the interpretation, construction and enforceability thereof; and (b) I agree that any lawsuit brought against any Released Parties shall be brought solely in the Circuit Courts for Howard County, Baltimore County or Montgomery County, Maryland. Insofar as the Colorado Facility and the Colorado Entities are concerned: (i) the laws of the State of Colorado shall govern the rights and obligations of the parties to this Release and the interpretation, construction and enforceability thereof; and (ii) I agree that any lawsuit brought against any Released Parties shall be brought solely in the District Court for the First Judicial District, Jefferson County, Colorado. This Release shall be effective upon my execution hereof and shall continue in force, unless sooner terminated pursuant to a written notice, for so long as I or (if applicable) my child or such other below-named individual use a Facility, participate in a Trip, or participate in any other Activity sponsored by or involving Earth Treks.

I acknowledge and agree that Earth Treks reserves the right to use any photograph taken at the Facility, on a Trip, or in connection with any other Activity involving Earth Treks to be used in Earth Treks' promotional materials, brochures and website.

I HAVE READ AND I UNDERSTAND THE FOREGOING ACKNOWLEDGMENT OF RISK, ASSUMPTION OF RISK AND RESPONSIBILITY, AND RELEASE OF LIABILITY. I UNDERSTAND THAT BY SIGNING THIS FORM I MAY BE WAIVING VALUABLE LEGAL RIGHTS.

THIS RELEASE IS A BINDING LEGAL CONTRACT. PLEASE READ IT CAREFULLY BEFORE SIGNING * Please print legibly. *****

<u>Today's Date</u>	<u>Participant's Name (First Name, M.I., Last Name)</u>	<u>Participant's Date of Birth</u>	
<u>Street Address</u>	<u>City</u>	<u>State</u>	<u>Zip Code</u>
<u>Home Telephone Number</u>	<u>Work Telephone Number</u>	<u>Cell Telephone Number</u>	
<u>Signature of Participant</u>			
<u>E-mail Address</u>			

TO BE SIGNED IF PARTICIPANT IS A MINOR

I represent that I am the parent or legal guardian of the above individual ("Participant") and I hereby consent to the Participant using the Facility, participating in Trips and participating in other Activities sponsored by Earth Treks. In consideration for Earth Treks allowing the Participant to use the Facility, participate in Trips and participate in the other Activities, I agree, personally and on behalf of the Participant, to be bound by the terms and conditions of this Release. I further agree to indemnify, hold harmless and defend Earth Treks and all other Released Parties from and against any loss, damage, liability and expense, including costs and attorneys' fees, incurred by Earth Treks or the other Released Parties as a result of the Participant using the Facility, participating in Trips, or participating in any other Activity involving Earth Treks.

<u>Today's Date</u>	<u>Printed name of Parent or Court-Appointed Legal Guardian</u>	<u>Signature of Parent or Court-Appointed Legal Guardian</u>	
<u>Home Telephone Number</u>	<u>Work / Cell Telephone Number</u>		

Adventure Campers Only

IMPORTANT – Please be thorough in providing the information requested. Failure to disclose information could result in serious harm to you as a participant in this program. Please do not forget to read and sign the opposite side of this sheet. All the information will be kept confidential.

IF YOU CHECK YES TO ANY QUESTIONS BELOW, DESCRIBE PROBLEMS IN DETAIL ON THE RIGHT SIDE OF THE FORM.

Check one

Attach an additional sheet if necessary.

Description

1. Yes_ No_ Do you have any present medical problems or physical limitation?
(Describe)
2. Yes_ No_ Does your health prevent you from participating in any physical activities?
3. Yes_ No_ Are you taking any prescription or nonprescription medications?
(List all and reasons for taking)
4. Yes_ No_ Have you had any surgeries or been hospitalized for any reason?
(Describe and give approximate dates)
5. Yes_ No_ Are you allergic to any insect bite or medications?
6. Yes_ No_ Do you smoke? (If so how much?)
7. Yes_ No_ Do you have impairments of vision or hearing?
8. Yes_ No_ Have you ever been diagnosed as having high blood pressure?
Are you currently under treatment for high blood pressure?
9. Yes_ No_ Do you have heart murmurs, episodes of irregular heartbeat, shortness of breath or chest pain on exertion?
10. Yes_ No_ Have you ever been diagnosed as being at risk of heart disease?
Is there any history of heart disease in your family?
11. Yes_ No_ Are you engaged in a regular program of exercise?
(Describe exercise and frequency)
12. Yes_ No_ Do you have asthma? (Describe)
13. Yes_ No_ Do you have diabetes, thyroid trouble or other endocrine problems?
(Describe history & symptoms)
14. Yes_ No_ Have you had or do you have ulcers, heartburn or other intestinal disorders?
15. Yes_ No_ Have you ever had seizures? (Describe and give date of last seizure)
16. Yes_ No_ Do you have problems with your neck, back, arms, shoulders, ankles or knees that limit your activities? (Describe symptoms and limitation)

The date of my last tetanus booster: _____ My birth date is (MM/DD/YY): _____

Persons to be contacted in case of serious illness or injury: _____

Name, Address, Phone Number & Relationship: _____

Name of Insurance Co.: _____ Medical Insurance Plan Number _____