



Girls Cross Country Camp Camper Information Packet – Overnight Camp

	Check-In	Check-Out
Camp 1	Sunday, July 9, 2023 at 2:00pm	Thursday, July 13, 2023 at 12:00pm
Location	Baker Rink	Baker Rink
Notes	<i>All campers must check-out in person at the designated check-out location. If you need to depart early, please make arrangements with the camp staff at check-in.</i>	

DIRECTIONS TO CAMPUS

There are no physical addresses for any of Princeton's Athletic Facilities. If you are unfamiliar with campus, we recommend that you visit [Google Maps](#) to obtain directions to the check-in/check-out location.

PARKING

Parking will be available in the Dinky Lot located near Wawa. Please be sure to bring all of your belongings with you to check-in. Remember, parking in an unauthorized lot is not permissible.

CAMP REGISTRATION/LATE ARRIVALS

We strongly encourage that you arrive during the scheduled check-in time to ensure that you receive all of the necessary camp information; and have the opportunity to attend the orientation meeting that will be held immediately after check-in. If you arrive past the scheduled check-in time, you should still report to your check-in location as camp staff may still be present. If there are no visible staff members, your room assignment and dorm key (for overnight camps) will be available for pick-up at the Department of Public Safety (200 Elm Drive); which is adjacent to Baker Rink. There will also be a schedule and campus map attached so you can locate your sports camp.

ROOMING ASSIGNMENTS (Overnight Camps ONLY)

Housing assignments are not done until the evening before camp, and in some cases the morning of camp. When you arrive at check-in you will be able to find out who you are paired with.

Please keep in mind that while we do everything we can to accommodate each participant's one request, we do not guarantee roommate requests or guarantee that entire teams or participants from the same school will be housed in the same building or on the same floor.

SEVERE WEATHER

In the event we have to cancel a camp session due to severe weather, we will attempt to contact you using the information provided on your registration form. We will also post cancellation notices on our website.

CAMP CONTACT PHONE NUMBER

Camp Office (9:00am – 5:00pm, Monday-Friday) 609.258.3369

An emergency contact number for the camp will be provided along with the camp schedule during check-in.

MEDICAL CARE

It is absolutely essential that participants are in good physical condition prior to the camp. We will have a Health Director on staff to handle injuries that occur during the camp; however they cannot treat pre-existing conditions.

Please remember to follow healthy hygiene practices in regards to washing hands, face coverings and proper behavior when sneezing/coughing throughout the entire camp.

REQUIRED FORMS

Each participant is required to upload 3 items to their Active Network account in order to participate during the camp. Without these items completed in their entirety, individuals will not be permitted to participate during the camp.

Parental Release Form (1 page)

The Parental Release Form must be completed and signed by the participant's parent/legal guardian and includes areas to list an emergency contact.

Health Form (2 pages)

The Health Form must be completed and signed by the camper's parent/legal guardian and covers the participant's medical history, insurance policy, allergies, medications and any limitations.

Copy of Immunization Records (parent to obtain a copy from family doctor)

The participant's immunization records must be in compliance with the state of New Jersey.

IMMUNIZATION REQUIREMENTS

New Jersey Youth Camp Standards (N.J.A.C. 8:25) require participants to be immunized with the vaccinations required for child-care center, preschool or school attendance as appropriate for the participant's age, according to the immunization schedule found in N.J.A.C. 8:57-4. An immunization schedule can be found at https://nj.gov/health/cd/documents/imm_requirements/k12_parents.pdf.

MEDICATIONS AT CAMP

In accordance with N.J.A.C. 8:25-5.3(h), Princeton University will not administer medications of any type (prescription or over-the-counter) to participants of any age. Princeton University will not be held responsible for housing/storing medication(s). Parent(s)/Legal Guardian(s) and participants will be held responsible for administering and housing/storing medication(s) in a discrete place during the clinic.

We strongly recommend Parent(s)/Legal Guardian(s) of participants that have been prescribed medication(s) that are self-administered to treat potentially life-threatening conditions (ie. inhalers, EpiPen) meet with the Health Director during check-in to discuss their use.

CODE OF CONDUCT

The Code of Conduct was signed during online registration. It outlines general expectations of the participant while attending a program at Princeton University as well as fees associated with lost items.

COVID-19 REQUIREMENT

- If camp participants or staff experience COVID-19 symptoms and test positive for COVID-19 during camp, they must leave immediately.

ADDITIONAL ITEMS

- Please keep in mind that spectators may have limited access during indoor and outdoor sports camps/clinics.
- Feel free to refer to our [Frequently Asked Questions](#) in addition to the information included within the camper information packets.

REQUIRED EQUIPMENT

All campers must provide their own equipment. Please make sure you have these items prior to your arrival as we do not have equipment to rent or borrow.

- | | |
|--------------------------|--|
| <input type="checkbox"/> | Gym Clothes (shirts, shorts and socks) |
| <input type="checkbox"/> | Running Shoes |

SUGGESTED PACKING LIST

This list is provided as a simple guideline to plan what you will need for your stay on campus. Clothing and personal property should be permanently marked with the camper's name.

- | | | | |
|--------------------------|--|--------------------------|------------------------|
| <input type="checkbox"/> | Sleeping Bag or Blanket | <input type="checkbox"/> | Socks |
| <input type="checkbox"/> | Pillow & Pillow Case | <input type="checkbox"/> | T-Shirts |
| <input type="checkbox"/> | Twin XL Sheets | <input type="checkbox"/> | Undergarments |
| <input type="checkbox"/> | Towels & Washcloths | <input type="checkbox"/> | Pants/Sweatpants |
| <input type="checkbox"/> | Soap | <input type="checkbox"/> | Shorts |
| <input type="checkbox"/> | Shampoo/Conditioner | <input type="checkbox"/> | Sweatshirt/Rain Jacket |
| <input type="checkbox"/> | Toothbrush & Toothpaste | <input type="checkbox"/> | Sleepwear |
| <input type="checkbox"/> | Comb or Brush | <input type="checkbox"/> | Sneakers |
| <input type="checkbox"/> | Deodorant | <input type="checkbox"/> | Bathing Suit |
| <input type="checkbox"/> | Shampoo | <input type="checkbox"/> | Flip Flops |
| <input type="checkbox"/> | Sunscreen | <input type="checkbox"/> | Water Bottle |
| <input type="checkbox"/> | Box Fan – <i>Dorms are not air-conditioned!</i> | | |

*Please limit the amount of spending money and valuables you bring to camp.

PROHIBITED ITEMS

Alcohol
Tobacco
Illegal Drugs
Matches/Lighters
Candles/Incense
Fireworks
Knives
Firearms
Toy Guns or Water Guns
Animals/Pets
Electric Bikes & Scooters



2022-23 PARENTAL RELEASE FORM

I, _____, am the legal parent/guardian of _____,
(Parent/Guardian Name) (Camper Name)

and give permission for the camper to attend and participate in the Princeton University _____
(Camp Name)

which will be held on ____/____/____ to ____/____/____.

On behalf of the camper, the camper's parents and/or legal guardian, I hereby:

1. agree to assume all risk of personal injury and property loss arising from participation in any camp athletic and recreational activities;
2. agree to hold harmless the camp staff, The Trustees of Princeton University, its trustees, officers employees, agents, representatives responsible for any injury or property loss sustained during participation in any camp athletic and recreational activities;
3. grant permission to the camp staff or medical personnel to render, or engage medical personnel to render, preventative, first aid and/or emergency treatment that they deem necessary to the camper's health and well-being. I understand that reasonable effort will be made to contact me, or the emergency contacts listed below, prior to such action and any expenses incurred are at my expense;
4. agree to accept any decisions made by the camp staff in the termination of camp attendance;
5. grant The Trustees of Princeton University, its trustees, officers, agents, representatives, employees and students permission to videotape, photograph or otherwise record the camper and to use such recordings and biographical data in any media, on a perpetual basis, for all purposes consistent with Princeton University's mission.

In consideration for permission for the camper to participate in the camp, on behalf of the camper, the camper's parents and/or legal guardian, I release The Trustees of Princeton University, its trustees, officers, agents, representatives, employees and students from any and all claims which the camper, the camper's parents and/or legal guardian, may have as a result or personal injury or property loss arising out of, or connected in any way with, their participation in any camp athletic and recreational activities.

Parent/Guardian Signature: _____ Date: ____/____/____

Parent/Guardian Name: _____

1st Emergency Contact Name: _____ Phone #: _____ - _____ - _____

2nd Emergency Contact Name: _____ Phone #: _____ - _____ - _____

Please upload in advance to your ACTIVE ACCOUNT.
This form is required for each camp you are attending. Please upload a copy for each camp.



2022-23 HEALTH FORM

NAME OF CAMP: _____

CAMP DATES: _____

CAMPER'S PERSONAL INFORMATION

Camper's Name: _____ Gender: ☐ M ☐ F

Date of Birth: _____ Age: _____

Permanent Address (street): _____

City: _____ State: _____ Zip: _____ Country: _____

Home Phone: _____ Cell: _____ E-mail: _____

EMERGENCY CONTACT INFORMATION

Primary Emergency Contact:

If the camper is under the age of 18, the primary contact must be the camper's legal parent/guardian.

Name: _____ Relationship: _____

Home Address: _____

Home Phone: _____ Work: _____ Cell: _____

E-mail: _____

Secondary Emergency Contact:

Name: _____ Relationship: _____

Home Address: _____

Home Phone: _____ Work: _____ Cell: _____

E-mail: _____

IMPORTANT: All campers are required to provide up-to-date immunization records upon arrival at check-in. Please refer to page 2 of the Health Form to obtain more information about immunization requirements for Princeton University Sports Camps.

Please upload in advance to your ACTIVE ACCOUNT.
This form is required for each camp you are attending. Please upload a copy for each camp.

Camper's Last Name: _____

INSURANCE INFORMATION:

Health Insurance Carrier: _____

Policy Holder's Name: _____

Policy Number: _____ Group Number: _____

HEALTH HISTORY:

Does the camper currently have any allergies or history of concussions? List all that apply: _____

Please provide any information about current physical, mental or psychological conditions that may affect the camper's ability to fully participate in the program: _____

Has the camper been hospitalized within the past 5 years? ☐ No ☐ Yes

If yes, please describe: _____

Is the camper currently taking any medications (prescription and over-the counter): ☐ No ☐ Yes

If yes, please list the drug(s) and dosage: _____

In accordance with N.J.A.C. 8:25-5.3(h), Princeton University will not administer medications of any type (prescription or over-the-counter) to camp participants of any age. Princeton University will not be held responsible for housing/storing medication(s). Parent(s)/Legal Guardian(s) and camp participants will be held responsible for administering and housing/storing medication(s) in a discrete place during camp.

We strongly recommend Parent(s)/Legal Guardian(s) of camp participants that have been prescribed medication(s) that are self-administered to treat potentially life-threatening conditions (i.e. inhalers, EpiPen) meet with the Health Director during check-in to discuss their use.

IMMUNIZATION HISTORY:

All Princeton University Sports Camp participants are required to provide copies of immunization records from a physician's office or a valid medical and/or religious exemption from immunization. All campers must provide records that satisfy the immunization schedule set forth at Immunization of Pupils in School, N.J.A.C. 8:57-4 or provide an official letter from a physician indicating that immunization is in progress. Your camper WILL NOT be allowed to participate without the appropriate medical records.

New Jersey Youth Camp Standards require campers to be immunized with the vaccinations required for child-care center, preschool or school attendance as appropriate for the camper's age, according to the immunization schedule found in N.J.A.C. 8:57-4. An immunization schedule can be found at https://nj.gov/health/cd/documents/imm_requirements/k12_parents.pdf. Campers who do not comply with this schedule will not be allowed to participate in camp.

I am the legal parent/guardian of the above named participant. I hereby certify that to the best of my knowledge, the information requested is complete and correct.

Parent/Guardian Signature: _____ Date: ____/____/____

Parent/Guardian Name: _____

Please upload in advance to your ACTIVE ACCOUNT.
This form is required for each camp you are attending. Please upload a copy for each camp.

PROGRAM CODE OF CONDUCT

Welcome to Princeton University! While you are on campus, we hope you'll enjoy your program and our grounds and join us in upholding the values and standards of the University, which are summarized below. (Your individual program may have additional requirements, and your program sponsor will provide those requirements to you).

1. Personal Safety

The University prohibits conduct that threatens or endangers the personal safety or security of others. This includes, but is not limited to: (a) engaging or participating in activities that threatens the safety, or threatens the property, of others; or (b) using or possessing weapons, including any guns that shoot projectiles (including paintball, BB, air), explosive or incendiary device (including firecrackers and other fireworks), toy guns, and objects capable of being used as weapons.

2. Sexual Misconduct

The University prohibits sex or gender discrimination, including sexual misconduct such as sexual harassment and sexual assault, stalking, and intimate partner violence. These behaviors, which are described in detail in Section 1.3 of Princeton University's [Rights, Rules and Responsibilities](#), are harmful to the well-being of our community members, the learning/working environment, and collegial relationships among our community members.

3. Alcohol and Drugs

The University prohibits the consumption and serving of alcoholic beverages by and to persons under 21 years of age. In addition, the University prohibits the unlawful use or distribution of controlled substances in any amount on University property, or in connection with a University activity. (This includes the use or distribution of prescription drugs without a prescription.)

4. Disorderly Conduct (or Violation of Applicable Laws)

Participants are expected to conduct themselves in accordance with the law and commonly accepted standards of behavior. As such, the University prohibits behaviors that disrupt and disrespect the working and/or living conditions of others. This includes, but is not limited to, excessive noise and combative or disruptive conduct with University personnel or summer program participants.

5. Respect for Others

Respect for the rights, privileges, and sensibilities of others is essential in preserving the spirit of community. The University prohibits abusive or harassing behavior, verbal or physical, which demeans, intimidates, threatens, or injures another because of personal characteristics or beliefs or their expression.

6. Use of Campus Resources (including dormitories and program spaces)

The University prohibits: (a) vandalism; (b) the destruction of the property of others, or of the University; (c) theft or unauthorized use or borrowing of property or services; (d) the unauthorized use of the University's technology resources or communications services; or (e) unauthorized occupancy including no guest policy in University residential units or other University spaces.

7. Use of Information Technology (IT) Resources

All users of the University's IT resources, including campus wireless systems, are subject to the regulations and policies set forth in [Princeton's IT policy](#).

AUTHORIZED PICK-UP

Parents/Legal Guardians that do not wish to have their child(ren) return their issued items and sign themselves out of the program on the last day must e-mail (camps@princeton.edu) the name and phone number of authorized individual(s) that may sign their child(ren) out of the program and return any issued items. Notice must be received at least 2 days prior to the start of the program. If notice is not received at least 2 days prior to the start of the program, we will permit your child(ren) to sign themselves out of the program on the last day and return any issued items.

I have read, understand, and accept the Code of Conduct and Authorized Pick-Up. I will make sure that my child reads, understands and accepts both as well. I understand that if Princeton University determines that my child(ren) have failed to comply with the Code of Conduct, this may result in my removal from the program and/or campus and in my having to pay additional fees. I understand that if my child(ren) are removed from the program and/or campus for violating the Code of Conduct, I am not entitled to a refund of any kind.

Princeton University student conduct is governed by the University's Rights, Rules and Responsibilities.

Participant Name (please print): _____

Program / Sports Camp: _____

Parent / Legal Guardian Signature: _____ **Date:** _____

***This document was signed electronically during the online registration.
This copy is for your reference.***