Thank you for selecting The Ohio State University Women’s Hockey Elite Camp! We are confident that you will both enjoy and benefit from the instruction you will receive at our camps. A copy of our “Camper Rules and Expectations” has been included in this packet. Parents should review these rules with their participant before coming to camp.

Included at the end of this packet are the Parent Consent, Waiver and Release Form and the Ohio Department of Health Concussion Information Sheet.

PLEASE COMPLETE THESE FORMS AND BRING WITH YOU TO THE EVENT’S CHECK IN. DO NOT MAIL THESE FORMS TO US PRIOR TO THE EVENT.

EACH FORM IS REQUIRED IN ORDER TO PARTICIPATE IN THE EVENT. PARTICIPANTS WHO DO NOT SUBMIT BOTH THE PARENT CONSENT AND CONCUSSION INFORMATION FORM WILL NOT BE PERMITTED TO PARTICIPATE UNTIL WE HAVE RECEIVED THEM.

Parent Consent, Waiver and Release Form
The Consent Form should be fully completed and signed by the participant’s parent or guardian. The parent or guardian should disclose the participant’s pertinent medical history, including but not limited to, any medications which the participant is currently taking or required to take. Please note that when you disclose pertinent medical history, you may be requested to provide additional information (e.g., documentation from the participant’s treating physician) for our event medical staff to review prior the participant being permitted to participate in the event. If you have questions, please contact Makena Lynch (Asst. Director - Buckeye Sports Camps Office) by email at lynch.400@osu.edu. In order to adequately assess your information, please contact us at least 14 days prior to the start of the event.

Ohio Department of Health Concussion Information Sheet
The purpose of the concussion information sheet is to provide information to the parent or guardian and athlete in recognizing the signs and symptoms of a concussion. Under Ohio’s “Return to Play” Law, the Concussion Information Form should be fully completed and signed by the participant’s parent or guardian. If you have questions, please contact Makena Lynch (Asst. Director - Buckeye Sports Camps Office) by email at lynch.400@osu.edu.
Medications
Medications are generally not permitted at camp. Participants may only carry medications to the event if such medications are intended to treat a potentially life-threatening condition.

With prior written approval from the Camps Office, a participant may carry an EPI-pen and/or an inhaler for asthma. In order to bring an EPI-pen, asthma inhaler or any other medication to the event, a parent or guardian must make a written request for approval to the Camps Office. An EPI-pen, asthma inhaler and any other approved medications must be in the original prescription container with the child’s name clearly marked. Children are required to self-administer medications whenever possible. Camp staff members, however, are able to administer these medications in an emergency.

To make a written request to bring medication to camp, please contact Makena Lynch (Asst. Director – Buckeye Sports Camps Office) by email at lynch.400@osu.edu. In order to adequately assess your information, please contact us at least 14 days prior to the start of the event.

Accommodations
If you have questions about accessibility or you need to request assistance to participate in any of the Ohio State Athletics Department’s sports camps, including accommodations for dietary restrictions, please contact Makena Lynch (Assistant Director - Buckeye Sports Camps Office) by email at lynch.400@osu.edu. In order to adequately assess your request, please contact us at least 14 days prior to the start of the camp.

Campus Construction
Campus construction is occurring in phases and will be changing through the fall. For the latest information, visit http://go43210.osu.edu/.

Please be advised we are in the early stages of a major construction project. The Biggs Training Facility will soon be demolished to create the Schumaker Student Athlete Performance Center. We are excited for the building and apologize for any inconveniences during the process. For more information, please visit http://grfx.cstv.com/schools/osu/graphics/pdf/bc/summit/facility-performance-center.pdf

Refunds
A refund less a $25 administrative fee will be issued for any cancellation received by at least 1 week prior to the start of the camp. The administrative fee and the 3% online processing are not refundable for ANY reason. Because we have to guarantee our number of campers in order to prepare for the camp, any cancellation received less than week prior to the start of camp will not be eligible for any refund except in the case of injury, illness, or mandatory school event, in which case supporting documentation from a doctor or school is required.

A camp fee may not be transferred to any other Ohio State sports camp. A camp fee may not be transferred to any other camper. All cancellation notices must be received by the deadline above and submitted by mail, email, or fax - no phone calls or voicemails. All supporting documentation required for a refund to be approved and processed must be submitted within 10 days after the conclusion of the camp session. Refund requests must be submitted on the Refund Request Form available at OhioStateBuckeyes.com/camps. Campers who are injured while at camp but remain at camp will not be eligible for any refund.

Questions
If you have any questions, please contact:
Buckeye Sports Camps Office
BuckeyeCamps@osu.edu
614-247-CAMP
INFORMATION FOR DAY CAMPERS

HIGH SCHOOL ELITE DAY CAMPERS
June 19-22 | DAY
Ages: 14-18

Camp Schedule
Check-in for day campers will be from 8:30AM – 8:45AM on June 19th. All Day Camp participants will check-in at OSU Ice Rink. Parking is available in the North St. John/Ice Rink Lot (see map, number 10). Parking will only be free in this lot during registration, drop off and pick up.

OSU Ice Rink
390 Woody Hayes Drive
Columbus, OH 43210

After the first day of camp, campers should be dropped off at the ice rink between 8:30AM - 8:45AM each morning and should be picked up at the ice rink each day at 4:45 PM. On the last day of camp, campers should be dropped off by 7:45AM and picked up from the OSU Ice Rink at 10:00 AM.

Parking: The use of University parking lots requires a permit at all times. Parents or campers who will have a vehicle on campus for any duration of the camp besides check-in or pick-up are required to purchase a parking pass for the day(s) they attend.

Parking permits should be obtained one of three ways:

1. Purchase a permit online at $7.50 per day, through the below link. Click the button marked Guest Login to create a guest account or log in to an existing account. https://osu-campusparc.t2hosted.com/cmn/auth_ext.aspx

2. During the camp’s check-in, at $7.50 per day.

3. At the Pay-by-Plate machines located in the parking lots. Enter your license plate number and select the form of payment and amount of parking time desired, as indicated by printed instructions on the Pay-by-Plate machine. Since verification of payment is done via license plate, it is imperative to enter your license plate information correctly. Please verify all information before finalizing your transaction. Machines do not provide change or refunds. Please note that these machines only accept credit cards. For more details on the use and location of Pay-by-Plate machines, visit: http://www.campusparc.com/osu/visitors-patients.

Upon obtaining a permit, you may park in “A”, “B”, or “C” parking space (see signs in the lot). If a pass is purchased from the camp’s check-in, please note the pass must be visible from the dash or rearview mirror. All vehicles should be in a legal, marked space. Parking fines are the responsibility of the vehicle owner.
What to Bring
Campers should bring a helmet, facemask, mouth guard, elbow pads, shin pads, shoulder pads, hockey pants, hockey gloves and a stick. Goalies must bring full goalie equipment.

Meals: Lunch will be included Monday, Tuesday and Wednesday for day campers. On Thursday campers will be dismissed at 10:00AM.

Camp Store
Official Ohio State Ice Hockey merchandise will be available for sale at camp.

Spectators
Parents and other spectators are welcome to observe the camp. In order to create a safe environment for our participants and spectators, parents should follow the instructions of Ohio State personnel and only watch the camp from designated public areas at the facility. Please use caution when walking around the facilities and/or watching the camp.

Gatorade
The Gatorade G Series, including Gatorade Thirst Quencher (original Gatorade) and Gatorade Recover will also be provided at our instructional sessions. Please note that Gatorade Recover contains whey protein and is not recommended for campers with milk allergies. The Gatorade Recover bars also are processed in facilities that process peanuts, tree nuts, and wheat and are not recommended for campers with peanut, nut, or wheat allergies. For more information about the Gatorade G Series, please visit www.gatorade.com.

Note: Not all Gatorade products are offered at all camps due to restrictions based on camper’s age levels.
Camp Schedule:
Check-in for overnight campers will be from 5:30 PM - 7 PM on June 18th. All participants will check-in on North Campus at the Blackburn House (see residence hall map).

Blackburn House
136 W. Woodruff Ave.
Columbus, Ohio 43210
Dorm assignment: Houston House

Campers will check-out of Blackburn House at 10:30 AM on June 22nd. Upon checking out of the dorm, campers must return their room keys to the front desk of Blackburn House.

Parking
Participants and parents should park in the Lane Ave Garage (see map, number 10) during camp check-in. A free parking voucher should be obtained from the camp staff for the garage during the camp’s check-in. This voucher is only valid for a one-time use.

What to Bring
Campers should bring a helmet, facemask, mouth guard, elbow pads, shin pads, shoulder pads, hockey pants, hockey gloves and a stick. Goalies must bring full goalie equipment.

Residence halls are air-conditioned and each room is equipped with a mini refrigerator and microwave. We recommend bringing a modest amount of spending money for pizza and snacks in the evening. Please do not bring any valuables to camp; we are not responsible for any lost or stolen items.

Meals
All meals will be provided starting with lunch on the first day of camp and ending with lunch on the last day of camp. Water and Gatorade will be available at all camp sessions.
Lost Key/Room Damage: Campers are responsible for their room keys during the camp. Campers will be charged a $15 fee for any room key that is lost or not turned in at the conclusion of the camp. In addition, upon checking into the dorm, please notify the camp staff immediately if there are any issues with the condition of the room. Campers are responsible for any damage to their dorm room and will be charged accordingly.

Camp Store
Official Ohio State Ice Hockey merchandise will be available for sale at camp.

Spectators
Parents and other spectators are welcome to observe the camp. In order to create a safe environment for our participants and spectators, parents should follow the instructions of Ohio State personnel and only watch the camp from designated public areas at the facility. Please use caution when walking around the facilities and/or watching the camp.

Gatorade
The Gatorade G Series, including Gatorade Thirst Quencher (original Gatorade) and Gatorade Recover will also be provided at our instructional sessions. Please note that Gatorade Recover contains whey protein and is not recommended for campers with milk allergies. The Gatorade Recover bars also are processed in facilities that process peanuts, tree nuts, and wheat and are not recommended for campers with peanut, nut, or wheat allergies. For more information about the Gatorade G Series, please visit www.gatorade.com. **Note: Not all Gatorade products are offered at all camps due to restrictions based on camper’s age levels.**
# INFORMATION FOR ALL CAMPERS

## HIGH SCHOOL ELITE CAMP

**June 18-22 | OVERNIGHT**  
**June 19-22 | DAY**

### DAILY SCHEDULE

#### Sunday, June 18
- 5:30 - 7:00 PM: Check-in for Overnight Campers
- 7:45 - 8:00 PM: Intro/Meeting
- 8:00 - 9:00 PM: Activity
- 10:00 PM: Lights Out

#### Monday, June 19
- 8:00 AM: Walk to Breakfast
- 8:15 - 8:45 PM: Breakfast
- 8:30 - 8:45: Check in for Day Campers
- 8:45 AM: Walk to French Fieldhouse
- 9:00 - 10:00 AM: Dryland
- 10:00 AM: Lunch
- 10:30 - 11:45 AM: Ice
- 12:00 - 12:45 PM: Video/Class
- 12:45 - 1:15 PM: Tour of Campus
- 2:00 - 2:45 PM: Activity
- 3:30 - 4:45 PM: Ice
- 5:15 PM: Depart for Dinner
- 5:30 PM: Dinner
- 7:00 PM: Activity
- 10:00 PM: Lights Out

#### Tuesday, June 20
- 8:00 AM: Walk to Breakfast
- 8:15 - 8:45 PM: Breakfast
- 8:30 - 8:45 AM: Commuter’s Arrive at Rink
- 8:45 AM: Walk to Football Stadium
- 9:00 - 10:00 AM: Dryland
- 10:00 AM: Lunch
- 12:00 - 12:45 PM: Video/Class
- 12:45 - 1:15 PM: Activity
- 1:30 - 2:15 PM: Nutrition Lecture
- 2:30 - 3:00 PM: Ice
- 4:45 PM: Commuter Pick up at Rink
- 5:15 PM: Depart for Dinner
- 5:30 PM: Dinner
- 7:00 PM: Activity
- 10:00 PM: Lights Out

#### Wednesday, June 21
- 8:00 AM: Walk to Breakfast
- 8:15 - 8:45 PM: Breakfast
- 8:30 - 8:45 AM: Commuter’s Arrive at Rink
- 8:45 AM: Walk to French Field House
- 9:00 - 10:00 AM: Dryland
- 10:30 - 11:45 AM: Ice
- 12:00 - 12:45 PM: Lunch
- 12:45 - 1:15 PM: Video/Class
- 1:15 - 1:45 PM: Walk to Campus Stores
- 2:00 - 2:45 PM: Activity
- 3:30 - 4:45 PM: Ice
- 4:45 PM: Commuter Pick up at Rink
- 5:15 AM: Depart for Dinner
- 5:30 PM: Dinner Huntington Club
- 7:00 PM: Activity
- 10:00 PM: Lights Out

#### Thursday, June 22
- 7:00 AM: Walk to Breakfast
- 7:15 - 7:45 PM: Breakfast
- 7:45 AM: Walk to Rink/Commuters Arrive
- 8:00 - 8:15 AM: Warm-up
- 8:45 - 10:00 AM: Ice
- 10:00 AM: Commuter Pick up at Rink
- 10:30 AM: Residential Checkout at Dorm
- 11:30 AM: Box Lunch/Depart Camp

*Times subject to change*
PARENT CONSENT, WAIVER AND RELEASE

In consideration of the Ohio State University Buckeye Sports Camp acceptance of (insert camper’s name on blank line) as a participant in the sports camp for the period in the dates indicated above, and in return for the opportunity to participate in this camp:

It is agreed that all risks attendant to watching and/or participating in camp activities, including, but not limited to bodily injury, are assumed by the participant and his/her parents and/or legal guardian and that this assumption is acknowledged, approved, and agreed to by said participant and his/her parents and/or legal guardian as indicated by the signature hereto. Buckeye Sports Camps will be financially responsible for and has insurance that will cover most injuries/accidents occurring during camp (subject to policy terms, conditions and limits) but only as secondary coverage after parent’s/guardian’s insurance has paid.

I hereby certify that the above named participant is physically able to participate in The Ohio State University Buckeye Sports Camp and that I know of no physical impairments which would in any manner limit his/her participation in such a program. I hereby grant permission for physicians, dentists, other licensed health care providers and their designees employed or directed by The Ohio State University to administer outpatient medical, surgical, or dental services as appropriate or necessary antigens or other injections, to perform emergency procedures as necessary or to refer to other duly licensed medical personnel when necessary.

In consideration for honoring the participant’s request to participate in the above activity, I, for myself, my executors, administrators, and assigns, do hereby release and forever discharge The Ohio State University, and its Board of Trustees, its respective entities, administrators, faculty members, employees, agents, and students from any claims that I might have myself or could bring on the participants behalf with regard to damages, demands, or any actions whatsoever, including those based on negligence or failure to supervise, in any manner arising out of the participant’s participation in this activity. I also hereby agree to save, hold harmless, and indemnify The Ohio State University, its Board of Trustees, and/or its respective entities, administrators, faculty members, employees, agents, and students against any and all claims, including claims of negligence or failure to supervise, which the participant might bring against them as a result of his or her participation in the above activity. I recognize that this Release means that I am giving up, among other things, rights to sue the University or its Board of Trustees, its respective entities, administrators, faculty members, employees, agents or students for injuries, damages or losses that my child may incur.

MEDICAL INSURANCE INFORMATION:

MEDICAL HISTORY, IF PERTINENT (INCLUDING, BUT NOT LIMITED TO, INJURIES, SURGERIES, ALLERGIES) 1 Write “NONE” if Not applicable:

MEDICATIONS 1 Write “NONE” if Not applicable:

OTHER SPECIAL CONSIDERATIONS (E.G., DIETARY NEEDS) OR ACCOMMODATIONS 1 Write “NONE” if Not applicable:

PARENT OR LEGAL GUARDIAN’S SIGNATURE:

EMERGENCY CONTACT INFORMATION

PARENT/ GUARDIAN NAME:
PHONE#:

PARENT/ GUARDIAN NAME:
PHONE#:

1 Please note: Our camp medical staff may request additional information (e.g., documentation from the camper’s treating physician) to review prior the camper being permitted to participate in camp. If you have questions prior to camp, contact Makena Lynch, Asst. Director of Camps, at lynch.400@osu.edu.
Ohio Department of Health Concussion Information Sheet
For Interscholastic Athletics

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?
A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

Signs and Symptoms of a Concussion
Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Parents of Guardians
♦ Appears dazed or stunned.
♦ Is confused about assignment or position.
♦ Forgets plays.
♦ Is unsure of game, score or opponent.
♦ Moves clumsily.
♦ Answers questions slowly.
♦ Loses consciousness (even briefly).
♦ Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).
♦ Can’t recall events before or after hit or fall.

Symptoms Reported by Athlete
♦ Any headache or “pressure” in head. (How badly it hurts does not matter.)
♦ Nausea or vomiting.
♦ Balance problems or dizziness.
♦ Double or blurry vision.
♦ Sensitivity to light and/or noise
♦ Feeling sluggish, hazy, foggy or groggy.
♦ Concentration or memory problems.
♦ Confusion.
♦ Does not “feel right.”
♦ Trouble falling asleep.
♦ Sleeping more or less than usual.

Be Honest
Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season… or risk permanent damage!

Seek Medical Attention Right Away
Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

♦ No athlete should return to activity on the same day he/she gets a concussion.
♦ Athletes should NEVER return to practices/games if they still have ANY symptoms.
♦ Parents and coaches should never pressure any athlete to return to play.

The Dangers of Returning Too Soon
Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

Recovery
A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete’s injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children’s brains take several weeks to heal following a concussion.

www.healthyohioprogram.org/concussion

Rev. 02.13
Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.

2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.

3. Limit your child’s activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain’s recovery.

4. Limit your child’s physical activity, especially those activities where another injury or blow to the head may occur.

5. Have your qualified health care professional check your child’s symptoms at different times to help guide recovery.

Returning to School

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.

2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
   a. Increased problems paying attention.
   b. Increased problems remembering or learning new information.
   c. Longer time needed to complete tasks or assignments.
   d. Greater irritability and decreased ability to cope with stress.
   e. Symptoms worsen (headache, tiredness) when doing schoolwork.

3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.

4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help or supports can be removed gradually.

Resources

ODH Violence and Injury Prevention Program
www.healthyohioprogram.org/vlpp/Injury.aspx

Centers for Disease Control and Prevention
www.cdc.gov/Concussion

National Federation of State High School Associations
www.nfhs.org

Brain Injury Association of America
www.blausa.org/

Returning to Play

1. Returning to play is specific for each person, depending on the sport. Starting 4/26/13, Ohio law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child’s coach follow these instructions carefully.

2. Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).

3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child’s injury and symptoms.

4. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.

5. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child’s full recovery would take about one week once they have no symptoms at rest and with moderate exercise.*

Sample Activity Progression*

Step 1: Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).

Step 2: Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).

Step 3: Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).

Step 4: Full contact in controlled practice or scrimmage.

Step 5: Full contact in game play.

*If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.

Ohio Department of Health
Violence and Injury Prevention Program
246 North High Street, 8th Floor
Columbus, OH 43215
(614) 466-2144

www.healthyohioprogram.org/concussion

Rev. 09.13
Ohio Department of Health Concussion Information Sheet
For Interscholastic Athletics

Acknowledgement of Having Received the “Ohio Department of Health’s Concussion and Head Injury Information Sheet”

By signing this form, as the parent/guardian/care-giver of the student-athlete named below, I acknowledge receiving a copy of the concussion and head injury information sheet prepared by the Ohio Department of Health as required by section 3313.539 of the Revised Code.

I understand concussions and other head injuries have serious and possibly long-lasting effects.

By reading the information sheet, I understand I have a responsibility to report any signs or symptoms of a concussion or head injury to coaches, administrators and my student-athlete’s doctor.

I also understand that coaches, referees and other officials have a responsibility to protect the health of the student-athletes and may prohibit my student-athlete from further participation in athletic programs until my student-athlete has been cleared to return by a physician or other appropriate health care professional.

________________________________________  __________________________
Athlete  (Please Print)  Date

________________________________________  __________________________
Parent/Guardian  Date
CAMPER RULES AND EXPECTATIONS

At the camp’s orientation meeting, a member of the camp staff will review these rules and may announce additional camp-specific rules. Campers’ adherence to these rules and expectations is critical to making our camps safe, rewarding and fun for all participants.

The Ohio State University is a large campus in a major metropolitan area. The safety of our campers is a primary concern. There is adult supervision at all times in the dorms and during all structured camp activities. Campers may have free time during which an adult is available but may not be directly monitoring all activities (e.g., when a camper is in his dorm room during a break or prior to lights out).

Expectations for camper behavior:
- Follow all instructions of camp staff and immediately consult the camp director if you are uncertain about these instructions. The term “camp director” as used in this document also includes other camp staff that have been designated by the camp director.
- Participate in all scheduled activities (including camp meals). Only the camp director may grant permission to be excused from a camp activity. Attendance will be taken.
- Keep your camp counselors informed of your whereabouts at all times.
- Lock your room whenever you leave, even for a short time. Buckeye Sports Camps is not responsible for campers’ lost or stolen items.
- Use the buddy system (designated by your camp director) at all times when travelling between camp areas (e.g., from the dorm to the dining hall). Campers may only be in designated camp areas.
- Bring all equipment that is required to participate in camp. Label all personal belongings and equipment.
- Notify a camp counselor as soon as any problem arises, big or small. Camp staff are available to help you at all times.
- Follow the instructions of police, fire and other emergency personnel.

Expectations for overnight campers:
- Follow the camp schedule (including “lights out”) and report on time for all sessions.
- Keep track of your room key. Do not loan your key to another camper.
- If you are attending camp as a resident/overnight camper, keep your dorm room and hallway clean.

Behaviors not permitted:
- Harassment, hazing, and bullying of other campers or staff. This includes verbal, physical, and cyber.
- Using profanity or inappropriate language whether it is written or verbal.
- Leaving the camp area as designated by the camp director. Campers are not permitted to walk freely around the campus or surrounding areas. If your parent is picking you up prior to the completion of any camp session (day or term), you must give the camp director a note from your parents in advance. Never travel alone.
- Visitors are not permitted in the camp dorm or dining areas. Spectators are only permitted to watch camp sessions from designated public areas.
- Using a motor vehicle during camp. Campers who drive to camp may be required to give their keys to the camp director.
- Possession and/or consumption of alcohol, tobacco, or illegal substances.
- Possession of matches, lighters, hot plates, kettles, fireworks, lethal weapons or other objects that the camp director considers dangerous.
- Possession and/or distribution of indecent literature or images.
- Tampering with fire alarms, safety, or security equipment.
- Inappropriate use of a cell phone during camp – phone may be confiscated for the duration of camp.
- Excessive noise or horseplay.
- Removing food, glassware, utensils, or any other items from the dining commons or other dining areas.
- Violations of federal/state laws.

Behaviors not permitted by overnight campers:
- Damaging or stealing University or other people's personal property. Dorm rooms are inspected prior to check-in, immediately following checkout, and at any other time deemed necessary by the camp staff. The cost of repairing any damages to the room and/or furniture will be billed to the camper. Camp fees do not cover payment for any lost or stolen items. Campers will be billed the cost for any lost keys, linens, etc.
- Entering residence hall rooms other than your own without permission. You may only sleep in your assigned dorm room.
- Permitting any person to enter a camp dorm building.
- Moving furniture in any dorm or other University building.

Campers and parents should review this important information prior to arriving at camp.

Questions may be directed to the Buckeye Sports Camps Office at (614) 247-CAMP.

While unacceptable conduct is not anticipated from campers, violation of any camp rule or expectation could result in disciplinary action, up to and including dismissal from camp. Refunds will not be issued to campers dismissed from camp for disciplinary reasons.

We expect that parents or guardians of campers will be available (by phone) during the duration of the camp in the event the camp director or other camp staff needs to speak with them about a camper’s behavior.