

Appendices  
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New Paltz Summer Sports School

Camp Hazards

1. Campers should be aware of the warning signals for heat exhaustion and dehydration. Signs include: headache, dizziness, nausea and occasional cramps. Campers and counselors alike should drink plenty of water even when they do not feel thirsty. **THIS IS WHY WATER BOTTLES ARE MANDATORY.** Campers without water bottles will need to purchase them.
2. Campers are not to go anywhere on campus without counselor supervision. It is not a matter of mistrust of the campers, but rather mistrust of those individuals who may wish to do them harm. Should a camper become separated from the rest of the group or become lost, he/she should go to the nearest blue light emergency phone and inform University Police of their situation. The location of the blue light emergency phones will be pointed out to campers during orientation.
3. All medications must be given to the Head Athletic Trainer for safekeeping.
4. If a camper feels ill or sustains an injury, he/she should inform a staff member immediately.

**I agree to adhere to the above rules and understand that any violation may result in my dismissal from the program.**

Name (print) \_\_\_\_\_ Camp \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_