

RUNNER'S WORKSHOP INC.
RUNNER'S REGULATIONS AND WAIVER

The regulations and policies are for the convenience and safety of all the runners. Please read them carefully.

1. To leave the camp property, you need to obtain permission from the director and be accompanied by a staff member. Failure to comply may result in all persons involved being sent home at parent's expense.
2. If you must leave the immediate program area (i.e. workout, clinic) you must inform the counselor.
3. Wear shoes or sandals at all times when not involved in a lake or pool activity.
4. All runners must report to and participate in their scheduled activities. If ill, a runner should let the counselor know where he or she is and then report to the paramedic or EMT for an excuse from the activities.
5. If you have a problem see a counselor. If you wish the camp director to become involved, ask your counselor to arrange a meeting.
6. Food received in the mail should be eaten that same day. No food is to be kept in the dorms and no food is to be removed from the dining hall.
7. Running and rough housing is not allowed in the dorm areas. Games and play are restricted to the recreational areas.
8. Dorms are off-limits to members of the opposite sex. This is one of our major rules. Failure to comply may result in all persons involved being sent home at parents' expense.
9. Staff residences and personal gear are off-limits.
10. Smoking or chewing tobacco is not allowed at camp.
11. Co-ed social relationships are restricted to supervised programs and/or informally during runner free time in supervised areas of camp. Runners are expected to be discreet and not to venture from supervised areas of camp. Campers will not sneak out at night nor after hours to meet each other, have intimate or sexual relationships.
12. There are to be no alcoholic beverages, unlawful narcotic drugs or hallucinogens in possession or in use at Runner's Workshop camp. Another major rule – failure to comply will result in all persons involved being reported to police & sent home at parent's expense.
13. Behavior or pranks, which destroy camp property or hurt feelings of others, are not allowed. If you are not sure, ask your counselor.
14. Camp quiet hours begin at 10:00pm. At this time all runners must be in their living quarters. Lights out at 10:15pm. Please cooperate by being considerate of all those who live at camp. And remember – the 6:30am reveille call is early. You'll need your sleep if you are to get the most out of your workouts.

Camp Waiver:

Waiver must be signed by all participants: In consideration of the acceptance of my application I, the undersigned, for myself, my heirs, executors and administrators hereby waive, release and discharge any and all rights and claims for damages I may have or which hereafter accrue to me against the persons and organizations affiliated with Runner's Workshop Inc. and their representatives, successors, and assignees for all injuries suffered by me while traveling to and from or in any way associated with my participation in the Runner's Workshop Inc. camp. I represent and warrant that I am physically fit and have sufficiently trained for participation in this camp. Additionally, I permit any photographs or video taping from the camp to be used for promotional purposes.

RUNNER'S AGREEMENT

I have read all of these regulations and policies and will obey them while a camper at Runner's Workshop Inc. Camp. I understand that failure to comply with these policies may result in expulsion from camp. The parent will assume the cost and means of transportation.

CONDITIONS OF ENROLLMENT: Prior to submitting this Camp Rules Form, I have read and understood all portions of this form. Any questions I may have had about the policies and operations of Runner's Workshop Inc. have been answered to my satisfaction.

This form should be mailed at the same time deposit is made. Submit this form by mail to: Runner's Workshop Inc. P.O. Box 5028, Los Alamitos, Ca. 90720

Participant Signature

Date

Parent Signature

Date