

2021 BREVARD DISTANCE RUNNERS CAMP

WHAT TO BRING:

- Paper copy of Negative PCR test/proof of vaccination
- Masks-reusable or disposable for 6 days
- Hand sanitizer & hand soap for your bathroom
- Running Apparel for 6 days (2x/day)
- 2-3 Pairs of Running Shoes
- Sweatshirt & rain gear
- Towels-for shower, creek, and waterfall soaks
- Linens for single/twin bed XL
- Pillow, blanket and/or sleeping bag
- Medicine if needed (can be given to the nurse)
- Spending Money for pizza, snacks, shakes, etc. There is a grocery store next to campus that coaches/staff will take campers to if additional items are needed
- The Co-Pay amount for your Insurance in the event you need medical attention (If Applicable-Mandatory) –Ability to pay includes cash, debit/credit card, or with a personal check made out to Hendersonville Pediatrics (do not turn in, just bring with you in the event that camper needs to go to the doctor)
- Balance Due- Certified Checks, Money Orders or Cash if bringing to registration-Payable to BDRC
- Key Deposit-\$50 in personal check (bring to registration, do not send in before)-this will be given back when key is returned
- Upload your medical insurance card to your account. This must be on **one sheet of paper** and done prior to your arrival at camp. *We will not take an email or paper copy at registration.* Instructions are available online or [click here](#).
- Casual Clothes
- Swimsuit
- Personal Toiletries
- Insect Repellent
- Costume for John Rock Graduation run (optional)
- Fan (optional)
- Yoga Mat (optional)
- Disc Golf set (optional)
- White T-shirts for tie dye (optional)

COVID-19 (Updated as of 6.23.21)

- The biggest change in addition to the COVID-19 prevention efforts is that we will be **ending camp on Friday at noon**. The morning graduation run will take place followed by brunch and then checkout, unfortunately this year the dance will be canceled. We need this additional time to sanitize the campus for the next week of campers and additional staff training. As much as we plan to continue our traditions as safely as possible, please understand that this year will just look somewhat different with safety as the first priority. Hosting camp and running is at the forefront of our planning this year therefore we ask for your flexibility and understanding as we do everything possible to make this happen. We are encouraged by the increasingly robust vaccine rollout, and highly recommend that everyone age 12 and over (within the CDC recommendations) seek the Covid vaccine to help protect each other. In advance of our 2021 camp season, we are continuously monitoring CDC, WHO and NC DHHS guidance to ensure our policies reflect all current safety standards related to group gatherings and youth sport. The safety of our campers, staff and coaches is of utmost importance so we will continue to take all precautions necessary. The following measures are in place to ensure the safety of campers, staff, and camper families. All participants will be asked to comply throughout the duration of camps—and any staff member, camper or camper family member who does not comply will not be allowed at camp and will be asked to return home. Currently the protocols for mitigation of the virus involve a “layering approach” around the use of NPI’s (Non-Pharmaceutical Interventions.) When combined, these have been proven effective in community settings. Based on what we know now, we plan to employ the following NPI’s:
- **To be able to attend, everyone (campers, coaches, & staff) will be required to provide proof of vaccination OR a negative Molecular test (aka RNA or PCR test) conducted 1 -5 days prior to arrival. Testing 1-3 days prior to your child’s session is preferred. Without proof of a negative molecular test, your camper will not be admitted into camp. It is important to choose a provider who can guarantee a turnaround in this time. Rapid (antigen) tests will not be considered. For the purposes of this guidance, people are considered fully vaccinated for COVID-19 ≥ 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or ≥ 2 weeks after they have received a single-dose vaccine (Johnson & Johnson [J&J]/Janssen)[‡] there is currently no post-vaccination time limit on fully vaccinated status. Please bring a paper copy of your proof of vaccination or negative test results, we will not be collecting these prior to arrival on Active and will keep the copy for our records.**
- Low Risk Behaviors Prior to Camp– We will expect camp families and staff members who are not vaccinated to commit to “low risk” behaviors for ten days prior to camp. This includes foregoing sleepovers and activities involving large crowds, indoor playdates, and the mixing of households without masks. It is essential that campers coming from school, educational opportunities, or sports practices, adhere to public health guidance around mask wearing and physical distancing when taking part in activities outside of the home. Campers will be expected to sign a form when they arrive that they adhered to low risk behaviors 10 days prior to arrival, haven’t been exposed to anyone who has tested positive or shown symptoms of COVID in the past 14 days, and aren't exhibiting any signs of

COVID upon arrival. We request that coaches check the temperature of their runners and do a symptom screen before boarding transportation to camp. As long as you have adhered to public health guidance around mask wearing and physical distancing when taking part in activities outside of the home, it is considered low risk. For example, if your child is going to another camp prior where they have also tested campers and require masks for non vaccinated attendees, this would be considered low risk. Some of this requires your best judgement but if you have specific questions, please feel free to reach out via email.

- Arrival Screening & Daily Symptom Monitoring– Upon arrival, campers and coaches will go through a symptom screening, anyone exhibiting symptoms will not be admitted. During camp, we will employ random symptom screenings of campers and staff. If a camper presents with Covid symptoms, our onsite medical staff will assess and have access to testing as appropriate. If a camper is found to be positive, we will notify the parents to make plans for them to return home asap, they will be kept in quarantine until the parent arrives. If positive, Campers CANNOT return home on public or group transportation according to CDC guidelines. We will have a designated quarantine section of dorm rooms for those to safely quarantine if necessary in the meantime.
- 3 Main Rules – 1. Masks 2. Physical Distancing 3. Outdoor Open-air Settings. We plan that at least one out of three of these will be in place when outside of the team setting.
- Vaccinated attendees: In accordance with the CDC, fully vaccinated attendees will not be required to wear a mask. We will require ALL attendees to wear a mask when in the auditorium or any large group settings if necessary but we will be spreading out as much as possible.
- Non-vaccinated attendees: If not fully vaccinated, masks will be required to be worn at all times indoors or when physical distancing is not possible. Exceptions will be eating in the cafeteria (there will be outside seating available) and when in their private dorm room. Traveling in the hallways to your dorm room, getting food in line at the cafeteria, riding on the bus etc will all require masks if you are not vaccinated. We ask that everyone be honest about this and do not violate the requirement. If we have to start checking and/or find someone in violation of this policy, they will be sent home. As a reminder, this is for the safety of all our attendees and thank you for your cooperation.
- Communication– We will make families aware of any positive Covid cases and recommended testing or screening needed if necessary.
- Sanitization of public areas & hand sanitizer stations around campus. We will encourage campers social distance and wash hands frequently, and any shared equipment be disinfected.

ALLERGIES?

You **MUST** bring your own EPI-PEN if you are allergic to bee stings or have severe food allergies. You must add any allergies to your registration form for the nurse to be aware of.

CAMP FACILITIES:

All campers will stay in college dorms. Meals are all you can eat and served cafeteria style in the college dining hall. MOST dorm rooms are **NOT** air-conditioned. The girls' dorms that are air-conditioned are assigned on a rotating basis yearly according to space needs. You will need linens for the bed. You only need to request a roommate if you are an individual and want to room with someone not coming from the same high school provided on your registration form. Otherwise, roommates are assigned on the day of arrival during registration.

AIR TRANSPORTATION:

We will provide transportation to & from the Asheville, NC Airport ONLY (AVL). Transportation from the airport is FREE with an advance reservation if you arrive/depart according to the times below. Flying outside these hours, or without an advance reservation will incur a \$50 charge. Make your flight reservation [HERE](#)
Sunday (4th, 11th, 18th-camp begins): Registration from 11-5, flights must arrive by 4 pm (Free shuttle for flights arriving 8AM-4PM). Flights arriving before 8AM or after 4PM will be charged \$50 if you require pick up outside of the free shuttle.

Friday (9th, 16th, 23rd-camp ends): Must be out of rooms by noon (free shuttle to airport for flights departing 11AM-5PM). Flights on these days before 11AM or after 5PM will be charged \$50. If you have a later flight on Friday, the last free shuttle will leave before or by 3 and your child can go then but will wait unaccompanied at the airport. On the 9th and 16th, if you prefer to pay, the camper can hang out on campus until but will still need to be out of their room by noon and there are no formal activities. We can not accommodate flights departing later than 5 pm on Friday, July 23rd. All campers will go on the last shuttle of the day on the 23rd (most likely at 3 but could be earlier) regardless of flight time therefore it will be the free shuttle. Parents or coaches are welcome to arrange other transportation to/from the airport if this is not a preferred option.

CHECK IN:

Registration is on Sunday of the week that you are attending from 11:00 am to 5:00 pm in Boshamer Gymnasium on the Brevard College campus. There will be signs but you can also find a map online. The afternoon run on Sunday begins at 2:30 pm and will continue every 30 minutes until 4 pm on campus. This year only, to minimize risk, we ask that only campers and coaches attending camp come inside for check in. Please wait in the car or outside if you are dropping off your child.

ARRIVING EARLY:

You may not arrive before July 4 or stay after July 23. If you must arrive a day early or stay a day late **between** sessions,

there will be a \$50.00 charge per extra night, plus a transportation charge if we pick you up at the airport (see transportation). This does not apply to 2 weekers. You must notify us by email no later than June 15 if you will arrive prior to the Sunday your week of camp starts or if you will stay over until Sunday after your week ends. You may stay only one extra night.

PICK UP/CHECK OUT:

Friday by **12:00 PM** of the week you are attending. Brunch will be provided after the graduation run before check out. Rooms must be clear of trash, and keys turned in by noon. **If needed, campers can wait outside/on the dorm porches past noon but should let a staff member know-staff will still be on campus cleaning for supervision.**

KEY DEPOSIT:

The key deposit MUST be a separate personal check brought to check in/registration on the day your session begins. A \$50.00 key deposit is charged to each camper and coach at registration and the check will be returned at check-out only. We will not return deposits by mail and ask that you do not send this ahead of time.

BALANCE DUE:

You can pay the balance due online with credit card at any time 72 hours prior to your arrival date. You can mail a personal check prior to June 15th. After June 15th, you can mail a money order or cashier's check. Any of these options will be added to your account on our end and will reflect a \$0 balance which will fast track you through registration. If you prefer to bring the balance with you on registration day, you can pay with cash, money order, or certified check only, payable to Brevard Distance Runners Camp. Mail checks to BDRC, PO Box 1940, Brevard NC 28712.

PHONES:

Due to the busy schedule it will be difficult to reach your child during camp. Please make sure your child knows to contact you, if necessary. Cell phones are acceptable but can only be used during designated free time. Cell phones are prohibited in the camp general sessions and on runs. Inappropriate use of cell phones and anonymous apps will result in confiscation of phones until the end of camp. BDRC is not responsible for any loss or damage to cell phones.

ACTIVE ACCOUNT LOGGING BACK IN:

You will need to log back in to update any information such as medications/allergies, roommates, and to upload your medical insurance card. The link is on our website or you can click [HERE](#). This is a different link than the one you signed up with. Sometimes Chrome does not support Active, try Internet Explorer if you get error messages or email us if you think it is a website issue.

TENTATIVE DAILY SCHEDULE: (Monday-Friday)

- 6:30 am to 7:30 am Run/Aerobics/Circuits
- 7:00 am to 8:30 am Breakfast
- 10:00 am to 11:00 am Learn by Doing/Challenge Courses
- 11:00 am to 1:00 pm Lunch
- Noon to 1:45 pm Recreation
- 1:45 pm to 2:30 pm Learn by Doing/Challenge Courses
- 2:30 pm to 5:00 pm Afternoon Run in Forest
- 5:00 pm to 6:30 pm Dinner
- 7:00 pm to 8:30 pm Speakers/Group Sessions
- 8:30 pm to 10:00 pm Free Time/Activities
- 10:30 pm Lights Out

DIRECTIONS TO BREVARD: For GPS Directions, the Physical Address of Brevard College is: 1 Brevard College Drive, Brevard, NC 28712 (DO NOT SEND MAIL TO THIS ADDRESS!)

From South: I-85 North or I-95 North to I-26 West I-26 West to Exit #40 (Airport Exit). Turn left and follow Hwy. 280 (21 miles to Brevard)*

From North: I-77 South, I-85 South or I-95 South to I-40 West I-40 West to I-26 East I-26 East to Exit #40 (Airport Exit). Turn right and follow Hwy. 280 (21 miles to Brevard)*

From East: I-40 West to I-26 East I-26 East to Exit #40 (Airport Exit). Turn right and follow Hwy. 280 (21 miles to Brevard)*

From West: I-40 East to I-26 East, I-26 East to Exit #40 (Airport Exit). Turn right and follow Hwy. 280 (21 miles to Brevard)*

*Brevard College is on Hwy 64 West, 3 miles from the intersection of Highways 280, 276 and 64.

WHERE TO SEND MAIL FOR CAMPERS:

Your Child's Name
Brevard Distance Runners Camp
PO Box 1940
Brevard, NC 28712

To send a package to the PO Box from Amazon (or using UPS) the address is: BDRC Campers Name, 159 West Main St, Unit 1940 Brevard, NC 28712 Note: FedEx packages cannot be sent to a PO Box

WHOM TO CONTACT FOR ANSWERS: Refer to our website and FAQ for more information! The Camp Office is staffed on a part time basis until camp begins. Your quickest response will be email: run@brevarddistancerunnerscamp.com. During camp you can use this number to get ahold of our on campus office full time: (828) 883-2399