



2022 SUMMER RUNNING IN BREVARD
"All You Need to Know about Distance Camp!"

DIRECTIONS TO BREVARD:

For GPS Directions, the Physical Address of Brevard College is:

1 Brevard College Drive, Brevard, NC 28712 (DO NOT SEND ANY MAIL TO THIS ADDRESS!!!)

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

WHAT TO BRING:

- Paper/e-copy of Negative lab report for Antigen or PCR test
- Recommended: Bring at home COVID test (in case of symptoms) Our medical staff will administer.
- 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
- 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](#).
- Linens for single/twin bed XL
- Pillow, blanket and/or sleeping bag
- Casual Clothes & Shoes (dance on Fri night)
- 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 SAFETY MEASURES?

ALL attendees (vaccinated or not) will need to provide a negative antigen test within 24 hours or PCR test taken within 72 hours of arrival. AT HOME TESTING IS NOT VALID UNLESS IT IS MONITORED, SIMILAR TO TESTS REQUIRED BY THE AIRLINES where they provide the necessary certificate. Bring the paper or electronic copy with you to camp with date, name and result. We ask that you decrease exposure activities within the period of your test to your arrival at camp. If anyone is exhibiting symptoms even with a negative test, we ask that you stay home. Masks will be mostly optional however we reserve the right to change accordingly to risk during camp. While many activities will be outdoors to minimize risk, we encourage anyone who is immunocompromised or not vaccinated to wear masks indoors as well as anyone with a personal preference. In the event of a breakout or camper exhibiting symptoms while at camp, we will have quarantine guidelines and notify parents. We 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 2022 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, overnight camps and youth sport. 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.**

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/FLIGHT 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 between 8 am and 4 pm on Sunday and depart between 6 am and 2 pm on Saturday. Flying outside these hours, or without an advance reservation will incur a \$50 charge. Make your flight reservation on our website. Scroll to the bottom of the Camp 2022 page to fill out the form.

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. Our staff will lead a few afternoon runs on Sunday-exact times (usually around 2:30, 3 and 4pm) will be provided upon check in.

ARRIVING EARLY:

You may not arrive before July 3 or stay after July 23. We will not be able to accommodate extra nights or staying in between sessions for camp 2022.

PICK UP/CHECK OUT:

Saturday by **9:00 AM** of the week you are attending. Rooms must be clear of trash, and keys turned in by 9 am. **Flights should depart between 6 AM & 2 PM. If your child is on a later flight, he/she will wait at the airport.**

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 a credit card at any time prior to July 1st. 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: SAVE YOUR PASSWORD!

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 and you must use the email that you registered with to log back in. 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)

- 6:00 am to 8:00 am Morning Runs in Forest
- 7:00 am to 8:30 am Breakfast
- 10 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 to 2:30 pm Learn by Doing/Challenge Courses
- 2:30 pm to 5:00 pm Campus Run/Aerobics/Circuits
- 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

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 reach our on campus office full time: (828) 883-2399