

# Camp Alleghany Camper and Parent Policies

1. Please read these documents carefully and sign them with your camper(s)
  2. Scan them to your computer, and upload them back to your CampMinder account using the **Upload arrow button** to the right of the form in the *Forms & Documents* area of your account.
  3. Please do NOT mail a hard copy of this form to camp.
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## Camper Code of Conduct

1. Campers must remain within camp boundaries at all times, unless escorted by a counselor.
2. Campers must abide by the *Alleghany Honor Code*: we do not lie, cheat, or steal, nor do we tolerate those who do.
3. Campers must abide by the *Alleghany No Gossip Policy*.
4. Campers must obey the camp rules set by the directors and counselors in camp, on tent row, and in departments and activities.
5. Campers must keep all medications in the Infirmary.
6. Campers are not to bring a cell phone to camp, nor use a cell phone while in camp, nor use any telephone in camp, unless instructed by the Director.
7. Campers must not bring any electronic devices with video or internet capabilities to camp, nor use such devices while in camp.
8. Campers must not bring illegal substances to camp, nor use any illegal substances while attending camp (includes cigarettes, e-cigarettes (vaping), JUULs, alcohol, drugs).
9. Campers are expected to report a violation of the Camper Code of Conduct to a counselor, otherwise they are in violation of the Code themselves.
10. Campers must understand the behavioral expectations of **respect** in the following areas:
  - a. An Alleghany camper **respects herself** by taking care of herself physically, mentally, and emotionally. She practices good hygiene, takes care of her personal belongings, ensures she is eating enough and resting and sleeping enough, and advocates for herself.
  - b. An Alleghany camper **respects others and their belongings** by treating others with kindness, asking to borrow belongings, and treating property with care.
  - c. An Alleghany camper **respects all counselors and staff** by listening to directions and instructions, speaking to staff members respectfully, and understanding that rules and boundaries are put in place for campers' safety and well-being.
  - d. An Alleghany camper **respects Camp Alleghany** by honoring its traditions and rules, taking care of its grounds and property, and respecting nature, our community, and our schedule.
  - e. We ask parents to support Camp Alleghany in promoting these behavioral expectations and support your camper in upholding these guidelines.

*Infractions of these rules will require an immediate meeting with the Director, and may result in immediate dismissal from camp.*

By signing your name below, you understand and agree to follow the expectations outlined in the Camper Code of Conduct.

\_\_\_\_\_  
Signature of Camper

\_\_\_\_\_  
Printed Name of Camper

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Date

**(Note! Electronic signatures are NOT accepted for this form. Please print, sign, scan, and upload.)**

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# No Gossip Policy for Campers

***Please read this with your camper(s) and discuss it so she understands it fully. If you have any questions, please do not hesitate to contact Sam or Elizabeth.***

The goal of this policy is to eliminate camp gossip, which can strain relationships between campers and counselors. The policy will prohibit gossip about fellow campers, counselors, as well as exclusive cliques among the members of Alleghany's community. The policy is aimed at creating a more team-oriented, positive culture at Alleghany. Alleghany's staff and counselors also sign and adhere to this policy, so it is something we expect of the entire Alleghany community.

We know that some of your best friends are here at camp and that you only get to see them for these three or six weeks a year. In no way do we mean to say that you cannot enjoy those close friendships – these bonds are what keep you all coming back here each summer, and Alleghany thrives on that. But sometimes close friendships turn into exclusive friendships that make others feel unwelcome.

We also know that there are times when the actions of others at camp cause you to want to vent to a friend. But in doing so, you need to ask yourself: is my discussion of this issue aimed at getting it off my chest so that I can return to my day feeling better, or am I doing this in a mean-spirited way, aimed at hurting or mocking, rather than aimed at resolving the issue? Often, the better way to vent your feelings is to discuss the issue with the person who caused it.

There are also situations where you're not the one initiating the gossip. While you might not think you're "to blame" merely by listening, remember that if no one was there to listen, the negative statements would never be made in the first place. Even as a passive participant, just by going along with it, you are contributing to the negative environment.

We ask that you help establish this policy by asking yourself:

- Am I contributing to a team-oriented atmosphere, or am I (even unintentionally) making others feel unwelcome in a conversation?
- Am I allowing a frustration to fester and then making it worse by discussing it with others?
- Am I disrespecting a camper or counselor by mocking her to my friends?
- Am I giving someone an opportunity to gossip by participating in the conversation?
- Am I repeating or promoting a rumor about camp about which I have no personal knowledge?

We ask that you pledge to help us establish this policy as a sign of your commitment to make the Alleghany environment the best it can be.

***As a camper of Camp Alleghany, I promise:***

- To be inclusive of others in conversations, activities, and free time;
- To refrain from becoming a part of a clique or exclusive group, so as not to hurt feelings or make others feel unwelcome;
- To refrain from talking about anyone (campers, counselors, other staff members) in a negative or destructive way, and to refrain from participating in conversations where others are doing so;
- To keep my negative thoughts to myself, or if necessary, vent them privately to an appropriate person, such as a counselor or leader, in an effort to resolve the frustration;
- To befriend new campers and help them learn the traditions and rules of Alleghany in a friendly and non-judgmental manner;
- To refrain from spreading rumors that I do not have facts to prove as true, and, if necessary, to ask an authority figure if something is true before repeating it;
- To not tolerate anyone in camp who does not adhere to the above behaviors.

***Your signature on the Camper Code of Conduct indicates your pledge to adhere to the No Gossip Policy.***

## Parent Handbook Signature Form

I have reviewed the contents of the *Camp Alleghany Parent Handbook and the Parents' Guide*, including the pertinent information on travel, health and medical, uniforms, cell phones, electronic devices, and mail. I understand the policies and procedures as outlined, and I understand that violations of the Code of Conduct may result in dismissal of my child from camp.

\_\_\_\_\_  
Printed Name of Parent

\_\_\_\_\_  
Printed Name of Camper

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Date