

Waiver to release all claims

I understand that Oregon City High School does not carry insurance for injuries sustained by participants in this camp. Therefore, participants in this camp should look to their own insurance policy for any injuries sustained in connection with this camp. The absence of health insurance coverage does not make OCHS responsible for payment of medical expenses. As a participant in OCHS cross country camp at Tumalo State Park, I agree to assume the full risk of any injuries, including death, damages, or loss regardless of severity, which my child/ward may sustain as a result of participating in all activities connected with this camp.

Permission to secure treatment:

In the event of an emergency, I authorize the Oregon City cross country coaches to secure treatment from any licensed hospital, physician or medical personnel, any treatment deemed necessary for my child's/ward's immediate care. I agree that I will be responsible for payment of any and all services required.

I have read and fully understand the aforementioned program details, 'Waiver to release all claims' and 'Permission to secure treatment' and all information supplied by me is accurate to the best of my knowledge.

Parent/guardian signature:

Date:

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What to pack:

- Water bottle or hydration pack
- Shoes: Running and casual (flip flops)
- Running clothes for 4 days
- Warm clothing (it cools off at night)
- Sleeping bag and pillow (air mattress if desired)
- Soap, shampoo, deodorant, toothpaste toothbrush
- Towels
- Sunscreen and insect repellent
- Flashlight
- Swimming gear
- Camp chair
- Tent (multi-person if available)



*OCXC
Team Camp*

2024



*Monday July 29th -
Thursday August 1st*

*@ Tumalo State Park
Tumalo, Oregon*

What to expect

Oregon City Running Camp is for athletes planning on participating in Cross Country this fall. During our time in Central Oregon, the team will explore scenic running trails, challenge themselves at elevation and enjoy the company of their teammates throughout the week. Guest speakers from the running community will be brought in to talk to the team as well.

Location

Camp headquarters this year will be located at Tumalo State Park, near Bend. The camp has clean restrooms with flushing toilets, warm showers and electricity. There will be separate camp areas for boys and girls.

Meals

Campers will need to bring lunch for the trip out to camp. Cash is optional, we may make a pit stop on the way to camp and on the way home. All other meals will be provided.



Tentative Schedule

Monday

- 8:15am Meet at OCHS, load/depart
- 11:00am PCT Run
- 12:30pm Lunch
- 3:00pm Arrive at Tumalo State Park
- 6:00pm Dinner
- 7:00pm Team Activity
- 10:00pm Quiet time in camp

Tuesday/Wednesday

- 8:00am Wake up
- 8:15am Morning run on camp trails
- 9:00am Breakfast
- 11:30am Leave for trails
- 12:00pm River Trail run
- 1:30pm Lunch
- 6:00pm Dinner
- 7:00pm Guest speaker/activity
- 10:00pm Quiet time in camp

Thursday

- 8:00am Wake up
- 8:30am Breakfast
- 9:15am Clean up, Pack up
- 11:30am Lake Run
- 12:30pm Lunch and lake time
- 4:30pm Arrive at OCHS

Sign up!

Limited space available. Please submit this form and \$140 camp fee to OCHS accounting office by June 12th to reserve your spot. Payment can be made on the school website. (Families with 2 or more campers \$125 each)

Athlete info:

Name: _____

Email: _____

Grade: _____ (fall 2024)

Shirt Size: Sm. Med. Lg.

In case of emergency:

Health Insurance Co. _____

Policy number _____

Allergies? _____

Medications? _____

Parent/Guardian info:

Name(s): _____

Email: _____

Contact Phone #: _____

*Parent/guardian, read and sign waiver →

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