



### **Berkshire Running Camp Families,**

The time is almost upon us for one of the most exciting, uplifting, and meaningful weeks of your lives. We at BRC have been working hard behind the scenes to create a program that is truly unique. We have workouts, classroom sessions, guest speakers, and some great team building activities planned. We once again have a terrific and experienced staff that will be leading you through another outstanding week!

Before we embark on this journey, there are a few final instructions our staff wish to share with each family.

**DROP OFF IS MONDAY 8/15 AND PICK UP IS SATURDAY 8/20**

### **WE ARE A NUT FREE CAMP**

**Please leave nut snacks (including Sesame) at home.**

**Please double check the ingredients.**

### **1) WHAT TO BRING**

- \*Sleeping bag or Sheets (cot size), Blankets and Pillows
- \*Personal Hygiene Items (Soap, Shampoo, Toothbrush/paste, etc)
- \*Running gear (1 week worth, plus rain gear)
- \*Running Sneakers (2 pairs)
- \*Small backpack to carry items to offsite runs
- \*Clothing for Nighttime activities (it can get cold)
- \*Bathing Suits, Towels, Shower Shoes
- \*Personal Water Bottle (with your name on it)
- \*Some disposable masks in case needed
- \*Sunblock/bug spray
- \*Team outfits/unique uniforms for the Cabin Games Challenge
- \*Valuables should be left home (no there is no WiFi and cell service is not great)
- \*Any other items you may need to enjoy a week at Berkshire Running Camp  
(There is NO laundry service onsite)

A GREAT ATTITUDE!

## 2) ARRIVAL

Arrival for campers is between at 12:30-2pm

All campers should be checked in by 2:30pm

**PLEASE DO NOT ARRIVE EARLIER THAN 12:30**

**CAMP ADDRESS- Camp Taconic is located at 770 New Windsor Rd. in Hinsdale MA.**

It's the Westfield Exit (3) if coming from the Pike via Boston and yes, it is that far off the exit.

There will be staff directing you to the camp check-in.

Campers should arrive to camp in their running clothes.

## 3. CHECK-IN

When you arrive at Camp Taconic our staff will direct you and your parents to the check in area. **There, you and your parents will check in with our registration staff.** There will be multiple tables broken up by last name. The nursing staff will also be there to accept any medications or to answer any questions you may have. Your luggage will be stored by the staff in the dance hall beside check in if your cabin is not ready yet. Be sure to arrive at camp in running clothes. We will be running the first day.

## 4.) TRANSPORTATION

No athlete should be driving him or herself to Camp Taconic. There will be signs/staff upon entering the camp directing you as to where cars should drop off athletes. There is always traffic on the way to camp, please plan accordingly. If you are arriving via a bus or carpool, please make sure your paperwork is 100% complete prior to arrival. Each camper needs to have completed a camper release form stating who will be picking them up from camp.

## 5.) MEALS/FOOD CHOICES

We have worked with the chef at Camp Taconic and have planned a running friendly meal plan for the week. There will be plenty of gluten free, vegan, and nut free options available. If you have any food allergies or special dietary considerations that we don't yet know about, please let us know as soon as possible. There will be plenty of water available all week, please bring your own personal bottle with your name on it. Campers can also bring snacks, but please be aware they may be sharing a cabin with another camper that has a food allergy (**NO NUTS- WE ARE A NUT FREE CAMPUS**) and to have a container for snacks to keep varmints out of the cabins.

## 6.) PAYMENTS

If you have not paid your balance, **please contact me immediately**. All balances are past due & must be paid asap.

## 7.) PHYSICALS, IMMUNIZATION RECORDS, AND OTHER FORMS

If you haven't already, you need to complete the [online forms](#) required for BRC. The forms are the Camper Release Form and the Medication Authorization form. These forms can only be completed online. **You must also provide us with current physical (they are valid for 13 months) and immunization records.** You can upload the physical to your account. Directions to access your account are below.

## 8.) ACCOUNT ACCESS

To access your account you must login to your Active account. Using the link below, you provide your email and password used when registering. If you get an error message please try a different web browser.

### [ONLINE ACCESS](#)

## 9.) MEDICATIONS

All medication must be clearly listed on the campers medication authorization form. Any prescription or over the counter medication brought to BRC must be in its original containers. Any camper that brings medication to camp must meet with the nurse during check-in. **There will be absolutely no medication kept in the camper cabins.** Campers/parents MUST take medication home with them at the end of camp.

Campers with inhalers or epi-pens must complete the medication authorization form to self administer. Campers should bring 2 epi-pens/inhalers with them.

## 10.) RUNNING GROUPS

All Campers will be placed in groups based on their ability, experience and level of conditioning. Our staff is trained to monitor the runners during the week and we will make any changes necessary to ensure a safe and productive week of training. If you have had any changes or injuries since registering for camp please let us know so we can place you in the appropriate training group.

## 11.) CABINS

All campers from the same team will be in the same cabin. The cabins are large and very nicely accommodated with bathrooms and showers. They are all staffed by multiple staff members. All areas of camp are Nut Free!

## 12.) CAMP STORE

There will be a camp store and canteen available. We will be selling snacks and drinks during free time daily. There will also be BRC gear to purchase including Sweatshirts, Sweatpants, and TShirts. Items can be purchased with cash or via Venmo.

## 13.) BERKSHIRE RUNNING CAMP RULES

We have attached our very important camp rules. Please carefully read these, and let us know if you have any questions. Remember that these rules apply to all campers, and anyone in violation of them will be subject to the appropriate disciplinary action or dismissal from camp. If you are dismissed from camp your parents are responsible for picking you up.

#### 14.) DEPARTURE

**Please arrive at Camp Taconic to pick your child up beginning at 12:15 PM on SATURDAY.** We will be sure our program is complete at that time, and our staff will stay until the last child is picked up. **All campers must be checked out by camp staff.** Please be respectful of our desire to return to our homes and families after a long, wonderful week together. **Please arrive no later than 1:30pm** There is always traffic, please plan accordingly.

#### 15.) NEW BALANCE FREE GIFT

This year all campers will be receiving a free gift from New Balance. They asked us to remind campers that they will not be able to accommodate all size requests. Camp staff will not be able to take returns or exchanges.

#### 16.) MEDICAL STAFF

We have 2 registered nurses and a Health and Safety Supervisor on staff this year. **All medication must be handled and administered via the medical staff.** (If you use an epi-pen or inhaler- reminder to bring 2 of them!) Medical Staff will be available during check in with any questions you may have. If your son or daughter becomes sick or ill and has to leave camp then a parent or guardian must pick them up. We cannot provide or arrange for transportation.

#### 17.) COVID-19

While there are no vaccination or masking requirements at camp this year, we are still going to remain vigilant of signs/symptoms of COVID-19 infections. If needed we can do on-site testing. Most activities are outside and the cabins are fitted with large exhaust fans for camper safety. If your camper tests positive for COVID-19 during camp they will need to be picked up asap. If campers have signs or symptoms of COVID-19 prior to camp, or have been exposed to COVID-19, we ask that you please be responsible and keep your camper home.

#### 18.) SOCIAL MEDIA

While we don't allow the use of cell phones during camp (except during free time)- our staff will be posting to our social media accounts daily!

Please follow us on **Twitter @BerkshireRC** and on **Instagram @BerkshireRunningCamp** - please check us out during the week for updates, pictures and videos!

**Attached is a copy of our [Schedule for the week](#) and [rules & regulations](#) including our [concussion policy](#).**

As always if you have any questions at all please feel free to contact me at any time!

[BerkshireRunningCamp@gmail.com](mailto:BerkshireRunningCamp@gmail.com)

508-367-0474

Coach Rooney