

COLORADO SCHOOL OF MINES

LACROSSE CAMP

Parent
Manual
2026



PURPOSE & PHILOSOPHY

At Mines Lacrosse Camp, we help develop confident, happy, well-rounded children through age and ability appropriate drills and instruction. We believe in creating a positive learning environment. This environment allows children of various ages and abilities to learn, grow, and develop.

Mines Lacrosse Camp is based on the idea of respect. We respect ourselves, each other, and our resources (campus facilities, equipment, etc.). We promote good sportsmanship, whether we are winning or losing. We encourage children to have an active lifestyle and make healthy choices. We strive for “Excellence in Everything” we do.

CAMPER RULES & REGULATIONS

Camper Code of Conduct

The Camper Code of Conduct exists to outline the expectations for the Lacrosse Camp as well as the rules that each camper will be asked to follow. The camp code of conduct is based on the idea of Respect:

- Respect Yourself
- Respect Others
- Respect Resources

With that in mind, campers should...

- Use equipment and facilities only as directed
- Let a camp counselor know as soon as something breaks so the counselor can fix it as soon as possible.
- Pick up any trash or other personal items before leaving an area
- Give 100% effort during camp activities
- Follow directions
- Come dressed appropriately; this includes taking proper precautions for the weather i.e., sunscreen, raincoat, etc.
- Arrive at camp on-time and be mentally and physically ready to participate

- Let a camp counselor know if a camper (including yourself) is injured during an activity
- Demonstrate good sportsmanship. Remember, sportsmanship includes playing by the rules and respecting decisions made by camp counselors.
- Listen when fellow campers, camp counselors, and camp staff are speaking.
- Refrain from name calling, hitting, biting, kicking, injuring or bothering other campers or camp counselors. Remember, no means no and stop means stop.
- Absolutely no bullying.
- Be respectful of other people's personal space, this includes fellow campers and camp counselors.
- Stay away from all emergency equipment including fire extinguishers, fire alarms and emergency phones etc. unless there is an emergency.
- Stay away from equipment that is not related to Lacrosse Camp. This includes athletic equipment that may be used by other groups and stored in and around the IM South Field.
- Stay with camp. Do not leave camp without an instructor's permission.
- Keep an open mind and don't discriminate against a fellow camper or coach for any reason.
- Leave inappropriate toys, including those not relevant to the purpose of Lacrosse Camp, at home. This includes but is not limited to video games, tablets, weapons of any kind, fidget spinners etc.

Discipline Policy

Lacrosse Camp uses the foundation of Love & Logic for its discipline structure. We encourage coaches to set limits, build positive and healthy relationships, and allow campers to own and process their behaviors. If a camper's behavior is distracting or disrupting the learning environment, the following steps will occur - Campers will receive up to three warnings (depending on the severity of the situation) for disruptive behavior before being sent to one of the administrative staff in order to complete a refocus form and discuss their behavior. After completing the form, campers return to their groups. Repeated behavior may result in campers being asked to leave camp for one or more days. In this situation, there will be no refund.

All campers will be required to abide by the rules and regulations for proper behavior as outlined by Lacrosse Camp. If a child exhibits inappropriate behavior, he/she will be spoken to by our staff in a constructive and clear way with appropriate explanation as to why their behavior is not in accordance with camp rules.

Instances of inappropriate behavior will be documented by the coaches/administrative staff. Excessive instances of inappropriate behavior may lead to a child's suspension or dismissal. The Colorado School of Mines understands that every instance is different, and we will act with fairness in mind.

The Lacrosse Camp participants will be reminded of our RESPECT rule when behavioral challenges arise.

Electronic Usage Policy

Campers may enter camp with electronics used solely for the purpose of communication (for example: phone, iPod, etc. but *not* an Xbox, etc.). After drop-off and check-in is complete, camper cell phones and other electronics must be placed in their bags and kept there until after they have been checked out and picked up by a parent or guardian. Alternatively, campers may leave their cell phones with their parents for the duration of camp. Campers may not use their phones or other electronics during camp, except in the case of an emergency.

Coaches, staff, the Leadership Team, and Colorado School of Mines are not responsible for lost, stolen, or broken electronics. Campers are solely responsible for their own electronic devices and following all electronic-related policies.

Staff members will carry cell phones in case of an emergency but will not use them during camp hours unless necessary.

CAMPER SCHEDULE

Drop Off and Pick Up

Camper drop-off and pick-up will take place at the Med Shed. The Med Shed is located at the north entrance to the Intramural South Field and the south end of Parking Lot D. Lot D is across from the Student Recreation Center, 1651 Elm St. Campers may not be picked up or dropped off at any other location.

Drop-off and pick-up times must be limited to 15 minutes. Lot D is permit-parking only with limited paid visitor parking spaces.

Drop-off begins at 8:30am and camp begins at 9:00am each day. Pick-up begins at 12:00pm and all campers should be picked up by 12:30pm.

If a child has not been picked up by 12:30pm, every effort will be made to contact the parent or guardian and any other authorized pick-up contacts via telephone. If parents or pick-up contacts cannot be reached and no pick-up is made after thirty minutes past the closing of camp, the Director may notify social services. A camp staff member will stay on the premises until all campers have been accounted for and have been picked up in an appropriate fashion. If a child is not picked up in a timely manner twice, the Director reserves the right to expel that child from camp and there will be no refund given.

Check-In and Check-Out

Campers must be signed in and out each day. Staff may not let a parent or guardian leave without signing their child in/out.

Camper safety is our #1 priority. As a result, people picking up their camper must show Photo ID. We will only release a child to a person listed as a pre-approved parent or guardian. If someone other than the person who is listed on registration is going to pick up a child, we must know ahead of time. This includes grandparents, co-workers, neighbors, siblings, and anyone else not listed on that child's registration.

If there is a day-of modification, parents will need to indicate who the person picking up their child will be on the check-in sheet in the morning. This method should only be used for emergency changes due to extenuating circumstances. If someone comes to pick up a child on the approved pick-up list, the primary parent/guardian listed on that child's registration will be called to verify that it is okay to release the child to said person.

These precautions for releasing campers are to ensure the safety of the children and are not meant to cause an intentional inconvenience for parents. We very much appreciate your understanding and cooperation with our procedures on camper drop off and pick-up.

Lunch and Snack Times

There will not be a designated lunch or snack time at camp, as camp ends at 12:00pm. The lack of lunch and snack time also keeps our campers with food allergies safe.

Parents are encouraged to provide a healthy and nutritious breakfast prior to camp.

Sample Lacrosse Camp Daily Schedule

8:30 – 9:00am: Camper Drop Off

9:00am – 12:00pm: Lacrosse practice, drills, etc.

- Time for drink and shade breaks provided

12:00-12:30pm: Camper Pick Up

CAMPER HEALTH & SAFETY

Camper Illness, Accident, and Injury Policy

In the case of illness, campers will be removed from the activity and taken to a supervised area to rest. Parents/guardians will be notified so that arrangements can be made for the child to be picked up from camp.

If a child is injured at camp, first aid will be immediately administered. Parents/guardians will be notified in the event of an injury that requires immediate pick-up by the parent/guardian or transport by an emergency vehicle to the hospital. If deemed necessary, 911 emergency services will be called and responding personnel will assume all care upon arrival.

Injuries will be recorded on a specified injury report form and will be kept on file.

Personnel at Lacrosse Camp are CPR/First Aid certified and will respond appropriately to illness and/or injury. Emergency contact information provided by parents will be on-hand at camp and will be utilized as needed. Every effort will be made to provide appropriate care for our campers. Coaches are responsible for campers and will carry with them all emergency information for each camper including dietary restrictions, known allergies and any other relevant medical history. They will also carry emergency medications (individually prescribed antihistamines/Epi Pen) to administer if emergency medical care is necessary.

If your child has a fever or could be contagious, please do not send them to camp. If for any reason your child is unable to fully participate in an entire day of camp activities (physical & mental challenges) please do not send them to camp.

The Lacrosse Camp staff continuously monitor camper safety. However, injuries occur and sometimes injuries are more obvious than others. Our certified athletic trainers and staff will do their best to evaluate injuries or illnesses as they are observed or reported to us, however, we need your help as well. Please notify us if your camper has experienced an injury (including before or after camp if it affects their ability to participate in camp activities). This is especially true with concussions as symptoms can show up hours after the injury. Here are the symptoms of concussions:

Amnesia, Confusion, Headache, Loss of Consciousness, Balance Problems or Dizziness, Double or Fuzzy Vision, Sensitivity to Light, Nausea, Feeling Sluggish, Foggy, Groggy or Irritable, Concentration or Memory Problems.

If the above symptoms are present, a camper will be pulled from regular activities and evaluated by our athletic trainer for a concussion. After an evaluation has occurred, if a concussion is suspected we will contact the parents or guardian of the affected camper. If a concussion is suspected, the camper will not be allowed to participate in any physical activity unless he/she has a signed note from a medical professional stating they are cleared to return. We strongly encourage you to seek further medical attention by seeing your child's primary care physician for additional evaluation and treatment.

Medication Policy

If your child has medication that they need to take during camp or they have medication they need in case of an emergency or allergic reaction, they should bring it to camp. Parents should provide the appropriate quantity and clear instructions on how to assist the child in the administration of this medication. Any medications should be brought in their original containers. This will help us identify what it is and who it's for. There will be a document that will need to be completed when the medication is dropped off the first morning of camp.

Camper Hydration

It is important that we are all aware of keeping campers hydrated. Water stations will be available, and campers are required to bring a water bottle. Please encourage your campers to pre-hydrate in advance of camp sessions. Tents will also be available to provide shade.

WEATHER POLICIES

Lacrosse Camp Emergency Weather Policies

Lacrosse Camp follows the Mines Intramural & Club Sports and University Policies related to inclement weather, fires, and natural disasters.

In the event of inclement weather, fire, or natural disasters, campers will be brought to a secure location. Attendance will be taken to confirm all campers are safe and accounted for. Authorities will be contacted immediately if it is deemed necessary. Parents/guardians and the Camp Director will be notified as soon as it is safe to do so.

If the situation deems that camp be closed, all groups will move to a specified location and parents will be contacted to pick up their children. Care and supervision will be provided by the staff until all campers are released to appropriate pick-up people.

Lightning Policy

The National Severe Storms Laboratory (NSSL) indicates that upon the first sound of thunder, lightning is likely within 8 miles of that location. In conjunction with NSSL guidelines and University policies and procedures, play is terminated when lightning is within 8 miles of that location.

Several members of the Leadership Team receive notification of when lightning is within 8 miles of the field location and should be cleared. When directed by staff, participants, coaches, fans, and all others present on a field should enter the closest indoor facility or follow directions provided by the staff about where to find shelter. The Leadership Team will communicate when the "all-clear" is given for activity to resume.

If Club Sports or IMCS staff are not present, the Flash-Bang NCAA method must be used to estimate the distance between the field location and a lightning flash. After a flash of lightning, the number of seconds is counted until thunder is heard. The number of seconds this takes corresponds to how far away the lightning is. For example, if thunder is heard 5 seconds after a flash, then the lightning is 1 mile away. If the thunder is heard 10 seconds after a flash, then the lightning is 2 miles away. All participants, coaches, fans, and others present on a field should enter the closest indoor facility or find shelter by the time the lightning flash and sound of thunder is 30 seconds or less.

The systems are not infallible, and common sense should still govern – if the conditions do

not appear to be safe to resume activity, it is best to wait until the weather circumstances change regardless of an all clear by the systems. Failure to adhere to the Lightning Policy will result in disciplinary actions.

Hot Weather Policy

Lacrosse Camp coaches, staff, and athletic trainers are provided with information and materials for identifying and treating heat-related injuries and illnesses. These individuals may help prevent, identify, and treat heat-related injuries and illnesses.

Wet Bulb Globe Temperature (WBGT) is the combined measure of air temperature, relative humidity, the prevalence of wind, and the amount of radiant heat from the sun. WBGT is a more accurate measure than the “feels like” temperature or heat index. This policy is based on WBGT measures.

In accordance with the best practices identified by the National Athletic Training Association (NATA), the guidelines set forth by the Colorado High School Activities Association (CHSAA), and research by the Korey Stringer Institute, the following guidelines apply to continuing, modifying, or canceling Lacrosse Camp practices, contests, and events:

- WBGT at or below 76.1°: practices, contests, and events held outdoors will continue as normally scheduled.
- WBGT between 76.2° and 81.1°: practices must have three separate rest breaks per hour, lasting at least 4 minutes each. These may not be consecutive and should be approximately 20 minutes apart. Officials of contests will be instructed of this policy and may make determinations based on their best judgement and the guidelines of the sport’s governing body.
- WBGT between 81.2° and 84.1°: practices must have four separate rest breaks per hour, lasting at least 4 minutes each. These may not be consecutive and should be approximately 15 minutes apart. Officials of contests will be instructed of this policy and may make determinations based on their best judgement and the guidelines of the sport’s governing body.
- WBGT between 84.2° and 86.0°: practices must have twenty minutes of rest breaks per hour in a non-consecutive manner. Practices may not be longer than one hour. Officials of contests will be instructed of this policy and may make determinations based on their best judgement and the guidelines of the sport’s governing body. These decisions may be overruled by the Athletic Trainer or Emergency Medical Technician on-site.
- WBGT at or above 86.1°: practices, contests, and events will be cancelled or

postponed to a later date.

Lacrosse Camp participants, instructors, and spectators are encouraged to adhere to the following best practices for preventing heat-related injuries and illnesses, as set forth by the NATA:

- Engage in proper hydration and nutrition. Proper hydration will help prevent body mass loss of more than 2%.
- Modify activity in hot weather conditions as necessary.
- Wear sunscreen and protective clothing to prevent overexposure to the sun.
- Rest in shaded and/or cooled areas when possible.

Rainy Day Schedule

In the event of heavy rain or inclement weather, camp will move indoors to the SRC Rec Gym and/or Lockridge Arena. Campers and staff should wear clean sneakers, not cleats, indoors. All Student Recreation Center rules and policies must be followed indoors.

It is strongly suggested that campers and staff dress appropriately for the weather every day. This includes bringing rain gear if the weather is predicted to be bad.

FACILITY & EQUIPMENT

Facility Care and Maintenance

Lacrosse Camp participants are fortunate to have access to great facilities. It is imperative that we remember that we are guests in these locations and we take care of these facilities. All staff and campers are responsible for the cleanliness of the buildings and grounds. We are also responsible for the care of every piece of equipment we use.

Mines-Provided Equipment

Mines will provide lacrosse goals, lacrosse balls, and equipment for drills (including, but not limited to, goal coverings and cones). Mines will also provide water stations and tents to allow for hydration and shade coverage.

Should a camper notice that any equipment breaks or requires repairs, please let a coach or a member of the Leadership Team know as soon as possible.

Camper-Provided Equipment

Each camper is required to provide their own gloves, arm pads, rib pads, shoulder pads, helmet, mouth guard, and cleats. Protective equipment is required during all activities.

Campers are required to bring a water bottle to camp. Water breaks and water coolers will be provided.