



SRCRC High Altitude Training Camp

Frequently Asked Questions

What physical condition do I need to be in to attend camp?

You will find it necessary to be aerobically fit to some degree if you want to participate in and enjoy camp activities. Most of the activities range from moderate to strenuous. A majority of campers participate in the cycling activities. You should be able to easily ride 10 to 20 miles to be able to do our rides. **A medical form must be completed as part of the registration process.**

How are roommates handled?

Lodging reservations are handled on a first come, first served basis. Anyone may reserve the private cabins/bunkhouses/mobiles and choose who they wish to stay with them. Otherwise you will be assigned to the large bunkhouse (guys/girls).

Can I bring my children (under 18) to camp?

Children are allowed to attend camp, however, there are certain provisions, as listed below. You need to keep in mind that fitness Camp is an adult camp with activities aimed at the adult level. The setting, which is in a rural area, has its inherent dangers and associated precautions accompanying such a venue. There are no movie theaters, shopping malls or fast food restaurants nearby. The Camp Registrar will contact you after reviewing your registration form to discuss the child policy and to answer any questions you may have.

a. If you do decide to bring your children to camp, you are required to be responsible for them at all times, as Camp does not provide child care or activities for children

- b. Your children may participate in an activity with you, provided that you have discussed this with the activity leader and a determination has been made that it is okay for your child to participate
- c. You will be expected to address any inappropriate behavior displayed by your children.

What are the meals like at camp?

Three hearty meals are served daily in the Dining Hall. Meals will have plenty of carbohydrates and calories to meet the physical demands of active campers. Our emphasis will be on variety, balance, freshness, quality and taste. Most meals have vegetarian options with a salad bar. People with restrictions (such as vegan, gluten-free or diabetic) should plan to supplement their meals with their favorite food items. Sack lunches will be provided for any activities that require being away from camp during the lunch hour. Water will be provided throughout the day and at support stations. Campers should bring their own favorite snack items and beverages of choice. Rooms with refrigerators are limited, so you may want to bring an ice chest.

Are there any medical considerations I should be aware of?

Prior to coming to camp, consult your family physician regarding your participation level and be sure you have had a recent tetanus shot. The Camp Nurse/Medic will visit with you prior to the start of camp to review any medical issues or questions you might have. If you should need medical attention beyond the first aid that the Camp Nurse/Medic can provide, you will probably want to go to one of the clinics in Cloudcroft.

What should I do to prepare for the different climate and altitude?

July daytime temperatures are usually in the 70's, night time temperatures in the 40's, and low humidity provide a great escape from the summer heat. However, due to the higher solar intensity and the thinner mountain atmosphere, you need to use sunscreen and wear a hat.

What kind of bike should I bring to camp?

Both road and mountain bikes can be used at camp. Please note that from camp it is approximately 2 miles to the asphalt highway.

How do I get my bike ready for camp?

The nearest bike shop is in Cloudcroft and has limited hours. Make sure your bike is in good working order before camp by doing these checks:

Brakes should grip firmly, and the levers should not squeeze to the handlebars (there are some big hills!).

All gears should work smoothly, and the chain not come off when shifting.

Check tires for cuts, worn spots or dry cracking on the sides; if in doubt, replace them before coming to camp.

Spin your wheels to be sure that they are straight and not wobbly. Check for loose spokes; wiggle your tire to make sure that everything is tight and adjusted.

Bring your own replacement tubes, patch kit, extra tire.

If in doubt, have your bike checked by your local bike shop.

What is the dress code?

The dress code at camp is pretty laid back with most people wearing what they need for the activity at hand (i.e. running or bike shorts with T-shirt or tank top). For dinner, some campers choose to exchange their athletic wear for casual summer wear.

Remember the nights can be cool so bring that extra layer.

Do I need to bring my own linens?

If you are staying in one of the bunkhouses you will need to bring your own linens and towels. Remember the nights can be cool, so bring that extra blanket. The mobiles and premium cabins are provided with linens and towels.

When do I need to arrive?

Registration starts on Sunday at 3 p.m. At that time, you will receive your room/cabin assignment and activity packet.

Is there a refund policy?

If a refund is requested before June 1, 2016 a full refund will be given. If a refund is requested between June 1 and July 1, 2016 a 50% refund will be given. After July 1, 2016, no refunds will be given. If necessary the camp administration will consider emergency circumstances on the refund policy.

What is the smoking policy?

Camp rules prohibit campers from smoking in any buildings, porches, or within 15 feet of buildings and porches.

Need more information - email betty@southernrockiescamp.com