

# NCA/NDA Camp Rules

## NCA/NDA Camp Rules and Reminders

All participants should be aware of the camp rules listed below. Please review them with your squad prior to your arrival at camp.

*Participants are expected to comply with **campus rules and local laws.***

### General Camp Rules

1. Cheering, chanting and dancing will be practiced in designated areas ONLY.
2. No hanging signs without the permission of the Camp Manager.
3. Squads/teams must be on time to all classes and camp functions and should always walk in groups of two or more.
4. Please leave valuables at home (rings, jewelry, etc.). NCA/NDA will not be responsible for lost or stolen items.
5. PARTICIPANTS MAY NOT WEAR JEWELRY OF ANY KIND AT ANY TIME DURING CAMP. PARTICIPANTS WHO DO NOT COMPLY WILL BE UNABLE TO TAKE PART IN NCA/NDA CLASSES.
6. NCA/NDA is not responsible for participants on their free time.
7. Students may not leave campus alone for any reason, unless prearranged and signed out with the Camp Manager. An adult must accompany any student who leaves campus for any reason.
8. Contact a member of the NCA/NDA management staff or Head Instructor before seeking medical attention at a clinic or hospital.
9. Smoking is prohibited, and the use or possession of alcohol or other illegal substances is prohibited.
10. Hazing or initiations of any type is prohibited.
11. We encourage campers not to fraternize with other groups on campus.
12. If attending an overnight camp (Resort or Overnight), all participants must follow housing rules:
  - A) No running or unnecessary noise in the halls.
  - B) All windows are to remain closed in the air-conditioned dorms/resorts. In dorms/resorts without air-conditioning, windows may be left open, but screens must be left on. No leaning out of windows. No throwing anything out of windows. Keep blinds closed when dressing and after dark.
  - C) Always lock your door when you leave the room and when you are in your room. Do not prop doors open.
  - D) No tumbling, horseplay, partner stunts or practicing in the dorm/resort.
  - E) Any damage to the room will be charged to your group. Be sure to leave your room as clean as you found it.
  - F) Some locations charge participants for lost keys. Please keep up with your keys.
  - G) All participants must be in the building at 9:00 pm, on their floor by 10:00 pm, in the rooms by 10:30 pm and in bed with lights out by 11:00 pm and remain there until morning. If an emergency occurs, participants should contact the Camp Manager immediately for assistance.
  - H) No one of the opposite sex will be allowed in the sleeping rooms.
  - I) No boyfriends/girlfriends, friends or relatives are allowed in the dorm. Parents are allowed to visit the participants in the dorm lobby.

*PARTICIPANTS MAY NOT WEAR **JEWELRY OF ANY KIND AT ANY TIME DURING CAMP. PARTICIPANTS WHO DO NOT COMPLY WILL BE UNABLE TO TAKE PART IN NCA/NDA CLASSES.***

### Dismissal From Camp:

All team members, coaches and advisors are expected to follow the camp rules set forth by NCA/NDA as well as the rules of the campus, hotel, or facility hosting the camp. Should infractions come to the attention of the Camp Managers, Trainers or Staff; the Coach will be notified immediately. The Coach, Camp Manager, and Head Instructor will work together to determine the severity of the infraction, and should a participant(s) be dismissed from camp, parents will be notified and required to pick-up the participant. No refunds will be given for students dismissed from camp.