



VARSITY SPIRIT CAMP RULES

Any person attending camp must read and abide by the camp rules set forth by Varsity Spirit, as well as the rules of the camp location. Violation of these rules may result in an individual(s) and/or the entire squad's dismissal from camp. School officials may also be contacted pertaining to rule violations. Anyone dismissed from camp is not eligible for a refund.

SUPERVISION REQUIREMENTS

Day Camps (Non-Overnight Camps)

- One authorized Adult in Charge (coach, sponsor, another school employee, parent authorized to be the team chaperone, etc.) per team, 21 years of age or older, must always attend camp with participants (except Drum Majors) unless the venue requires a more restrictive minor to adult ratio.

Overnight Camps

- **Authorized Adult Supervision Requirement:** Varsity Spirit requires a **1:10 authorized adult** (coach, sponsor, school employee, or parent chaperone) to participant ratio. All authorized adults must be 21 or older, have an active USA Cheer/Dance Membership, and be registered for the camp through Varsity Spirit. This applies unless the venue requires a more restrictive minor to adult ratio. Drum Majors are exempt from this requirement.
- **During Instructional Camp Hours:** Each team must always have one authorized adult in charge present with participants. Varsity Spirit's instructional and administrative staff will also be present to ensure compliance with Varsity Spirit's required supervision ratios. For teams with over 30 participants, at least two authorized adults are required.
- **Outside Instructional Camp Hours:** Varsity Spirit's supervision requirement (1:10 authorized adult-to-participant ratio) must be maintained during all times other than instructional camp hours, including commuting, dining, accommodations, and open practice. If campers are staying overnight, the authorized adult(s) must also stay overnight onsite.

GENERAL CAMP RULES

- Participants must be in attendance and on time for all classes and camp functions.
- Walk in groups of two or more, with an Authorized Adult present
- Attendees are required to always wear their camp identification (where applicable at certain locations and will be provided at check-in).
- Varsity is not responsible for lost or stolen items. Valuables should be left at home.
- Attendees may only use cameras, imaging, and digital devices in areas where privacy is not expected.
- If an emergency occurs, dial 911 or contact the appropriate emergency number for your location and notify a member of Varsity Event Administration immediately.
- Attendees must obtain permission from Varsity Event Administration prior to hanging signs and decorations.
- Participants may only ride in cars while at camp with prior approval by the Authorized Adult and Varsity Event Administration.
- An Authorized Adult must accompany any minor who leaves camp for any reason. The Authorized Adult should contact a member of Varsity Event Administration prior to an athlete leaving camp for any reason.
- Prohibited conduct includes but may not be limited to:
 - Bullying, initiations, or hazing of any kind.
 - Smoking, vaping, and/or the use or possession of alcohol and/or other illegal substances including hemp and THC.
 - Fireworks, guns, and/or other weapons.
 - Crossing personal, physical, and other boundaries in a way that could reasonably be seen as harmful to others' mental, emotional, or physical well-being.
 - Cheering, chanting, stunting, tumbling, or dancing in areas not specifically designated for instructional classes and practice.
 - Jewelry of any kind during class at cheer camps.

- Running, horseplay, or unnecessary noise in the dorm/hotel/dining facility.
- Use of glitter, silly string, confetti, or any similar substance/material.
- Varsity maintains a zero-tolerance policy for aggressive or abusive behavior toward all camp attendees, employees of the venue, and Varsity Spirit staff. Such behavior may result in discontinuation of services/camp.

OVERNIGHT/HOTEL/RESORT CAMP RULES

- All windows must remain closed in the air-conditioned dorms/hotels. In dorms/hotels without air-conditioning, windows may be left open, but screens must be left on. Do not lean out of the windows.
- Any damage to the dorm/hotel will be charged to your group. Leave your room in the same condition as you found it, including the placement of furniture.
- Evening hours requirements:
 - 10:00 – on the appropriate floor assigned to squad/team
 - 11:00 – in bed and lights out
 - Athletes may not leave their room once team checks have been completed.
- Keep doors locked when you leave the room and when you are in the room.
- Do not prop doors open or open doors for individuals that do not have a key, code, etc.
- No one of the opposite sex is allowed in the sleeping rooms.
- Lost or unreturned room keys/cards will be charged to the team/individual.
- For the safety and privacy of all camp attendees, participants should not fraternize with other groups not associated with camp (this includes going to other area(s) of the housing complex or facility).
- Participants may not leave the instruction facilities during classes without approval and accompaniment from the Authorized Adult, who must then notify Varsity Event Administration.
- If an off-site facility is used for classes, the Authorized Adult is responsible for participants while traveling to and from the off-site facility.
- The Authorized Adult is responsible for visually ensuring all athletes are accounted for and checked into their assigned overnight accommodations.
- Meal deliveries cannot take place after 10pm. The Authorized Adult must accompany athletes to pick-up any meal deliveries.
- Athletes are expected to be appropriately dressed throughout camp, especially in public areas.
- All camp attendees, including children of coaches, regardless of age, must be registered attendees.
- The Authorized Adult must always be visually distinguishable.
- Door decorations of any type are not permitted in hotels and resorts.
 - University and Campgrounds: Prior to hanging any signs, check with the location for approval and the type of tape that can be used.
 - Do not hang anything from the ceilings, block any emergency related features, or the emergency water sprinklers.
 - Use of glitter, confetti, or similar decorations is prohibited