



**Dear Camper,**

New River Mountain Guides Teen Rock Camp is held in the tri-river climbing areas known as the New River Gorge, WV. The New is world class single pitch climbing destination that provides the perfect training ground for sport and trad climbing on a variety of terrain such as technical face climbing, steep overhangs, crack climbing and bouldering.

Teen Rock Camp is geared toward psyched indoor climbers who are seeking the opportunity to climb more outdoors. Campers will have the chance to climb in the New River Gorge, Summersville Lake and the Meadow River Gorge, and transfer their indoor skills to an outdoor climbing setting.

We'll make sure everyone has a solid foundation of climbing skills with an emphasis on safety and sound judgment. Participants will learn to advance their climbing technique, knowledge of gear and equipment, and the importance of ethics, teamwork, problem-solving and trust.

The curriculum includes refreshing skills such as knots, top rope and lead belaying, rappelling, anchoring and lead climbing instruction for those preparing to take to the sharp end in an outdoor climbing setting. Campers who are certified to lead in their local climbing gym/climbing teams will be allowed to lead routes that are appropriate for their ability.

**OUR STAFF:**

The Rock Camp Counselors are all accomplished climbers who specialize in teen programs and are American Mountain Guide Association Certified Single Pitch Instructors or higher. New River Mountain Guides is a company of professional guides and accomplished climbers. Since 1994, we have encouraged formal training and evaluation of all our guides. Our guiding standards are among the best in the industry and represent the highest level of professionalism. We maintain a low camper to guide ratio of 4 to 1 for camper safety and to maximize experiential learning time on the rock.

**TEEN ROCK CAMP PRICING:**

Tuition: \$1669.50

-50% payment is due at the time of booking to reserve a space. The remaining balance is due 60 days prior to the Session Start Date.

-Price based on minimum enrollment of 4 campers. Sales tax and \$25 COVID fee added at time of purchase.

**WHAT IS INCLUDED WITH BASIC TUITION:**

- 24 hour adult supervision by our staff
- Transportation during the camp
- 5 nights of camping with "basecamp" group camping supplies provided
- 5 days of climbing instruction by AMGA certified climbing instructors
- All meals during the camp (breakfast, lunch and dinner)
- 4 camper to 1 climbing instructor ratio
- 10% discount at Water Stone Outdoors gear shop
- Technical climbing equipment (helmet, climbing shoes, harness, hardware, ropes)

**PAYMENTS/CANCELLATION POLICY:**

50% tuition payment is due at the time of application to secure your spot. You have several options for payment.

1. You can pay online through our website

You must provide 60 days advance notice of cancellation, less than 60 days and your tuition is non-refundable and non-

transferrable. Should you cancel and you do so more than 60 days in advance of your trip, you may be eligible for a 50% refund. Campers who leave prior to the ending of the camp program, including those who are dismissed from an active program session will not be refunded any portion of the tuition payment.

## **CORONAVIRUS UPDATE**

The health and security of all of our participants and employees are of great concern to all of us. We realize that we cannot eliminate all risk, but we are reducing the exposure to risk of infectious diseases for participants and staff by focusing measures and protocols on mitigating the primary ways the diseases are transmitted.

*[\\*\\*Please click on this link to review our policies, procedures, and protocols for our management of COVID-19 during Teen Rock Camp.](#)*

## **SHELTER:**

We will be “car camping” American Alpine Club Climbers Campground, and campers will sleep in a tent every night on a 8x8’ raised platform. Campers are responsible for bringing a tent with a rain-fly to camp in, along with sleeping bag rated to a minimum of 40 degrees F, and a foam or inflatable sleeping pad. (See complete gear list requirements).

Campers will set up their tents only once on the first day of camp, creating a “basecamp” atmosphere that they depart from and return to each day. The tent should be large enough to sleep in and store the personal items you bring along. Sharing of tents with other campers is not permitted unless we obtain written consent from all sets of parents/guardians.

## **HYGIENE:**

We will be staying at the American Alpine Club Campground while attending Teen Rock Camp we will have access to a coin operated showers and flushing toilets. You will be able to do basic cleanup every day: brush your teeth, wash your face, comb your hair, and take a camp shower.

## **FOOD & COOKING:**

“Basecamp” has a tent covered picnic table area for community use for cooking and relaxing in the evenings. All kitchen and cooking supplies are provided. Our staff will prepare meals and campers will be responsible to help clean up afterwards.

The menu will be a mix of proteins, grains, fresh fruits and vegetables. We use a lot of hummus, bagels, beans, rice, tortillas, pita bread, peanut butter, jelly, tuna fish, pasta and trail mixes. The amount of physical activity you experience during your course demands a nutritious diet to help fuel your body. If you have special diet requirements, please make sure we are aware of these well before you come arrive for camp. We may also enjoy a dinner out at one of our local restaurants, so please bring a little extra cash with you for that meal.

## **PREPARATION:**

It is so important for you to take time to mentally and physically prepare for your camp session. If you put off your fitness regimen until right before your course begins. We recommend that you prepare your climbing muscles (and skin) by going to your local climbing gym at least 2-3 times a week, for 30 days prior to attending Teen Rock Camp. Your goal is to build your endurance, hand strength and skin conditioning. This means climbing as many routes as possible that are within your ability (routes you can climb without falling). This will help build up your endurance allowing you to climb for longer periods of time when you arrive for Teen Rock Camp.

## **ROCK CLIMBING/RAPPELLING:**

Weather permitting, you may spend up to five days rock climbing. With a focus on safety, your session will start with assessing and refreshing your knowledge of skills and move on to more advanced skills as the week progresses. All climbers will start out on top-rope climbs (rope anchored to top of climb) and on an individual basis move on to “mock leading”. Senior campers and those who are lead certified at their local climbing gym will be assessed by their climbing instructors and be allowed to lead on a case by case, route by route basis.

## RAIN & REST DAYS:

Fortunately your climbing counselors know all of the dry spots so you will still get some climbing in. Rainy days are also an opportunity to learn skills like gear placement and anchor building practice, take advantage of some rest and relaxation, or go for a hike, go swimming or stand up paddle boarding on Summersville Lake while we wait for the rock to dry out.

## CAMP START/MEETING LOCATION:

American Alpine Club Campground (304) 877-8444 97 Pudds Rd, Lansing, WV 25862  
NRMG Point of Contact, Jeff Hearn (440) 425-5630 (c)

We will meet at the pavilion/campground check-in area located in the center of the campground at 12:00 pm on the day your camp session begins. Staff will be on hand to greet the parents and participants, answer questions, address concerns, and do a thorough inspection of clothing, climbing and camping equipment to make sure participants have everything. After campers are checked in and equipment/clothing is inspected, parent's will say goodbye to their child and counselors will take participants to set up camp, hold ice breaker activities, and start the camp curriculum.

## ARRIVE READY TO BEGIN:

Be dressed to begin your course wearing items from your clothing list. Please eat lunch before your arrival.

## CAMP END:

American Alpine Club Campground: 12:00 PM on the last day of camp. If you are booking a return flight, book no earlier than 2:00 PM.

## LODGING IN THE AREA OF FAYETTEVILLE, WV

Comfort Inn - Oak Hill, WV 304-465-2300 [comfortinn.com](http://comfortinn.com)

Holiday Inn New River Gorge- Oak Hill, WV 304-465-0571 [holidayinn.com](http://holidayinn.com)

Opossum Creek Retreat-Cabin Rentals Lansing, WV (888)-488-4836 [www.opossumcreek.com](http://www.opossumcreek.com)

## CLOTHING AND GEAR LIST

Revised 2/1/22: We have prepared this information to help you decide what to bring to camp. Please read the following information thoroughly before making clothing and gear choices.

## WHAT WE SUPPLY

New River Mountain Guides provides a basecamp setting at the campground including cook tents, picnic tables, cooking/cleaning supplies, all meals during camp etc. We also provide all technical climbing equipment needed for rock climbing. At the end of course, you clean and return all gear that has been issued to you. Any lost or damaged equipment will be your financial responsibility.

## WHAT TO BRING

Part of camping and climbing outdoors is being prepared for unpredictable weather, therefore obtaining the proper clothing for your course is crucial. Please bring every item on the clothing list as described, and only the items on the *Clothing and Gear List*. (See the attached gear list to check out in detail the items on the list.)

## MEDICATIONS

Prescription medications brought on course must arrive in the original container with the prescription label intact. The prescription label is documentation for your use of the medication while on course. The container should not include other medications, vitamins, etc. We ask that you don't bring OTC meds unless it is something that you are routinely

taking and you have talked to your doctor about doing so. We will always have our well stocked first aid and medical kits on hand. \*\*If you have a pre-existing severe allergy to food items, bee-stings, or any other irritants and you have been given a prescription for an Epi-Pen it is your responsibility to bring a current, non-expired, Pen with you.\*\*`

## MONEY

Fayetteville has been voted one of America's coolest small towns by Outside magazine and we'll be sure to take at least one special trip to check it out. \$50 should be sufficient to get your camper through the week for incidental purchases in town. Also, a few dollars in quarters is also necessary to operate the coin showers at the campground.

## STORAGE

Campers will store all of their personal belongings in their tents at the campground while they are out climbing. Please keep non-essential items to a minimum. NRMG is not responsible for damaged, lost, or stolen items.

## ELECTRONIC DEVICES

The use of electronic devices will be limited throughout the daytime hours, however limited use will be permitted during evening hours. Due to geography of the area there may not be service, no wifi, the ability to charge devices can present challenges. We also have the desire to keep group interaction personal and campers present and engaged with their peers. Consider leaving these items at home during your time at Teen Rock Camp, unplugging from the grid and connecting with the people and the environment around you.

## CLOTHING AND GEAR LIST

Changing weather conditions may require the use of all of these items. When it is rainy and/or windy, the temperature can drop considerably, even in summer months. Clothing made from cotton does not provide insulating warmth when wet. For warmth, clothing should be made from the following synthetic or wool fibers; polyester, polypropylene, fleece, acrylic, rayon, wool or name brands like Polartech™, Thinsulate™, CoolMax™ and Capilene™.

## REQUIRED CLOTHING

- \_\_ 2-3 Protective face coverings (such as bandana, Buff, or other facemask)
- \_\_ 1 synthetic/wool cap that covers your ears (Really, it can get chilly when camping even in the summer time).
- \_\_ 1 baseball cap or wide brim hat (for sun protection)
- \_\_ 3-4 synthetic or cotton T-shirts
- \_\_ 1 medium-weight synthetic long underwear top
- \_\_ 1 medium-weight synthetic long underwear bottom
- \_\_ 1 synthetic fleece jacket or pullover
- \_\_ 2-3 pair synthetic quick-drying shorts (7" inseam or longer) or capris
- \_\_ 1 pair nylon or other synthetic material pants
- \_\_ 5-6 pair underwear
- \_\_ 2-3 sports/jog bras
- \_\_ 5 pair synthetic/wool socks

- \_\_\_ 1 pair running shoes or lightweight hiking/approach shoes
- \_\_\_ 1 pair sport sandals or flip flops to be worn back at camp
- \_\_\_ Swimsuit
- \_\_\_ 1 extra set of casual clothes for trip home
- \_\_\_ 1 waterproof rain jacket or sturdy poncho

## REQUIRED CAMPING GEAR

- \_\_\_ 1 synthetic fill sleeping bag rated at minimum 40 degrees
- \_\_\_ 1 tent with rain fly. Footprint must be no greater than 8x8'
- \_\_\_ 1 sleeping pad (foam or inflatable)
- \_\_\_ 1 ground tarp (large enough to fit the footprint of your tent)
- \_\_\_ 1 backpack for carrying your personal climbing gear each day (recommended 25-30L)
- \_\_\_ 2- 32oz water bottles
- \_\_\_ 1 duffel bag or soft luggage for your clothes while traveling to and from camp
- \_\_\_ 1 tube of lip balm with SPF protection
- \_\_\_ 1 small tube of sunscreen SPF 30+
- \_\_\_ 1 small plastic bottle of insect repellent
- \_\_\_ 1 LED type headlamp with 1 spare set of batteries
- \_\_\_ Personal Hygiene items
- \_\_\_ 1 bottle hand sanitizer to last you the week
- \_\_\_ \$5 in quarters for the coin operated shower in the campground
- \_\_\_ \$50 extra cash for incidental purchases in town and on the way to the climbing

## CLIMBING GEAR

These items can be provided by New River Mountain Guides, but some campers may wish to bring their own personal climbing equipment if you own it. We will provide all technical climbing equipment such as ropes, anchoring material, quickdraws and other necessary hardware.

- \_\_\_ 1 UIAA approved climbing harness
- \_\_\_ 1 UIAA approved climbing helmet (*loaners available if needed*)
- \_\_\_ 1-2 pairs rock climbing shoes
- \_\_\_ 1 chalk-bag with loose chalk or liquid chalk
- \_\_\_ 1 Belay device with locking carabiner

## THESE ITEMS ARE ALSO HIGHLY RECOMMENDED

- \_\_\_ 1 old flat sheet (to cover up from bugs on warm nights)
- \_\_\_ 1 camp chair
- \_\_\_ Sunglasses with case and strap

# APPOINTMENT OF TEMPORARY GUARDIAN FOR TRAVEL & MEDICAL CARE, RELEASE AND CONSENTS FOR NRMG-TEEN ROCK CAMP

Revised 3/1/22 \*\*PLEASE SCAN AND EMAIL THESE FINAL PAGES WITH YOU WHEN YOU ARRIVE FOR TEEN ROCK CAMP. This form relates to youth participants (under the age of 18 at the time of departure for NRMG-Teen Rock Camp) and is to be completed by a parent or legal guardian of the participant. The signed original should be given to NRMG Staff on the first day of camp. Signing this form is a condition of participation in the New River Mountain Guides Teen Rock Camp.

1. Full name of Participant:

Participant's DOB:

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2. Full name of Adult Leader 1:

JEFFERY HEARN

3. Print Full name of Participant's Parent of Legal Guardian:

## Part 1: AUTHORIZATION FOR PARTICIPANT TO TRAVEL WITH AN ADULT LEADER

\_\_\_\_\_(Initial here) I give permission for my child to travel to and from the NRMG Staff named above.

## Part 2: APPOINTMENT OF ADULT LEADER(S)/NRMG PERSONNEL AS TEMPORARY GUARDIAN OF PARTICIPANT

\_\_\_\_\_(Initial here) I hereby appoint the Adult Leader named above as a Temporary Guardian of the Participant named above for the purposes of consenting to medical treatment and providing prescribed medication. If the Adult Leader is not available, and prompt medical attention is needed, I also appoint NRMG personnel to consent to medical treatment on behalf of the Participant. This Appointment is valid for the period stated below.

From (day/month/year

To (day/month/year)

## Part 3: HEALTH FORM

\_\_\_\_\_(Initial here) I understand that I must provide a properly completed NRMG Health Form in order for the Participant to attend the Teen Rock Camp. I have read, fully understand and agree to comply with the NRMG [COVID ACTION PLAN](#). Furthermore, my child has not tested positive for COVID-19 in the 10 days prior to camp start, nor have they been exposed to anyone showing signs/symptoms with COVID-19.

## Part 4: MEDICAL INSURANCE & FINANCIAL RESPONSIBILITY FOR MEDICAL TREATMENT

\_\_\_\_\_(Initial here) I understand and accept financial responsibility for any medical treatment or expenses incurred as a result of participation in climbing or any other camp related activities. If medical treatment is required, NRMG shall not be responsible for any financial charges incurred.

## Part 5: LEGAL RELEASE & RESPONSIBILITY TO PAY FOR DAMAGE

\_\_\_\_\_(Initial here) I understand the nature of the Teen Rock Camp and I consider my child to be capable of taking part in it.

\_\_\_\_\_(Initial here) I agree not to make a claim or file a lawsuit against NRMG if my child is injured while traveling to/from and participating in the Teen Rock Camp, unless there had been gross negligence on the part of NRMG.

\_\_\_\_\_(Initial here) My child and I understand that Teen Rock Camp participants are expected to conduct themselves in accordance with local laws and NRMG rules. If my child engages in inappropriate behavior he/she may be sent home.

before the end of the program at NRMG discretion. I will cover the costs of this trip and understand that no refunds or payment credits will be issued for expelled participants.

\_\_\_\_\_(Initial here) I agree to pay for property damage caused by my child.

**Part 6: PERMISSION TO USE OF IMAGES, ART OR WRITTEN WORK**

\_\_\_\_\_(Initial here) I agree that NRMG may use and publish photographs, artwork, and written work as well as video and audiotape created as part of participation in the TRC. NRMG may use these items in the production of educational or promotional materials including web pages. These items may be used and published with a child's first name (or nickname), age and nationality. Unless my specific parental consent is obtained, children will not be identified by full name.

**Part 7: PERMISSION TO SWIM/STAND UP PADDLE BOARD**

\_\_\_\_\_(Initial here) I give my child permission to participate in swimming and other water activities. My child's swimming ability:

\_\_\_\_\_None/Can't Swim

\_\_\_\_\_Some

\_\_\_\_\_Good Swimmer

**Part 8: SIGNATURES**

I have signed this legal document on the dated stated immediately below; I can read and understand the English language.

**Signature of Parent or Legal Guardian:**

**Printed Name:**

**Date:**