

PEDALS & PADDLES

**Please note: This document is for informational purposes, but details and schedules may change. Camp letters and forms will be mailed to registrants approximately two weeks prior to the start of camp with the most current information.*

Camp Description:

11-13 yrs / 4 days, start dates below / \$219

This camp is for beginner and intermediate bikers and kayakers. Learn basic kayak skills on Centennial Lake to prepare you for a flat-water kayak river trip. Bike the Columbia Pathways to prepare you for a 10-mile bike ride on the C&O Canal Towpath. Camp prerequisite: must be able to pass a basic swimming test on the first afternoon at the Roger Carter Recreation Center pool and have a well-maintained bike and a bicycle helmet. Schedule is subject to change; camp will be held rain or shine. Fee includes bus or van transportation, supervision and activities. For more information, contact Dawn Thomas at 410-313-4623.

Centennial Pk South-Overflow Parking Lot

RP9725.401	Jul 5	9am-5pm	Tu-F
RP9725.402	Jul 25	9am-5pm	M-Th

Camp Prerequisites:

- Must be able to pass a basic swimming test on the first day at the Roger Carter Recreation Center pool.
- Must have a well-maintained bike and bicycle helmet.

What to Bring:

Eat a quality breakfast each morning. Bring a small daypack with a water bottle and a non-perishable lunch. **NO PEANUT OR NUT PRODUCTS** are allowed in camp. In an effort to encourage environmental conservation, we ask that campers take their trash home. There are no trash facilities at many of the parks.

The recommended attire for the camp is a T-shirt, quick drying shorts, socks and athletic shoes. **No cell phones or electronics allowed in camp due to the nature of the activities.** The camp director will have a camp cell phone available for all emergencies.

- **Days 1 & 3:** wear a bathing suit underneath your regular clothes and bring a towel. On Day 3, also bring a large plastic trash bag.
- **Days 2 & 4:** bring a bike, bike helmet, bike water bottle and back pack. Review the bike to make sure it is working properly. Bring a spare inner tube just in case you get a flat tire. Pack your lunch so it will fit in your backpack.

Important Forms:

- **Participant Information Form**

You **MUST** bring this form, completed and signed, with you on the first day of camp. Without this form, we cannot accept your child at camp. Please note somewhere on the Participant Information Form your child's swimming ability. Please notify the Camp Director in writing of any allergies or health concerns pertinent to your child's camp experience.

- **Medication Order Form**

Sending medication to camp is highly discouraged. But, if it is necessary for medication to be administered during the operation of the camp, a Medication Order Form must be filled out and signed by the parent. Forms are available on the Department's website: www.hcrpsports.com or can be obtained at camp on the first day. A separate form is required for each medication. All medications must be in the original container with the medication name, physician's name, dosage and expiration date.

Directions:

Centennial Park South, Overflow Parking Lot - Take Route 29 to Route 108 West. Follow Route 108 past the entrances to Centennial Park East to the stoplight across from Ten Mills Road. Turn right into the park. Once in the park, make the first left into the overflow parking lot.

Inclement Weather:

The camp will meet rain or shine. For severe weather program changes, information will be available one hour prior to the camp start time on the Department's program status line, 410-313-4451; press 4 for camps. The recorded message will reflect any change to the drop off location or time changes for the camp. If the weather is severe, we will arrange for indoor activities. If there is a threat of lightning, we will take cover in a shelter.

Tentative Camp Schedule:

Please note: this schedule is subject to change!

- Day 1:** Orientation / Kayak Basics Class on Centennial Lake / Swimming at the Roger Carter Recreation Center
- Day 2:** Group Initiatives & Biking around the Columbia Pathways
- Day 3:** Kayaking Trip on Antietam Creek or Potomac River (depends on water level)
- Day 4:** Biking on the C&O Canal Brunswick to Dargan Bend

For More Information:

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